

Hey Kids

Kay and Bec have sent me on this special mission to guide you through the coming weeks as we do Church online, how exciting! I told them I would do a super sparkly job at looking after you. Are you ready for some Blastoff family fun and teaching? I can’t wait for us to get started,

Sparky 😊



* Task 1 – Watch the Fruits of the Spirit Clip

(appropriate for your age)

* Task 2 – Let’s talk! (ask questions according to age)

The Fruits of the Spirit are LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL. Which one is your favourite?

How can we describe self- control?

Has there been a time when your thoughts and feelings have made you react?

 What could we do differently, so we don’t lose our self-control?

* Task 3 – Interactive

Put some peaceful, calming music on and then take it in turns to:

 Name 3 things you can see

 Name 2 things you can hear

 Name 1 thing you can smell

This is a mindfulness activity that can be used to help us take back control of our thoughts and feelings before we react.

* Task 4 – Activity (Suggested to do while we sit to watch Church Online)

This is your circle of control. If possible, you can print this off or alternatively you can grab a piece of paper, some pens and draw your own circle of control. Understanding what we can and cannot control will help us with our own self-control.

1. Draw a circle and then draw a circle within the circle.
2. On the outside write some of the things you can’t control.
3. Write on the inner circle things you can control



Thanks for joining us today, on behalf of myself and Arise Church we hope you’ve had a great morning. God Bless you and see you next week,

Sparky 😊