

Children and family's news, chat and ideas to keep you busy week 24!

Hi everyone, here is the children and family's news and chat, for week 24.

I hope you all had a good holiday! I thought you'd like to see some of my pictures from our family holiday – you can send me some of your pictures too if you'd like to share them with the church! We had a lovely country holiday, in our motorhome with Bonnie our dog and my daughter Annie. Also camping with us were other members of my family and we stayed part of the time with my brother and his family. It was really good to see everyone again! The first three pictures are from our walk over Roundway Down and Beacon Hill, where there was once a wooden castle/fort, can you spot the calf hiding behind its mother? The last picture shows how we kept warm in the evenings at my brothers home, can you work out what we made the fire in?



I know many of you will be going back to school this week for the first time in a long while. I hope you are looking forward to it, but if not, here is a bible verse just for you:

“Give all your worries and cares to God, for He cares about you.”

1 Peter 5 verse 7

I have done this many times in my life, and it really does help!

A big thankyou to Phil and Rachel for taking over the Sundayclub zoom sessions while I was away. Do get in touch if you would like to join in our Sundayclub sessions and are aged between 3 and 16, we'd love to include you! **Tel: 07511950633** Please be aware my families@ email is still not working so the best way to get in touch with me is via telephone or text.

Diary:

Sunday 9am – Sandy uploads a short, recorded, **children and family worship video** which can be accessed via Facebook or the website.

11.15am – Sundayclub zoomers! Speak to Sandy for your personal invitation.

Mondays – Sandy uploads a video for the Mustard Seeds toddler group each Monday morning. This is available via the website, YouTube or on Facebook. I have had a few enquiries about when the group can return, and although this won't be happening yet, if anyone is interested in an online parenting group via the zoom platform, please do contact me and we'll see if we have enough to make this viable.

Wednesday –1.45pm Singing on zoom, for all ages! Contact me for the link.

Here are some ideas for you to have a go at this week...

- Here are the next five drawing ideas to have a go at from the Accumulate 100 challenge (has anyone been doing these? I had a go at a couple while I was away, send me your pictures if you have):

- Draw a baseball hat
- Draw a birthday cake
- Draw a kettle
- Draw a knife and fork
- Draw a cactus with your non-dominant hand (your left hand if you're right-handed, and your right hand if you're left-handed)

- From create to connect: **Design a slogan t-shirt. What statement do you want to make to the world? Find your words! They might be a favourite quote or saying, they might be inspired by something you feel passionate about – or they might simply reflect how you're feeling today.**
- Do
 - You'll need:
 - – A small piece of material (or jar, tin – or even some tin foil)
 - – A rubber band, piece of string or hair band
 - – A piece of paper

Take a few minutes to think about the things that have made you feel connected, grounded and gathered over the last 5 months. As you reflect tear your piece of paper into strips. Write down the things that have made you feel connected on the strips of paper and place them in the middle of the cloth. Gather the corners and tie into a small bundle. Can you find a time and place where you can lie down undisturbed for 10 minutes? You could play some relaxing music, light a candle, be out in nature – it's up to you. Set a 10-minute timer, and lie down in your space, with your bundle. Take the time to reflect on the things you wrote and put in your bundle, and gather your energy and your sense of the things that support you.

Story writing – did you write any stories over the holidays? Here are some more writing starters to get you thinking...

What makes you feel happy? Why?

What can you do to help yourself feel better when you're feeling blue?

Name your favourite book and why?

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- We have all been missing our friends so how about writing or drawing a special message on a postcard and sending or giving it to your friend this week! 😊

And for the younger children:

- Have a jumping contest.
Put your hands up and see who can reach them and keep moving them up to make it tougher.
Put a marker on the floor to see if they can long jump that far.
Count while jumping. Can they jump until 50 or 100? Set a timer to see if they can jump for 20 seconds or 1 minute?
- **Blow up some balloons and have them hit and swat them all around the house.**
 - Create a necklace with string, straws, and fruit loops, cheerios, or pasta noodles!
 - **Use oats in a bowl for a sensory experience, you can buy these really cheaply in the supermarket and they are safe for baby if they put them in their mouth. If you want to you could also put these on a tray and allow your child to use their construction sets and diggers in them.**



Singing together: I'm going to jump up and down -

<https://youtu.be/WodvQf0Jo9s>

God can do anything - <https://youtu.be/7nuzbWEiaeY>

Joke: What's the best way to study the Bible?
Answer: You Luke into it.

Did you know: If you did the holiday club you probably have heard the story of **Elijah** being fed bread and meat by ravens in the wilderness (1 Kings 17 verses 1-6). The average man needs at least **1500** calories a day to survive, which is equal to **1 steak, or 3 cheese burgers, or 14 slices of bread.**

Here are the links to the children and family pages online:

Sandys YouTube channel:

https://www.youtube.com/channel/UCczXJ3IckAMTs3fhXEBjl_g

<https://www.christchurchrayleigh.org.uk/virtual-church/>

<https://www.christchurchrayleigh.org.uk/virtual-church/news-chat/>

<https://www.christchurchrayleigh.org.uk/children-youth/>

I will be doing the ration challenge alongside Rev. Naomi, where we are sponsored to eat the same rations as a refugee for a week beginning 13th September. If you are able to, please sponsor me, here is the link:

<https://www.rationchallenge.org.uk/sandy-brown>

With Love, Sandy, Children and Family worker. Xxx

P. S. here's a picture to colour:

