

KIDS RESOURCES

4-7



LIFESTYLE

ECO  **CHURCH**
AN A ROCHA UK PROJECT



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LIVING IN CREATION



GAME

Key:



– Indoor Session



– Outdoor Session

Memory Game

Instructions:

- Leader to start the game by saying, "I went for a walk and I saw..." adding an item which might have been seen.
- Next child repeats the sentence starter, "I went for a walk and I saw...", the leader's item and then adds their own item.
- Continue around the circle until everyone has "been for a walk" and there is a long list of items which were seen. The last few children might need a bit of help to remember if you have a large group!



GAME

Fitness Fun

Instructions:

- Leader to lead the children through a fitness warm-up (maybe in a Joe Wicks style) including:
- stretches; jump on the spot; jog on the spot; crouch and stretch; frog hops; push ups; sprint on the spot; star jumps; bird wing flaps etc...
- Ask the children to feel their body working by feeling their pulse and noticing their breathing getting faster. Identify that God has given us amazing bodies.



BIBLE

Introduction

Today we are going to be learning about how we can live well in God's creation so that we are caring for all that has been made in our everyday life. We will think about how this might mean stopping from doing what we normally do, seeing what is going on around us and then making changes to our behaviour to live better. We will also be thinking about who our neighbour is and how we can love them as much as love ourselves.

Bible reading: The Good Samaritan (paraphrase of Luke 10: 25– 37)

One day, a man came to visit Jesus. He asked him, "What do I have to do so that I can live with God forever?" Jesus smiled and said, "Love God with all of your heart (all your emotions), all of your strength (all your body), all of your mind (all of your cleverness) and all of your soul (all of who you are). And you need to love your neighbours as much as you love yourself." The man was confused and asked, "who is my neighbour – is it the person who lives in the house next to mine?" So Jesus told him a story.

There was a Jewish man who walked from Jerusalem to Jericho along a long and twisty road. Some robbers were hiding and waiting for him – they jumped out, beat him up and stole all his things! He was hurt very badly and lay at the side of the road. A priest was also walking on the same road but when he saw the hurt man, he crossed over the road and pretended not to see him. He carried on to his temple meeting. Then, a teacher of the law came along the road. He also crossed over to the other side of the road and walked past the hurt man. But then, a Samaritan came along the road. Normally, Samaritans do not talk to Jewish people and they are not normally friends. BUT the Samaritan saw the hurt man and stopped to help him. He cleaned up his cuts and put bandages on his broken skin. He then helped the man onto his own donkey and walked with him to a nearby hotel where he paid for him to have a room, to have food and to have some help to get better. He came back later and checked that he was feeling better.

Jesus asked the questioning man, "who do you think was a neighbour to the hurt man?"



BIBLE CONTINUED

Bible Discussion

- Who do you think was a good neighbour? (The Samaritan man who stopped and cared for the hurt man.)
- Jesus told the questioning man that he was to look after other people in the same way – by giving them love even if they don't deserve it and loving them whoever they are. Is that easy or hard to do?
- Who is our neighbour? (Jesus told the story to the questioning man to show him that his neighbour was not just the person who lived next-door to him or who looked like him, but was everyone even those people we might not normally think about. We can think of everyone in the world as our neighbour when we ask the question, 'Who should we love as much as ourselves?')
- How can we live to love them as we love ourselves? (Living our lives so that we help to make their lives better and not hurt them by how we live.)



ACTIVITY

Modern good Samaritan

Put the children into small groups with a leader to work through these few questions:

- How do we breathe? (We take air in through our nose or mouth which travels to our lungs.)
- Why do we breathe? (To get oxygen into our body and to get rid of carbon-dioxide from our body.)
- Take 5 deep breaths and feel the air in your nose or mouth; be aware of it travelling down your airway; feel your lungs expand and your ribs move; be aware of the air travelling back up your airway and being pushed out of your body through your nose or mouth.
- What happens when we exercise? (We need more oxygen in our body, so we have to breathe more deeply and more quickly.)
- Do 100 star jumps. When you stop, notice how your breathing has increased – it is deeper and quicker. (Be aware of it travelling down your airway; feel your lungs expand and your ribs move; be aware of the air travelling back up your airway and being pushed out of your body through your nose or mouth.)
- What happens if the air we are breathing is not clean? (Our body does not want the air and we might cough; or we breathe it in and it hurts our body.)
- What might make the air unclean? (smoke; pollution from cars – burning fossil fuels; chemicals in the air)



ACTIVITY CONTINUED

Come back together as a whole group.

Retell the story of the good Samaritan but with a change of characters. Ask your leaders to act out the story as you retell this (1 leader can play more than 1 role).

A young man is walking down a busy car-filled street when he has an asthma attack because of all the car fumes. He falls to the ground, struggling to breathe.

A vicar sees him as she drives her 4x4 to get to the service she has to lead. But she is too busy to stop and she carries on driving past, hoping that the man will get better.

A Council Leader sees him as he rides by on his motorbike on the way to an important council meeting. But he is late for his meeting and hopes that the man will get better.

Then an old man sees him and cycles up to him. He finds his inhaler and helps the young man to start breathing again. He helps him onto his bike and takes him to the A&E department at the local hospital. He tells the nurses all about what has happened and asks them to look after him. He then goes to the important council meeting and asks for the road to have less cars on it so that the air will not be so full of pollution.

The old man checks in on the young man later.

- Who was the good Samaritan in this story? (the old man on the bike)
- What did they do? (cared for the man, got him to hospital and tried to make the road healthier)





ACTIVITY CONTINUED

Action – Travelling well

Travelling by car can cause the air around us to become polluted which can affect our breathing and makes the world warmer too. This means that it hurts our near neighbours as well as neighbours all around the world. So, how can we travel in ways which care for the world?

We are going to act out these different ways of travelling:

- we can walk (walk around the room);
- we can scoot (act scooting around the room);
- we can cycle (Act cycling around the room, ringing your bell and signalling around corners);
- we can go on a bus (act queuing to get onto a bus and sitting in bus seat);
- we can share our car with other people (Act 4 people sharing a car journey together).

Materials:

- A piece of A4 paper per child
- Pens and Pencils

Instructions:

- Fold the A4 paper in half.
- On one half, draw a picture of you and your family travelling to church as you normally do.
- Think through all the actions you did earlier and then on the other half, draw a picture of how you could travel to church so that you show care to the people around you. (talk to a leader if you are not sure.)
- Take your idea home and ask if you can travel to church in your suggested way.



PRAY

- Take a deep breath of air – **Thank you God for the air we breathe.**
- Sit on the ground and touch the floor – **Thank you God for the Earth we live on.**
- Jump up and down – **Thank you God for the bodies you have given to us to help us to move.**
- Do a robot dance – **Thank you God for the skills you have given to us to create wonderful machinery.**
- Shake hands / bump elbows with people around you – **Thank you God for all the people in our area. Please help us to be good neighbours to them.**
- Make the biggest circle you can with your arms – **Thank you God for all the people around the world. Please help us to be good neighbours to all the people around the world.**



WORSHIP

Sung Worship

Sing "This is the air I breathe": <https://www.youtube.com/watch?v=aAjdge5OYNs>

"God's love is big": <https://www.youtube.com/watch?v=-IFSTnFMN0g>



ACTIVITY



Activity – Travel talk

- What powers a car? (Petrol/diesel/ electric) All of these are made from oil that comes out of the ground and is a gift which God has given to us, but we are using too much of it! Electric cars can be better if the electricity comes from wind turbines or solar power.
- What problems can cars cause? (air pollution; gases which make the earth get warmer; accidents; noise; cost a lot of money)
- What powers us? (food; sleep) We eat food to give us energy which we use to walk, scoot and cycle.
- What problems can walking cause? (tiredness)
- Which do you think is better for our neighbours who live near us and why? (walking because it doesn't pollute the air.)
- Which do you think is better for our neighbours who live around the world and why? (walking because it doesn't make the world warmer.)

Action – Local walk

- Go on a walk around your church grounds or your local area if you have enough leaders and have risk assessed thoroughly (safe route; good adult ratio; fluorescent jackets etc...)
- As you walk, encourage the children to look at what they are passing through and enjoy the walk. Point out that their local neighbours include people as well as wildlife. Talk about the places and people you pass and why they are important to you and to God. Ask about how we can care for these places and people like God does?
- Plan stops on your route, where you can have a break and maybe have a drink and healthy snack.
- On your return to church, talk about what was good about the walk and how it felt to walk together.



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