

## 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

# Flourishing

This is a special bumper edition with activities to do over the summer! It's a time when things will be changing and we hope flourishing, growing in a good way, too. Maybe you can think of other things to do too that fit with the theme of 'Flourishing'. And always, we'd love to see any photos on Twitter!

### Daily Prayer

Dear God,  
Thank you that you want the fullness of life for me. Thank you that you have given me gifts and talents. Help me to use them to flourish in every part of my life and to help others to do so too.  
Amen

### Bible Verse

I have come in order that you might have life—life in all its fullness.

You can find this in the Bible, in the book of John , chapter 10, verse 10.

### Prayer Activities

#### Hope Blossoms

What are your hopes for the future? How will you see them grow?  
Write your hopes and dreams on a small square of paper or a flower shape you have cut out. Fold the corners or petals so that they meet in the centre. Place the paper on some water - a bowl or sink works well - and wait as it slowly unfolds talking to God about those things.



#### Sun prayers

How does a sunshine make you feel? 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 from your household if you can, 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? Sometimes we like to grumble about it. But it is important because we need it for life, to help things grow. Sometimes rain is used as a symbol of difficult things but when we overcome those things, we can become stronger, more resilient. Talk to god about some of the things you are finding difficult but also some of the things you have managed to overcome and how that makes you feel.

## Paper Tree Prayers

Consider the strength and support a tree gets from its roots and trunk. Think about how they are vital in helping the tree grow and flourish, the roots are unseen below the ground, enabling the tree to stand firm withstanding the elements. The trunk carries all the nutrients and the food the tree needs to grow, up to the branches and leaves allowing it to grow tall and spreading, its branches wide. When we root our lives in God, he provides the strength and nourishment for us to flourish and grow. Our roots in God become strong and deeper through prayer.

- Take and unfold 8 sheets of newspaper write your name as well as words of faith, strength, growth and encouragement all over the newspaper pages. Place them on top of each other and roll it into the shape of a tube.
- Tape the newspaper roll closed along the bottom half.
- Starting at the top end of the newspaper roll, cut the edge of the newspaper down to the middle of the cylinder where it is taped.
- Turn the roll a quarter turn and make another cut from the top down to the middle.
- Do this two more times, so you have four equal strips.
- Bend back each of the strips so that you can see the inside of the roll.
- Hold onto the base of the tube with one hand while reaching into the centre of the newspaper roll with the fingers of the other hand, as you do this thank God for giving you strength or ask him to give you strength.
- Pull up on the newspaper inside the tube to start the tree growing, talk to God and share the things you need help with.
- Keep pulling to make the tree grow taller and taller ask for God's help to grow.
- Finally take a piece of cardboard from a cardboard box and write God on it in the middle.
- Then secure your tree to a cardboard base using tape, while you do this ask God to help you to grow and flourish in the things that connect you and keep you rooted in him such as praying, reading the bible, giving thanks and spending quiet time with God.



Over the next few weeks, use your tree to spend time with God, saying the daily prayer.

## Transformation Caterpillar Prayers

Caterpillars go through huge stages of change and growth in their lives before they flourish as 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, then sticking on two googly eyes or you could make some. As you decorate, think about all the things you are thankful for, share any worries or concerns 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 to flourish in your life. When you are ready, clip your caterpillar peg to your wings. Hold your butterfly and pray to God. Ask him to give you patience, to be with you and guide you to make the right choices to flourish and grow like the butterfly.



## Other Activities

### Make a bird or butterfly feeder—or both!

Watch the world God created flourish by making a simple bird feeder or butterfly feeder.

#### Bird feeder

You will need a pipe cleaner or some string and some hop shaped cereal. Thread hoop shaped cereal onto string or a pipe cleaner. Make it into a loop and hang it up outside. Then, wait and watch the birds come. How many different ones do you see? You might like to make a list over the summer and find out about any birds you don't recognise.

#### Butterfly Feeder

Make some sugar syrup by dissolving 1 part sugar or honey with 4 parts warm water (so for example 1 tsp of sugar and 4 tsps water of water). Stir until the sugar is dissolved. Take an old foil container from a pie or old acrylic plate. Use some string or wire to make a hanger for the plate. If you have any beads you might like to decorate it with them or anything you like really. Place a piece of sponge on some leaves if you have them, in the middle and add the sugar water to the sponge until it is wet but not overflowing. Hang it outside and watch the butterflies feed. Remember to check it regularly to make sure there is enough sugar water on the sponge



### 1-minute challenge

At the start of August, everyone in your household can set themselves at least one active, 1-minute challenging and build it up regularly. At the end of the month see if you notice an increase in the number of things you can do. Here are some examples of what you might do:

- How many star jumps can you do in in one minute?
- Can you skip for I minute?
- How many times can you throw and catch a ball in 1 minute



### Nature stick

If you go for a walk outside take enough some wool or thread with you for everyone. Each person should find a stick to begin (if you don't think you will be able to, you could roll up some cardboard into a strip) and then find other interesting leaves or flowers (not wild flowers though) like daisies or buttercups and fasten them to the stick with the wool or thread. When you get home again talk about What memories does this bring about the journey you went on? Why did you choose those things?

(This would work at the beach too with shells and drift wood for example)

### **Wax crayon pictures**

– drawing in white crayon then painting over it

You will need white wax crayons, white paper or card, paint (or a bit of water with food colouring in it), paintbrush or a piece of sponge and water. You could always use a white wax candle if you don't have a crayon.

- Using the crayon write words and phrases, on the white paper, that would encourage someone to help them flourish for example, bloom, blossom, grow, or 'A joyful soul makes a lifetime flourish'.
- Mix the paint with a little water to make it thinner like a wash. Then paint from one side to the other across the wax words. Watch how it reveals your messages to flourish.



### **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.
- Root vegetables tops – Put the tops of root vegetables such as carrots, beetroot, parsnips, turnips or radishes on a saucer or small plate, in some water and they will start to regrow.
- 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.
- Onions – Place the bottom of an onion in a small bowl and add some water covering the roots. In a few weeks, new shoots will start to sprout from the centre.

Tip: Remember to keep your scrap garden watered – this is the essential thing for your plants to flourish!

### **All About Me!**

This is a chance for everyone in the household to take time to reflect on, to think, about the things that might help them to flourish. Think about these questions and write down the answers if you would like to. make your own list from it. Perhaps you might like to talk about these things with each other.

- *My name is....*
- *2 things I like to do are...*
- *2 things I'm not so keen on are....*
- *My favourite fictional character is...*
- *My favourite food is...*
- *One thing I would like to learn to do is...*
- *One thing I am looking forward to/hoping for in September is...*
- *One question I would really like to ask God is.....*