

Activity 1 News Paper Hearts

Resources

- 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**

Resources

- A4 heart template
- shaving foam
- watered down red paint
- tray
- pipette
- 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 thick.
- Place several drops of watered down red paint onto the shaving foam using pipette.
- Use a stick or the wooden tip of a paint brush to swirl the colours around. Try not to push deep down on the shaving foam. Let the stick skim the surface and drag the colours into interesting patterns. You can do random lines or go for more deliberate strokes and 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

Resources

- 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 **Volcano**

Resources

- baking soda
- vinegar
- washing up liquid
- red 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

****What's going on?**

You've just made your very own chemical reaction! Mixing the acid (vinegar) and the alkali (bicarbonate of soda) and releasing bubbles of carbon dioxide CO_2 . The washing up liquid is just there to trap 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 our story today was just that angry with her sister.
3. How she wisely chose to erupt to 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

Resources

- 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



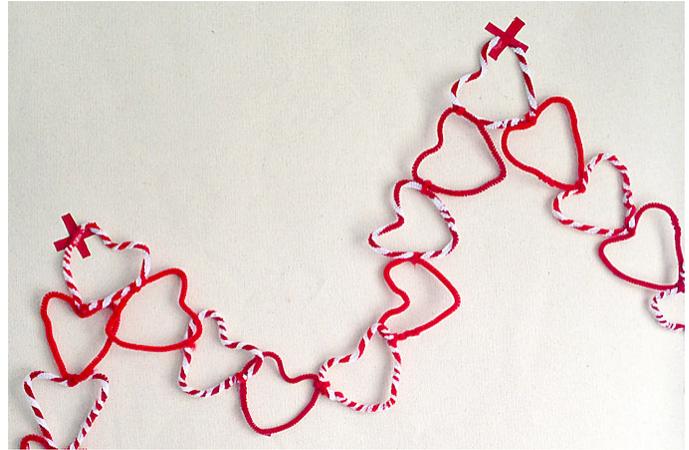
Talk about

- How Mary and Martha the two sisters in our story had two very different ways of showing their love for Jesus - Mary sat down and listened to Him, while Martha tried to make an impressive meal for Him. Which sister got it right? How do you know?
- Who is your neighbour? How can we show our families we love them?
- How do we show our neighbor son the other side of the world we love them?
- How do we show God we love Him?

Activity 6 Pipe Cleaner Hearts Garland

Resources

- Red, pink and white pipe cleaners



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 1 inch pieces and twist them between the hearts (allow a couple per child)
4. Also get each person to add one into a garland for the Messy Church notice board.

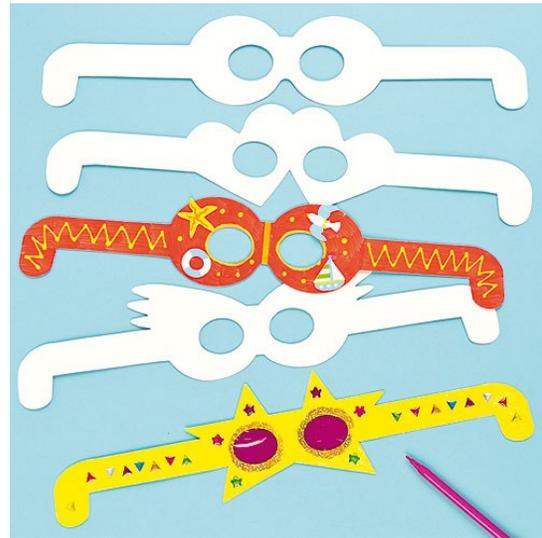
Talk about

1. How just like our pipe cleaner hearts churches are made up of people who are 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 **Crazy Glasses**

Resources

- blank glasses templates
- coloured cellophane
- stickers
- gems
- sellotape
- coloured pencils/markers



Method

1. Use cellophane to make lenses and secure with sellotape.
2. Decorate enthusiastically with as much bling as possible.
3. Wear with pride.

Talk about

- How wearing glasses make you see things differently.
- What difference would it make to wear "glasses of love" and see everybody and everything through the eyes of love?

Activity 8

Heart Prayer Envelope

Resources

- heart template on patterned paper
- pritt 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. Ask the children to think of the heart they used to make their envelope as being like Jesus' heart. When we put the pieces of card inside as a prayer He will look after those people and that they will see that He loves them.



Activity 8 *Martha's Heart Fruit Skewers*

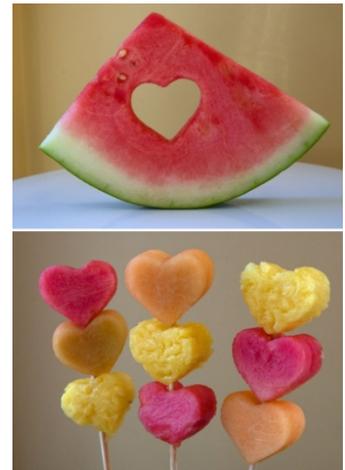
Resources

- melon
- strawberries
- kiwi
- lollipop sticks
- heart cutter



Method

1. Cut fruit into large slices.
 2. Cut small hearts out of it using heart cutter.
 3. Slide on to stick.
 4. Eat and enjoy
- ** remind parents to be careful with the lolly sticks**



Talk about

- How cross Martha got because Mary wouldn't help her. She was resentful - do you sometimes feel like that if your brothers or sisters don't help you.
- What do you think is more important to give your visitor nice food or to spend time with them?