



Junior Church

LESSON PLANS: 07-06-20

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Family Fun

(All Ages)

Mime and remember

Activity time: 10–15 minutes

Aim: to remember that it is through God's power that we have food and water

You will need: n/a

1. Together think of different meals and snacks the children have throughout the day and make up a mime for each one. For example: breakfast could be pouring milk on cereal; a bedtime drink could be yawning and stirring cocoa.
2. Practise each action several times, and then call out meals at random and see who can remember the action.
3. After saying each one a few times, call out: 'Who gives us food and drink?' Everyone replies, 'God gives us our food and drink'



Dolphins

(Age 3, F1 & F2)

Play-dough play

Activity time: no time limit

Aim: to think about Jesus being able to provide food for lots of people

You will need: play dough (recipe on page 26), extra flour, clean-up equipment

1. Sprinkle a little flour on the table and on the children's hands. Allow them to play freely with the dough, using their hands to pull, shape and pound.
2. As they play, talk about making bread. Explain that people make bread in just the way they are playing with the dough. Say that in today's Bible story lots of people share some bread that Jesus gave them.
3. Take some of the dough and pretend to give each child a piece of bread and, if you like, some play-dough fish. Ask if anyone else would like to pretend to give out bread and fish like Jesus' friends did. Remind the children that the people in the Bible story were amazed that Jesus could give so many hungry people bread and fish to eat.

Play dough recipes

Quick dough

This is not a precise dough recipe but the variation in the dough can be fun in itself. The type of flour used and even the weather can make dough vary greatly. The advantage of this recipe is that children can join in safely and do their own preparation, which is as much fun as 'real' cooking.

You will need: 1.5 kg flour, 500 g salt, 400 ml water, a large mixing bowl

- 1 Mix all the ingredients together in the bowl.
- 2 If the mixture comes out sticky, provide children with plenty of extra flour when playing with it. If it comes out dry, splash on a little water as they play with the dough.

Play dough

Children love to play with generous quantities of dough. This recipe makes enough for four children to enjoy.

You will need: 1 kg plain flour, 500 g salt, 50 g cream of tartar, 75 ml cooking oil, 1.5 l water, food colouring, a large strong saucepan (not your best!)

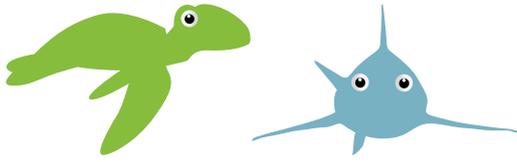
- 1 Put the dry ingredients and oil in the saucepan.
- 2 Add a few drops of food colouring to the water.
- 3 Pour the coloured water slowly into the saucepan, stirring all the time. Mix well to try to get rid of lumps.
- 4 Put the pan on a medium/low heat and cook. Keep stirring all the time, until the mixture starts to pull away from the sides of the saucepan.
- 5 Remove the pan from the heat and tip the dough out on to a heat-resistant surface. Use a wooden spoon if it is clinging to the saucepan. Put the pan to soak immediately.
- 6 If you have a sturdy food mixer or processor with a dough-making attachment, use this to knead the dough. The warmer the dough is as it is kneaded, the better the final product. If you are kneading by hand ensure that it has cooled down well: it retains heat in the centre. Keep kneading until the dough is smooth and elastic.

Salt or baking dough

This dough can be used as ordinary play dough, but can also be cooked to make a hard, long-lasting model. Please note: make sure hands are not cut or grazed before using this type of dough as the saltiness may sting.

You will need: 300 g plain flour, 300 g salt, 15 ml cooking oil, 200 ml water (multiply quantities up for a larger group of children), a large mixing bowl

- 1 Mix everything in the bowl. Add a little more water if the dough seems too dry. Tip out on to a floured surface. Knead well (or use a mixer). Keep going until the dough is smooth and springy.
- 2 Give the dough to the children to play with and shape.
- 3 To cook finished items: put them on a greased baking tray in the centre of the oven. Salt dough cannot be cooked in a microwave oven. Small items need to be cooked for 10–20 minutes at gas mark 4/350°F/180°C.
- 5 Large items need to be cooked overnight at gas mark 0.5 /250°F/130°C. The larger and thicker the item, the longer and slower it needs to be cooked.
- 6 When the items are cooked and cooled, allow children to decorate or play with them. Baked items will last a long time as the salt acts as a preservative.



Turtles Sharks

(Year 1 & 2)

(Year 3 & 4)

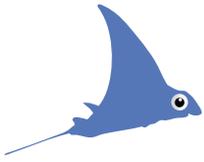
Demonstrate

Activity time: 10–15 minutes

Aim: to remember that Jesus has extraordinary power

You will need: uncooked rice, a tray, bread rolls

1. Encourage the children to imagine that each grain of rice represents a person, then make little heaps, each consisting of ten grains. Try to imagine what 400 heaps would look like. See how many heaps you can fit on the tray.
2. Give each child some bread to break into tiny pieces (be aware of allergies). Can they make as many pieces of bread as there are grains of rice on the tray? Ask whether there is enough food for 4,000 people.
3. Say that feeding 4,000 people like this is impossible for us, but not for Jesus!



Stingrays

(Year 5 & 6)

Puzzle and discussion

Activity time: 5–10 minutes

Aim: to focus on Jesus having God's power

You will need: Xstream page 216 (attached)

1. Give each child a copy of the puzzle from page 216 and challenge them to crack the code.
2. Ask the children what their answers to the questions are. ('How powerful is Jesus?' and 'Where does Jesus' power come from?') Your group will probably come up with a wide variety of opinions, depending on where the individual children are on their walk with God. Encourage all the children, and try to create a safe environment for them to express their opinions.
3. Encourage them to think about what difference it makes in their lives that Jesus has God's power.


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C D E F H I J L M O P R S U W


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