

Activity 1 News Paper Hearts

You will need:

- newspaper
- large red heart shape
- glue
- markers



Method

1. Cut newspaper into heart shape (slightly smaller than the red heart)
2. Stick it on to the larger red heart.
3. Write "Good News! Jesus Loves Me" on the newspaper heart.
4. Get people to think of a story from the Bible that shows how much Jesus loves us and draw it their way on the newspaper heart with markers.

Talk about:

- How Jesus showed people he loved them
- What does your picture show about Jesus' love?
- Why did you choose this story?

Activity 2 **Marbled Heart**

You will need:

- A4 heart template
- shaving foam
- watered down red paint (or use another colour you like)
- tray
- chopstick or small craft stick
- squeegee



Method

- Spray shaving foam on a tray.
- Level the shaving foam with a squeegee - the foam should be approximately an inch/3 cms thick.
- Place several drops of watered-down paint onto the shaving foam.
- Use a stick or the wooden tip of a paint brush to swirl the colours around. Try not to push it deep down on the shaving foam just let the stick skim the surface and drag the colours into interesting patterns.
- Lay the heart shaped paper onto the surface of the shaving foam.
- Gently press down on the paper so that it comes in contact with the colours on the foam.
- Carefully lift the paper from the shaving foam
- Place the paper on a flat surface. Use a clean squeegee or straight-edged piece of cardboard to scrape off the shaving foam.
- Let the paper dry completely.



**You can lift 2 or 3 more prints from the coloured foam layer. The prints will be softer than the original one but they are still good. Continue reusing the foam layer until the colour gets red. Replace with a fresh batch of white shaving foam.

Talk about

- What loves means to us - family, friends, Jesus
- How do people show us they love us and vice versa?

Activity 3 **Heart Shaped Planting**

You will need:

- plastic tray
- cress seeds
- kitchen towel



Method

1. Place 3 layers of kitchen towel in your plastic tray and water the surface lightly.
2. Sprinkle the seeds in the shape of a heart on the damp towel, make it as big as you like.
3. Make sure you keep your cress seeds moist by checking them every day.
4. In a few days they will start to grow into the heart shape
5. Harvest your cress and eat in a tasty sandwich with egg or tuna, or add to a salad, yum!

Talk about:

- What helps the seed to grow and what helps them grow.
- What helps love grow?
- How did Jesus show he love the people around him?

Activity 4 Emotions Volcano

You will need:

- baking soda
- vinegar
- washing up liquid
- food colouring
- pipette
- clear plastic glass
- tray
- water
- teaspoon
- paper towels or a cloth



Method

1. Fill your glass just over half full with water, add red food colouring and 3 tea spoons full of baking soda and give it a good stir until most of the baking soda dissolves.
2. Add a good squirt of washing up liquid into the cup and once again give it a stir.
3. Make sure your volcano is in the tray as this bit is MESSY!
4. Quickly pour in just under a quarter of a cup of vinegar and enjoy your very own volcanic eruption.

****The Science - what's going on?**

You've just created a chemical reaction! By mixing the acid (vinegar) and the alkali (bicarbonate of soda) you have released bubbles of carbon dioxide. The washing up liquid traps those bubbles so it flows over the 'volcano' like real lava!

Talk about

1. How sometimes we are so angry and frustrated we are like volcanoes about to erupt.
2. How Martha in the Bible was just that angry with her sister because she didn't help her and she got cross.
3. How she wisely chose to share her frustrations with Jesus, who knew exactly how to make the situation better.
4. How could we calm down when feel angry or frustrated?

Activity 5

Chalk Stencil Heart Collage

You will need:

- A4 black sugar paper
- coloured chalk
- cotton balls
- heart stencils made from cardboard from cereal boxes



Method

1. Draw a heart shape on your thick paper and cut it out. This will be your stencil for tracing.
2. Place your heart stencil on the black paper and outline it with a piece of colored chalk
3. Still holding the stencil in place, use a cotton ball to brush the chalk away from the stencil. Do this all the way around the heart stencil.
4. Remove the stencil to reveal your heart
5. Continue making hearts using different colored chalk to create your collage
 - * Try experimenting with mixing and blending the chalk.
 - * You can even overlap the stencils to create some interesting designs



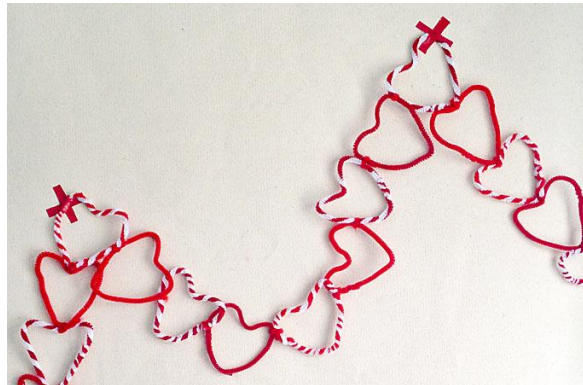
Talk about

- Who is your neighbour? How can we show our families we love them?
- How do we show our neighbours on the other side of the world we love them too?
- How do we show God we love Him?

Activity 6 Pipe Cleaner Hearts Garland

You will need:

- Red, pink and white pipe cleaners (but any colour will work if you don't have these)



Method

1. Form the pipe cleaner into a circle and twist the ends together.
2. Push in one side of the circle so that it looks like a heart.
3. Cut a few pipe cleaners into 5cm pieces and twist them between the hearts to make the joins.

Talk about

1. How just like our pipe cleaner hearts churches and Christians all over the world linked together by their love for God and their love for each other.
2. Can you think of any other groups joined together love?

Activity 7

Heart Prayer Envelope

You will need:

- heart template on patterned paper
- glue stick
- small slips paper
- coloured pencil/markers

Method



1. Cut a heart shape out of patterned paper.

2. Turn the heart shape over so that the pattern is facing downwards. Fold the sides of the heart inwards like the picture.



3. Now fold over the top of the heart to make the bottom of the envelope. The point at the bottom of the heart shape now becomes the top part of the envelope.

4. On small pieces of card, write the names (or draw pictures) of people you love and care about.



Talk about

- The fact that Jesus loves everyone and wants the best for them.
- Think of the heart they used to make their envelope as representing Jesus' heart. When we put the pieces of card inside as a prayer He will look after those people and that they will know that He loves and cares for them.