

Worship 2 Go

Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

Changes...

This is a special bumper edition with activities to do over the summer and you might recognise some of them from previous editions! It's a time when things will be changing for lots of us. Maybe you can think of other things to do too that fit with the theme of 'Changes'. And always, we'd love to see any photos on Twitter!

Bible Verses

Lord, you have examined me and you know me. You know everything I do; from far away you understand all my thoughts. You see me, whether I am working or resting; you know all my actions. Even before I speak, you already know what I will say. You are all around me on every side; you protect me with your power. Your knowledge of me is too deep; it is beyond my understanding.

You can find this in the Bible, in the book of Psalms , chapter 139

A Prayer

Dear God,
Thank you that you that you know everything about me and that you never change
Thank you that you are with us in the changes life may bring. Please help me through them, knowing that I am precious to you. Amen

Prayer Activities

Dissolving Prayer

You will need: a clear glass or plastic cup, water and a teaspoon of salt.

- Pour some water into a cup, until about $\frac{3}{4}$ full.
- Measure out a level teaspoon of salt, tip it into the water.
- Stir the salt into the water.

As the salt dissolves and disappears, think about the changes you face and imagine your anxieties/worries disappearing. Talk to God about them, asking him to help you with them.



More Prayer Activities

Weather prayers

The weather can change a lot in this country—even in one day there can be bright and warm sunshine or greyer and rainy skies. These prayers can help us to think about how we feel in different kinds of weather.

Sun prayers

How does a sunshine make you feel? Are there any changes it can bring? Does it change your mood? Often it makes us feel happy and thankful.

Find a sunny spot (but if you are outside you might need to be in the shade) with some other people and tell each other about some of the things you are thankful to God for. Maybe at the end someone might like to say a prayer.



Rainy day prayers

How does the rain make you feel? Are there any changes it can bring? Sometimes we like to grumble about it. But we do need it for life, to help things grow. Have you ever noticed any changes after a rainy day, perhaps more things growing? thing Sometimes rain is used as a symbol of difficult things but it can also be refreshing. Talk to God about some of the things you are finding difficult but maybe also how you managed to change them. Then go and do something that brings you joy!



Transformation Caterpillar Prayers

Caterpillars go through huge stages of change and growth in their lives before they become a butterfly. The changes take time and sometimes we feel frustrated when the changes we want aren't happening. We can become negative and start to not believe they can happen.

Make a clothes peg caterpillar by taking a peg (if you don't have one you can use some stiff card), then sticking on two googly eyes or you could make some out of paper or draw them on. As you decorate, think about all the things you are thankful for, share any worries or concerns about changes you may be facing and ask God to help you with them. Fold a piece of paper 12cm by 12cm in half. Draw and cut some butterfly wings. Decorate the wings then on the back, write your dreams and aspirations the things you want be, do or change in the world or your life. When you are ready, clip your caterpillar peg to your wings. Hold your butterfly and pray to God. Thank him that he is with you and ask him to make the right choices to change and grow like the butterfly.



Other Activities

Changes with food

It's amazing how ingredients can change from something quite ordinary to something special! Here are a few recipes you might like to try. The first two involve using the oven and hob so make sure you have someone to help with those parts. As always, before you do any food preparation, make sure to wash your hands well.

Tuna tarts (with thanks to Year 2 at St Peter's Ashton)

You will need: sliced bread, tuna fish, low fat mayo, a spring onion and some sweetcorn (these last two are optional).



Cut out circles of bread (if you don't have a cutter you can use a glass or mug). Press the bread into a greased muffin tin or similar. Bake in the oven on a medium heat for 8 mins. Tip the tuna fish into a bowl. Snip the spring onion into the bowl and add the sweetcorn. Add enough mayo to help it stick together and mix. Spoon into the bread cases and enjoy!



Cornflake cakes

You will need: cornflakes or rice crispies, butter or margarine, milk or dark chocolate, golden syrup (optional).

Put 50g butter (about 1/5 of a block or 10 teaspoons if you don't have scales), 100g milk or dark chocolate (check the packet for weight if you don't have scales) and 3 tablespoons of golden syrup (it doesn't matter if you miss this last ingredient) into a pan or microwavable bowl and melt **slowly** together, stirring occasionally. Put 100g (about 2 mugs worth) cornflakes in another large bowl. When the chocolate mixture has cooled a little, pour it over the cornflakes and stir gently with a wooden spoon until all the cornflakes are coated. Spoon the mixture into 12 cupcake cases (if you don't have cases just make little piles of the mixture on a baking sheet or plate) arranged on a muffin tray or baking sheet. Put in the fridge to set— you might need to be patient. Enjoy!



Grow Your Own Food Scraps Garden

You will need – a sunny windowsill or a sunny spot, food scraps (root vegetable tops, spring onion or onion bottoms, the base of a bunch of celery), bowls or saucers and a jug of small watering can.

- Celery - Put the bottom part of the celery bunch in a shallow bowl of water and in a few days, it will start to flourish and regrow from the centre.
- Spring onions – Stack the root ends of spring onions in a small glass, with the roots at the bottom. Give them some water, and you'll have some more leaves to snip off in a few weeks. If you have a pot outside, you can stick a spring onion straight in it and it will grow—you can snip off the green bits but don't eat the flower (it also keeps slugs off the plants)
- Lettuce – Place the root end of lettuce in a small bowl or glass and add some water covering the root. In a week or so, new leaves will start to sprout from the centre. You can eat these or plant the lettuce out so it will grow even bigger.



Other Activities

Frozen Paint Pops

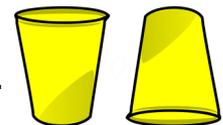
You will need: food colouring or watercolour paints, some water, a lollipop sticks or small sticks, an old ice cube tray, water and paper or card for painting—scrap will be fine.

- Put a few drops of food colouring or paint into the bottom of the compartments of an ice cube tray.
- Top up with water.
- Using a lollipop stick or the end of a teaspoon, gently stir until the mixture is completely combined.
- Put the tray into the freezer
- 45 minutes later place your lollipop sticks into the centre of each block.
- Leave the blocks to freeze for another couple of hours.
- Then pop them out, onto a plate ready to use.

Paint a picture reflect on how the water has changed.

Cups and Downs

You can play this with one other person or a few people in divided in to two equal teams and you will need someone to keep time. You will need about 20 plastic cups or strong paper cups and some space. Put 10 of the cups right way up and 10 upside down – space them out well. (if you don't have cups you could use playing cards but that will make the game harder!).



One person or team is 'The Ups' and the other is 'The Downs'. When the timekeeper says 'go', The Ups need to turn as many cups up the right way as possible, and The Downs need to turn them upside down. About 30 seconds works well.

When the allocated time limit is over, count all the cups and whichever team has the most turned up their way wins. Any which have fallen onto their side are discounted. You could have a few rounds, maybe even set up a tournament! Have fun!

Build an insect hotel

You will need: A large plastic bottle cut into two cylinders; natural materials to fill your hotel for example sticks, pine cones, tree bark, leaves, toilet paper tubes, anything else you can find in your recycling at home, in the garden or the park which you think might be useful.

Ask an adult to help you cut the plastic bottle down to size (like the photo). Next, arrange the materials you have collected into the tube, you might need to make some of the sticks smaller to fit them in. Make sure your materials are arranged nice and tightly so the insects have a cosy home to live in. Your insect hotel can either live on the ground or you could use some string to hang it up outside. After a few days, have a look carefully to see who has moved in! Keep checking. Do you notice any changes? To the things you have made the

