



Try this at home! April 2021

Emotional Rollercoaster

Here's a few ideas for you to explore the theme more at home.

Luke 24 36b-48

! The Gospel of Luke is the longest book in the New Testament in terms of Word count. It contains 19,482 words.

Question for God

You know every one of us and everything we are going through, how do you cope with so many emotions at once?

Snakes and Ladders Game

Grab a dice, some counters and the pdf of snakes and ladders attachment and create your own game. You might add things onto the snake square like 'oops, forgotten your mask?' On the bottom of the ladder you might have 'Got your vaccine!' or 'you can meet in a friends garden!'.

Feelings bread buns

Grab hold of the recipe on the website and add some emoji faces onto the bread buns!

To think about...

Are you thinking about sharing a meal with friends and family? A BBQ? A picnic? Why don't you think about planning it? Maybe have some of those feelings bread buns! Plan your menu, who's going to be there? What are their favourite foods?

Fortune Teller

We love making these! Get the template from the website and have fun trying out different coping strategies to help us manage all of these different emotions.

