



Naomi and Ruth – Family Activities

Things to do together at home

- _Watch** There are lots of different versions of this story on Youtube here's one you might like to look at:
https://www.youtube.com/watch?v=ke9pdq61D-s&list=PLFpAWw20lwVDWI47tOIUciMXvvNIA3_Ak
- Do** Make a meal for your family (ask an adult to help if necessary)

Donate something to the Foodbank next time you are in the supermarket
- Write** A poem or prayer about Ruth and Naomi's story
- Read** You can find the story in the Old Testament part of the bible in the book of Ruth or you can borrow one of our books.
- App** Download the Bible App for Kids (App Store, Google Play and Amazon) and explore the different stories and activities. Today's story is there – see if you can find it (hint – look for "Wherever you go")!

**NEXT MONTH:
SUNDAY 3rd April
When we'll be thinking about Easter**

Love yourself through Lent

In a really challenging season why not focus on self-care this Lent.
Here are 40 self-care ideas to choose from, why not pick one each day
and give yourself a boost of positivity..

Listen to a favourite song.

Enjoy a hot drink.

Say "I love you" to somebody.

Put on some music and dance like nobody is watching!

Hang a plant.

Try a new hobby.

Light a candle.

Take a bath.

Drink a glass of water.

Pray.

Cook your favourite meal.

Get into your pyjamas early!

Go for a walk.

Read a Psalm.

Phone a friend.

Watch a favourite film.

Write down your worries and bring them to God in prayer.

Open a window and breathe deeply!

Read a book.

Count your blessings.

Turn off your phone for an hour.

Go to bed early.

Buy yourself a treat.

Pause and listen to God's voice.

Have a lie in.

Get creative, draw or write something.

Say "no" to something.

Look for pictures in the clouds.

Take your bed.

Put on an outfit that makes you feel good about yourself.

Stretch!

Write a letter.

Visit an art gallery or museum online.

Bake something.

Watch a funny video.

Look through old photos.

Talk to a plant.

Sing as loudly as you can!



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Biblical character – Hide and Seek

Creation Scavenger Hunt @ Home



Why not have a go at the following activities together with your family at home to help you remember all the things God created:

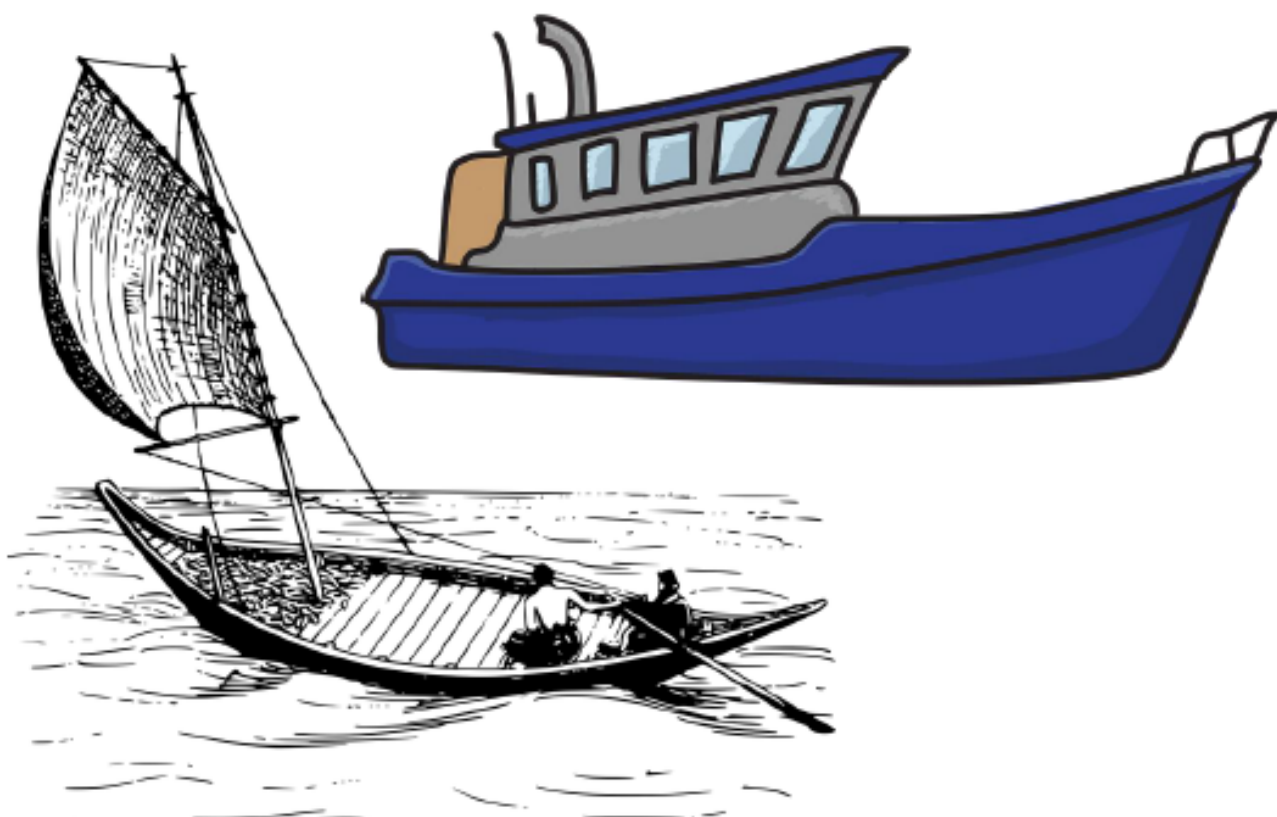
1. Play hide and seek in the dark with a torch
2. Take a look at the clouds in the sky – what shapes can you see?
3. Find some pictures of people in other countries who don't have any water.
4. Go for a walk and see how many different plants, trees and bushes you can find.
5. Take a look at the sky at night – how many stars can you count?
6. Find 10 things that remind you of animals.
7. Have a look through family photos and thank God for all the special people in your life.
8. Find something that helps you to rest and relax (perhaps you could lie down and have a sleep).



BUILD A BOAT

Before they became disciples, Jesus friends were fishermen. Every day they sailed out on their fishing boat to catch fish for their friends and families.

This month's **Messy Church Challenge** is to make a fishing boat!



You can use anything you like: junk modelling, Lego, clay, paper. It can be big, small or medium sized!

Bring your fishing boat back next month for a dip in the Prize Box!