



Try this at home! July 2021

Rushing and Resting

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

Mark 6 30-34 and 53-56

! The word 'rest' is mentioned 44 times in the New Testament (King James Version) so I guess it's pretty important!

Question for God

You encourage us to rest, but how do YOU like to rest?

Cup of tea? A favourite garden to walk around? Watch the footie?

TINA THE TREE Activities

We hope you liked the story of Tina the Tree. On the ONE Family Webpage you will find a few activities related to the story.

Make a simple bookmark

This is to remind you how important it is to be busy *and* to rest. Here's a suggestion for words to use, but feel free to use anything else: "God of rest and play, give us strength to do everything we need to do this week and help us to know when we need to stop and know your peace."

Talk about

People 'rest' in different ways. It's all about recovering our energy and strength. How do you 'rest'? Go for a walk? Play lego? Potter around in the garden? Pray? Read? Go on the X box? Dance around the living room?

Lolly stick pick n mix

If you have any lolly sticks (or need an excuse to eat more ice lollies!), then you can have fun with this one. On each one, write a different option for being active or resting. Stand these up in a cup or a jar and pick them out to do together or on your own. This might be good for those times when they say 'I'm bored!'. So, for example, one might say 'do a jigsaw' or 'go for a walk' or 'make some cupcakes'. This can easily be adapted into a prayer activity; thanking God for the chance to go out for a walk or for the ladybird you found in the garden. Anything goes!