**Sunday School Activity 14th June 2020**

The focus this week is on Philippians 4 v4-9. In doing this week’s activities we’re asking you to think about having a regular quiet time to perhaps do things like read a bible, pray and find some peace.

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| You could...  Make a den! Indoors or outdoors, a den is a great place to find some quiet time to think about what you’ve learnt in Sunday school. You need to ask permission to do this but you could build a den anywhere. Perhaps you could throw a sheet over a table and climb underneath with a pile of cushions? |
| To find peace we sometimes need to empty our brains 🧠 - this means stop them thinking too much about the stuff that doesn’t matter.  You’ll need something like plasticine or play dough or fondant icing for this activity.  Make a small model of a brain with your plasticine or whatever you’ve chosen to use, then put it in the middle of a piece of paper and draw or write on the paper all the things that distract you or can stop you from finding some time to read a bible or pray.  There’s a YouTube video link to show you how to make a mini brain BUT make sure you have permission to access YouTube / have an adult present:  <https://youtu.be/qWdGNN-NQUM> |
| To help you be peaceful, have a calm conversation with someone. Here are some questions to ask and answer...  1. What made you smile today?  2. Tell me about an example of kindness you’ve seen recently.  3. What has been your favourite meal this week?  4. Tell me something you know today that you didn’t know yesterday.  5. If you could change one thing about today, what would it be?  6. Where would you like to visit?  7. What is something you’d like to do that you’ve never done before? |