

KIDS RESOURCES

7-11



LIFESTYLE

ECO  **CHURCH**
AN A ROCHA UK PROJECT



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LIVING WELL IN CREATION



GAME

Key:



– Indoor Session



– Outdoor Session

Guess the Logo

Instructions:

- Use one of these Guess the Logo youtube games:
 - https://www.youtube.com/watch?v=bX_tzVAGxHM
 - https://www.youtube.com/watch?v=1Y43XSzvO54&list=RDCMUCQ_MNc4KqQ1RZKokK3ayfTQ&index=2
- Individually, in pairs or small groups, ask the children to identify the logos within the small time frame.
- They need to keep their own scores.



GAME

Balance

Materials:

Long ropes

Instructions:

- Put the children in small groups with a rope laid out in a straight line on the floor.
- Give them a series of challenges – Can you walk along the rope:
 - with your hands behind your back?
 - with your eyes shut?
 - backwards?
 - as quickly as you can?
 - with another person coming from the other end – and pass each other half-way?
- What was needed to stay on the rope? (balance)



BIBLE

Introduction

Today we are going to be learning about how we can live well in God's creation. We will think about how we often worry about things in life which are not important and spend our time and money in ways which do not look after God's world. We will think about how we can live more simply and live in thankfulness and with our minds more on God.

Bible reading: Do not Worry (Matthew 6: 25–34 – adapted from Easy Read Version)

Jesus was talking to a large crowd whilst sitting on a hillside. He was telling them about wise ways to live life and how God had planned relationships to work well: to be generous, forgive those who hurt us and try to follow God as the most important thing in our lives. He knew that people listening lived their lives with worry: about their future; about what they would eat; about their appearance; and, about what other people thought of them. And so, he spoke these wise words to them:

"I tell you, don't worry about the things you need to live—what you will eat, drink, or wear. Life is more important than food, and the body is more important than what you put on it. Look at the birds. They don't plant, harvest, or save food in barns, but your heavenly Father feeds them. Don't you know you are worth much more than they are? You cannot add any time to your life by worrying about it.

"And why do you worry about clothes? Look at the wildflowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon, the great and rich king, was not dressed as beautifully as one of these flowers. If God makes what grows in the field so beautiful, what do you think he will do for you? It's just grass—one day it's alive, and the next day someone throws it into a fire. But God cares enough to make it beautiful. Surely he will do much more for you. Your faith is so small!

"Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' That's what those people who don't know God are always thinking about. Don't worry, because your Father in heaven knows that you need all these things. What you should want most is God's kingdom and doing what he wants you to do. Then he will give you all these other things you need. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries."

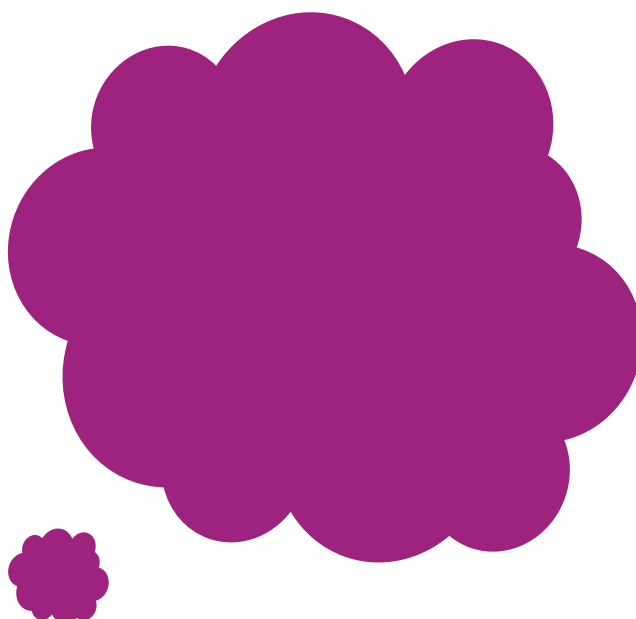
The people were amazed at what Jesus said.



BIBLE CONTINUED

Bible discussion

- What were the people Jesus was talking to worried about? (Their future; what they would eat; their appearance; what other people thought of them)
- What things worry people in our society now? (Help them to show them the similarities – the future with climate change and COVID; food and drink with poverty and so many cookery programmes; clothes with fast fashion; what other people think of them with social media)
- Why does Jesus say we shouldn't worry about food? (because God provides for us as he provides for the birds)
- Why does Jesus say we shouldn't worry about clothes? (because we are already made beautiful like the flowers)
- Does that mean that we don't need to buy food and clothes? (no – but we don't need to worry. We can use all that we have been given and use it with thankfulness)
- How do people say thank you to God for their food before a meal? (grace is a beautiful way of recognising that God provides for us in all our meals.)
- How do we deal with fast fashion when Jesus says we don't need to worry about clothes? (fast fashion asks us to buy new clothes all the time so that we can be up-to-date. It is made cheaply, not paying the makers properly, and creates a lot of waste as people wear the item once and then throw it away. We need to be mindful with how we buy our clothes so that we give money to the people who made it and that we keep and use the clothes we buy.)





ACTIVITY

Activity – Mindful drawing & reflection

We are going to do what Jesus told us to do and think about food and the birds, or clothes and the wildflowers. We are going to draw mindfully, which means we are really going to concentrate on Jesus's words whilst drawing either a wildflower or bird. This is not an art lesson and it doesn't matter if your picture doesn't look like the photo – just spend time thinking about what Jesus meant.

Materials:

- Photographs of wildflowers and birds
- A4 paper per child
- Pencils and colouring pens/ pencils
- Quiet background instrumental music
- Printouts of the 2 key statements:
- Why worry about food? Look at the birds.
- Why do you worry about clothes? Look at the wildflowers.
- Glue sticks

Instructions:

- Please choose a photo of either a wildflower or bird along with the related statement.
- Draw your chosen photo carefully and quietly whilst thinking about what Jesus said. What does it mean to you and your family?
- Stick your statement onto your picture and write down what you think it means.
- Share new understanding and deep thoughts.



ACTIVITY CONTINUED ON NEXT PAGE

Simply new from old

- We are called to live simply and not be drawn into consumerism where we are encouraged to buy new things – even when we don't need them.
- Watch a short video: https://www.youtube.com/watch?v=YEN7Cd5k_bg. How does this create worry and stress? (we constantly feel that we need more instead of stopping and being thankful.)
- We are called to be thankful for what we have and to use them wisely: sometimes this means taking something old and making something new.

Either

Make a bag from an old T-Shirt, taking something that is old and simply making it into something new.

Materials:

- 1 old T-shirt per child (either they bring their own or buy from a charity shop)
- Material strength scissors – 1 for each small group

Instructions:

- Lay the T-shirt flat on a surface.
- Cut off both sleeves (about 2cms in from the seam)
- Cut out the neckline (about 10cms from the original line)
- You have made the handles!
- Cut strips through both the front and back material along the length of the bottom of the T-shirt (about 5cms long and 2cms wide)
- Tie the front and back pairs of strips together, one at a time, so that the bottom of the T-shirt is joined together with knots and tassels.
- Enjoy your new bag made simply by repurposing an old T-shirt.

Or

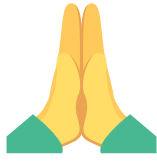
Hold a book/ clothes/ toy swap. This will need preparation the week before so that the children need to bring in a bag of old books, clothes or toys

Materials:

- Table top space
- Optional: signs for clothes sizes/ fiction & non-fiction books / types of toys

Instructions:

- Ask the children to leave their bags of old books, clothes or toys next to the tables.
- Leaders lay out the items on relevant tables whilst children are mindful drawing.
- Ask 'How is swapping a way of looking after creation?' (no needing to buy new things; less waste; reusing items; sharing and generous; not consumerism)
- Explain how the swap is going to work (e.g. don't take more items than you brought it; be generous to others as you are looking; don't feel pressured into taking items)
- Children choose which are new to them from the tables.
- Any excess items can be taken to a charity shop.



PRAY

Ask the children to hold their mindful pictures.

Thank you God that you provide for the birds. Help us to remember that you give us all we need.

Thank you God that you made the wildflowers beautiful. Help us to remember that you see us as beautiful too and you love us as we are.

Thank you God that you are the only voice we need to listen to and that we don't need to worry about what other people think about what we eat or wear, mobile phone we have or bike we ride. Help us to be thankful in every way and to live simply.

Ask the children to hold their new item (bag, books, clothes or toy)

Thank you for our friends who allow us to swap instead of buying new things. Help us to continue to be generous and giving.

Thank you for freedom from worry and anxiety. Help us to live our lives free from being made to feel that we need more and to live in ways which praise you and care for your world.

Listen to "Do not worry" by Ellie Holcomb: <https://www.youtube.com/watch?v=Qhb-K2GpbKTY>



GOING DEEPER

More detailed instructions for the No-Sew T-shirt bag: <https://happiestcamper.com/how-to-make-a-no-sew-t-shirt-bag/>



ACTIVITY

Food travel

Materials:

- An item of food packaging for each child in the group. (Packaging needs to state where the food is from – have a mix of UK and around the world)
- 7 designated locations around the site (within sight of the circle) for the 7 continents (North America, South America, Africa, Europe, Asia, Oceania, Antarctica)

Instructions:

- Everyone stands in a circle and looks at their food packaging to see what country the food comes from. Tell the person next to them to check and discuss which continent that is in (ask a leader if unsure)
- Point out the 7 continent locations
- One person in the circle reads out their food product (but not the country).
- The rest of the group predicts which continent that food came from by running to the relevant location in 10 seconds.
- The child then reveals where their food actually comes from – children who gets it correct can do a celebration dance.
- All return to the circle and repeat with each piece of packaging.

Which continent did most of our food come from? This can be checked by everyone running to their own continent (probably from countries outside of the UK)

What did it take to get the food to us? (fossil fuel energy from planes, ships, lorries etc...)

Is this a good way to live?

What would it look like to eat more locally with the seasons? (talk about strawberries in December; getting used to fresh food which is only around for a certain time each year; how we would develop a greater thankfulness rather than an expectation that the food will always be there for us.)



ACTIVITY CONTINUED

Food Planting

We are going to plant some local and seasonal food which will encourage us to live more simply: this will mean that we have lower transport emissions because it will grow in our local area and it will be seasonal because it will not be grown all year round. We will be able to care for it and watch it grow; we will be able to pick it when it is ripe and ready; we will be able to eat it with thankfulness.

What do seeds need to grow? (nutrients, soil, water, warmth. They might also need more space as they grow.)

Materials:

- A variety of vegetable or herb seeds (e.g. pumpkins, beans, courgettes, sweetcorn or basil, coriander, parsley) put into labelled bowls – for seasonal planting, see extra resources
- Peat-free compost
- Plastic plant pots (reused)
- Labels (made out of a cut up plastic bottle)
- Permanent marker
- Optional: gardening gloves, plastic 2 litre bottles cut in half (see extra resources)

Instructions:

- Look at the seeds and identify the vegetables they will grow into.
- Demonstrate how to fill the pot with compost, plant the seed and label it.
- Ask the children to choose their seeds, plant them and label them.
- Water them when they get home so that water does not leak onto them all the way home.
- Optional – take a cut plastic bottle to use as a mini-greenhouse.
- The seeds can either be nurtured to be planted in the church grounds, or taken home to be grown by the children, or given to church members, friends and neighbours to encourage living simply and growing your own food.



PRAY

Each child holds a pot with a seed in it. Echo prayer with leader speaking it first and everyone else repeating it:

Creator God

Thank you that we can work with you

To help your creation to grow and flourish

Thank you for the soil to give nutrients

Thank you for the sun to give warmth

Thank you for the water to spread life

Thank you for the hope there is within this seed

May this seed grow to bless your people and world with food

Help us not to worry about food and clothes

Help us to trust that you will give us all we need

Help us to get the balance right in living simply

Amen



GOING DEEPER

Plastic bottle mini-greenhouse: <https://craftingagreenworld.com/articles/spot-ted-mini-greenhouse-plastic-bottle/>

Seasonal vegetables: <https://www.thompson-morgan.com/static-images/tandm/in-the-garden/veg-seed-guide.jpg>