

1.2.2021

Children's Newsletter



I was thinking this week about things that make me feel good. I love dancing and singing and reading books. In fact I enjoy doing lots of things and it doesn't matter that I'm not brilliant at doing them, it just makes me smile and feel happy inside. I wonder what you enjoy doing. Find something this week that really makes you smile and feel good about yourself. You might want to try something different, or you might want to try something creative with a friend that makes them feel good. Why not try setting yourself a creative challenge. Have fun with it and enjoy yourselves-it'll make you feel great. Why not have a go at writing a joke and send it to me and I'll include it in your newsletter? Have a lovely week.

God Bless.
Lisa

Joke Book

Why do bicycles fall over?
Because they're two-tired!
What does a triceratops sit on?
It's tricerabottom!



Question of the week!

What five words do you think most describe you?

Prayer Corner

Dear God

Help me spend today,
With a smile on my face,
Love in my heart,
Joy in your grace,
Enjoying fun and laughter,
With family and friends.

Amen



Jesus Calmed the Storm Hidden Message Word Search

Find the words on the list that are hidden in the puzzle. The words can be right to left, up and down, or diagonally. Then find the hidden message between the words, unscramble it and write it below.

I	R	I	L	I	Q	U	I	S	A	E	U	M	A	V
E	L	I	T	A	P	R	A	E	S	S	I	M	A	Q
U	A	S	L	E	E	P	O	B	E	Y	C	A	L	M
J	E	S	U	S	T	B	D	Q	U	I	S	A	S	T
B	O	A	T	T	H	E	I	W	I	N	D	S	T	A
H	E	N	D	R	E	A	S	I	N	A	H	E	O	D
P	S	A	S	A	N	D	C	F	A	I	T	H	R	U
G	A	I	A	A	A	L	I	T	A	N	I	M	M	Z
Z	R	I	I	R	E	A	P	E	W	A	T	C	A	I
L	I	Q	L	T	H	E	L	V	A	E	U	G	U	E
A	M	I	I	A	U	T	E	E	V	W	A	T	E	R
A	C	I	N	G	A	E	S	N	E	M	A	V	O	L
O	R	E	G	T	A	T	E	A	S	A	C	I	N	A
W	A	K	L	R	W	A	F	E	S	S	T	O	R	G
A	E	S	E	C	T	E	A	C	O	M	M	O	D	O

ASLEEP
BOAT

CALM
DISCIPLES

FAITH
SAILING

STORM
WATER

Write the hidden message here:

Don't forget it's our live Zoom Family Service at 4pm this Sunday 7th February. Please email myself, Mark Poole (revmarkpoole20@gmail.com) or Judith Hewitt (judithmhewitt@btinternet.com), for the Zoom link. Looking forward to seeing you there.

Twig boat

You will need












Twigs or lolly sticks
String
Paper or fabric for the sail



1. Use two twigs lengthways for the bottom of the boat.
2. Secure approximately ten twigs, with string, across the two twigs lengthways, to form a raft shape.
3. Cut out a sail from the paper or fabric and secure to a lolly stick.
4. Secure the sail to the centre of the raft with string.
5. Now see if it will float!

Wellbeing Bingo

It is very important for you to do the things you enjoy and also to think of others. See how many of the following activities you can do in a week:

<p style="text-align: center;">Go for a <u>walk/run/cycle</u>.</p> 	<p style="text-align: center;">Write down five things you are grateful for.</p> 	<p style="text-align: center;">Read a book.</p> 	<p style="text-align: center;">Have a no gadget evening.</p> 
<p style="text-align: center;">Write a Thank You note to someone.</p> 	<p style="text-align: center;">Walk to school.</p> 	<p style="text-align: center;">Go to bed early.</p> 	<p style="text-align: center;">Listen to music (and if you feel like it, dance like no one's watching!)</p> 
<p style="text-align: center;">Play a game with the people you live with.</p> 	<p style="text-align: center;">Perform a Random Act of Kindness. (Be kind just because you can)</p> 	<p style="text-align: center;">Do some exercise at <u>home</u>.</p> 	<p style="text-align: center;">Write down five things you are looking forward to doing.</p> 
<p style="text-align: center;">Laugh. (Put on a comedy, tell a joke, speak to someone who always makes you laugh)</p> 	<p style="text-align: center;">Be creative. (Bake a cake, do a jigsaw, draw a picture)</p> 	<p style="text-align: center;">Pay someone a compliment.</p> 	<p style="text-align: center;">Take part in a Personal Best Challenge. Have a few attempts to see if you can improve.</p> 