

Explore It FOR ME

SEPTEMBER
SESSION 01

EMBRACING CHANGE

 **Genesis 12:1-9 God calls Abram**

Here are some ideas and activities you could do on your own



Build

Build a miniature 'altar' out of cereal boxes, other recyclables or old bits of wood. It should look like a small table but can be any design you like. Write the words 'We trust you' on the top. Keep it somewhere in your bedroom where you'll spot it from time to time and remember to trust in God. You can even put things on the altar representing things that you want to trust him for.



Sense

Sit somewhere relatively quiet in your home or garden, and go through each of your senses in turn, asking yourself what you notice about where you live. For example:

- ➡ What's unique about the views and colours of where you live?
- ➡ Shut your eyes - what can you hear?
- ➡ What fragrances or flavours can you smell or taste?
- ➡ What do you notice using your sense of touch? How warm or cool is it? Is the ground hard or soft? Can you feel the wind?

Now you've noticed these things, which of these do you think would change if you moved to another country? How do you think refugees feel moving to another country in which all the sights, sounds, weather, smells, flavours are all different?



Share

Once you've filled in the *Growing out of Lockdown* booklet, discuss your answers to the questions in the booklet with your parents or another trusted adult. Were there any new things you realised about yourself? Is there anything coming up that you're worried about and would like to talk to them about?



Write

Get hold of the *Growing out of Lockdown* booklet and fill in the pages. You can type directly on to it or you might find it easier to print off - remember to check first before printing.



Draw

Think about three things you're excited about over the next month, or three things that you'd really like to do your best at. Divide an A4 sheet of paper into three sections and draw on it something that represents those three things. Display it somewhere in your room as a daily reminder.



Sing

Sing or listen again to the song 'Hope' by Allstars Kids Club. https://www.youtube.com/watch?v=r_t5xitQjlc
Focus on the lyrics. Which lyrics stand out for you? Which description about God is most important to you right now?

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

