



# Be Still

- **Equipment**

Bed Sheets, pillows, beanbag

- **Set up**

Build a den in your home, make it comfy and peaceful

- **Instructions**

The word 'holy' simply means, 'set apart'.

For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God.

This den is a place to be still.

To breathe slowly.

To be still and listen.

To be with God.



# Calm Jar

- **Equipment**

Jar (a thick jam jar with a good lid), water, glitter, glycerine, food colouring

- **Set up**

Mix the ingredients together to create a calming jar of glitter. Do this before the activity.

- **Instructions**

What are the things on your mind at the moment? Pick up the jar and shake it. Watch the glitter swirl around and settle at the bottom.

Imagine the things on your mind slowly settling down.

Psalm 46:10 *'Be still and know that I am God'*.



# Fizzy Forgiveness

## ● Equipment

Clear jug, jar or large bowl, water, Vitamin C tablets (or a spoon of sugar)

## ● Set up

Fill your jug, jar or large bowl with water.

## ● Instructions

Sometimes we feel hurt by the things other people say or do to us.

Holding onto those hurts can make us feel sad, or angry. Forgiveness is about letting go.

Take a piece of tablet (or spoon of sugar) and think about your hurt feelings. When you feel ready, drop it into the water. As it dissolves imagine forgiving the person who has upset you and the hurt disappearing.

## PRAYER ACTIVITY



# Pray for the World

## ● Equipment

A map or globe, stickers or Post-it notes (heart shaped if you've got them)

## ● Set up

You can do this at a table or on the floor

## ● Instructions

Look at the map or globe. Who do you know who lives in a different place or community?

Can you find a place or country that you have heard about on the news recently? Which country would you like to pray for today?

Place a sticker or a Post-it onto the globe or map and pray for God's peace and healing.



# Big Questions

- **Equipment**

Cardboard, string or clothes horse, pens, pegs

- **Set up**

Find somewhere to hang your Big Questions

- **Instructions**

Imagine God is sitting in the room with you.

Think for a moment. If you could ask God one question right now, what would it be?

Write your Big Question onto the cardboard and peg it up.

If you want to you can talk with others in your house about your Big Questions.

## PRAYER ACTIVITY

# Letting Go



### ● Equipment

Any kind of container – box or jar with a lid – cardboard, paper, pens

### ● Set up

Put the container in front of you with a label that says 'worry box'

### ● Instructions

Tear a piece of card or paper, and write or draw the things you are worried about on it.

When you're ready put your worry into the box, and as you do it imagine you are giving it to God.

*1 Peter 5:7 'Cast all your worries on Him, for he cares for you.'*