




40 Moments

 **Jump in puddles**

Set a timer and go for a wander. When the timer goes off stop and look around you (you could take a photo) 

Be still

Go on a sound safari

Stack & balance some rocks 

Make a maze with sticks 

Paint a picture for the window 

Go on a bug hunt 

Write a prayer on the path in chalk 

See how many nests you can discover

Go on a smell trail 


Have a picnic outside 

Do a rain painting 

Be silent

Chase a butterfly 

Help someone 

 **Giggle for a minute**

Post a card to someone 


Read a story outside 


Go for a backwards walk 


Press some flowers 

Clear out some clutter 

Discover 10 different colour and shaped leaves and thread them to make a garland 


Rain race - Choose which raindrop will win the race down the window 

Send a 'Thank You' note 

Discover the name of a tree of plant 

Pause 

Encourage someone


Make a mini den 

Plant some seeds 

What shapes can you see in the clouds? 

FIND 5 FLYING THINGS

Do something for a neighbour 

Don't use screens for the day 

Spot 10 birds 

Close your eyes for 3 minutes 

Make a bird feeder

Listen 

Recycle something 



I wonder what the most amazing thing near you is?

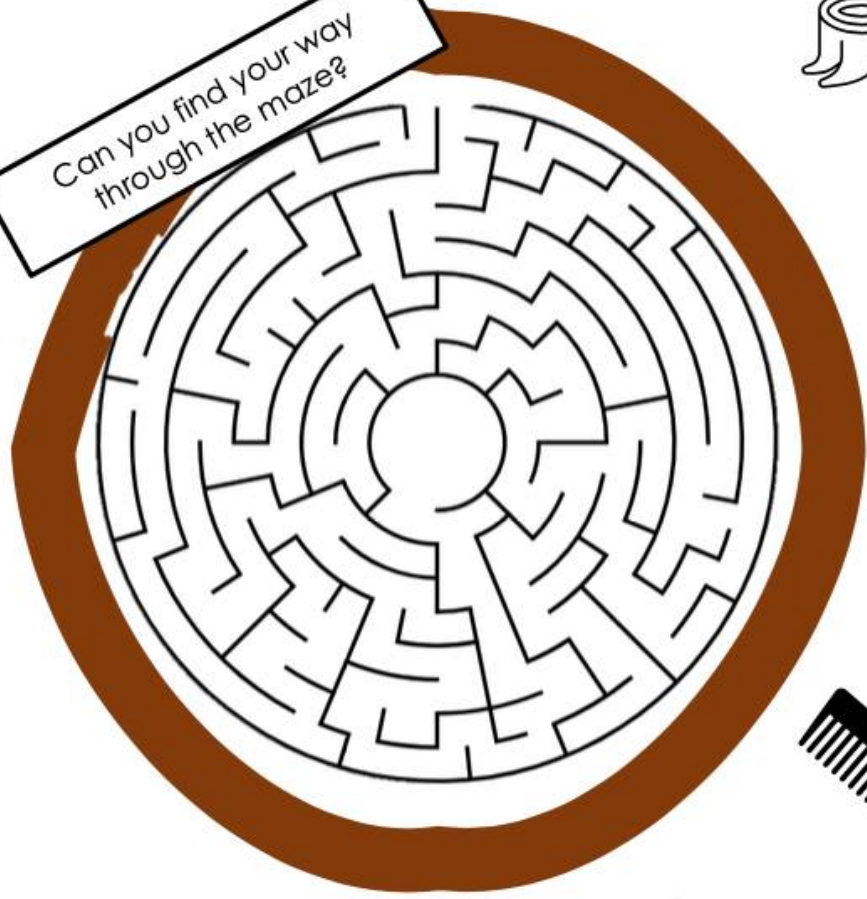


EVERYBODY
church

Amazing



Can you find your way through the maze?




Trees have fingerprints as well as humans... their bark is unique and identifies them. Also inside the tree the rings show its age but also are unique.

Can you rub over a tree bark with paper and a crayon and see it's special marks?

The bible tells us in Psalm 139 that we are amazing and wonderful... knitted together. We look different, sound different even smell differently but God still thinks we are amazing. In fact He even knows how many hairs are on our head He cares that much.



When animals were created there must have been lots of fun - putting the long neck on the giraffe and the mask on the sloth and what about a duck-billed platypus? Can you draw a crazy animal?

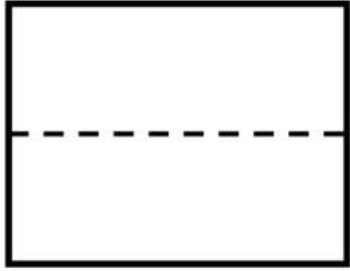


Every single fingerprint is different - no-one has the same print, not even identical twins. Every person is unique.

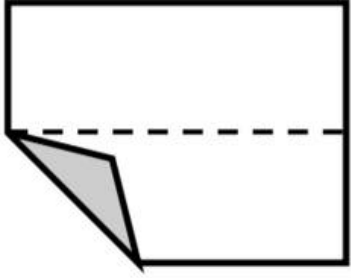




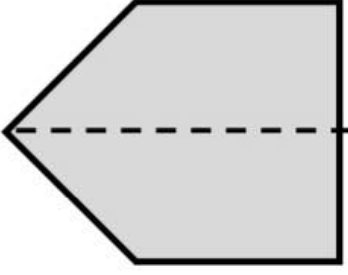
Take a piece of paper



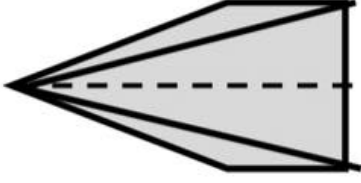
Fold it in half, crease and open again



Fold the top corner in to the crease point on both sides



Now fold the sides in again to the center



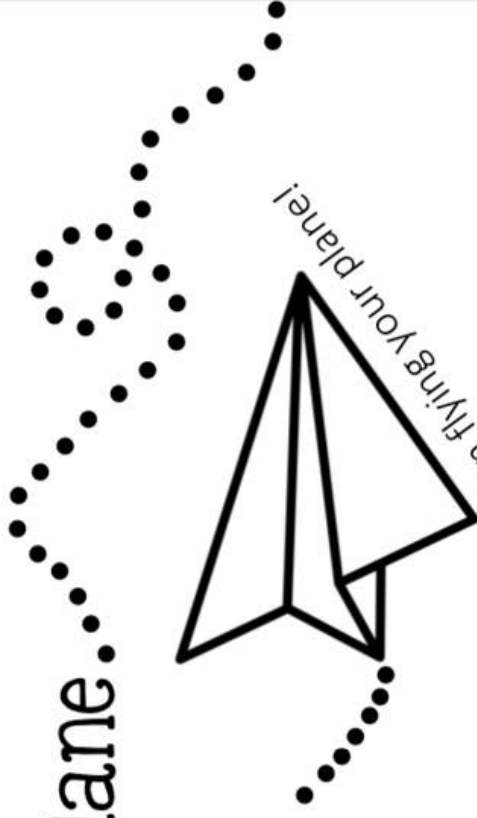
Making a paper airplane...



Fold the paper in half

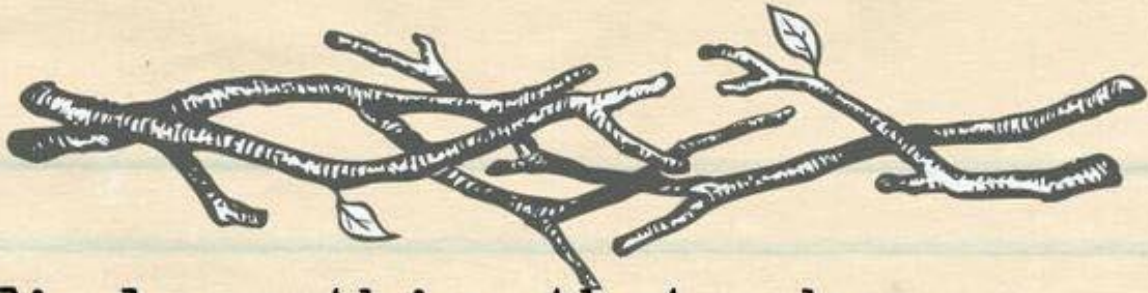


From the middle fold the corners down to make wings on both sides.



Have fun flying your plane!

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



How do you feel?



How to build a bug hotel



wildlife
watch

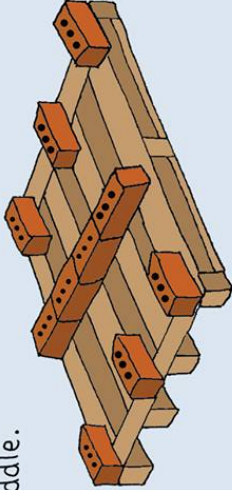


You will need:

- Wooden pallets x4
- Bricks
- Plastic bottles*
- Bamboo canes
- Straw
- Leaves
- Tiles
- Cardboard
- Stones/pebbles
- Twigs/loose bark

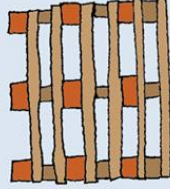
1

Place a wooden pallet in your chosen location. On top of the pallet, line bricks around the corners and across the middle.



2

Place your next pallet on top of this and repeat the process for all of your pallets.



3

Cut off the top two-thirds of your bottles. Fill up half of them with bamboo canes/plastic straws and the other half with rolled up cardboard. Place these inside the hotel.



4

Fill in the remaining spaces with bricks, leaves, pebbles, stones, tiles, loose bark and straw.



5

Add in any extra materials that you want to recycle e.g. old pipes, carpeting, toilet tubes, old plant pots. Be creative - add a welcome sign or give your hotel a name!



*Use old plastic bottles for this, and always recycle after use.



Can you find 5 blue things?



I wonder how blue feels?

I wonder how blue smells?



What needs water?

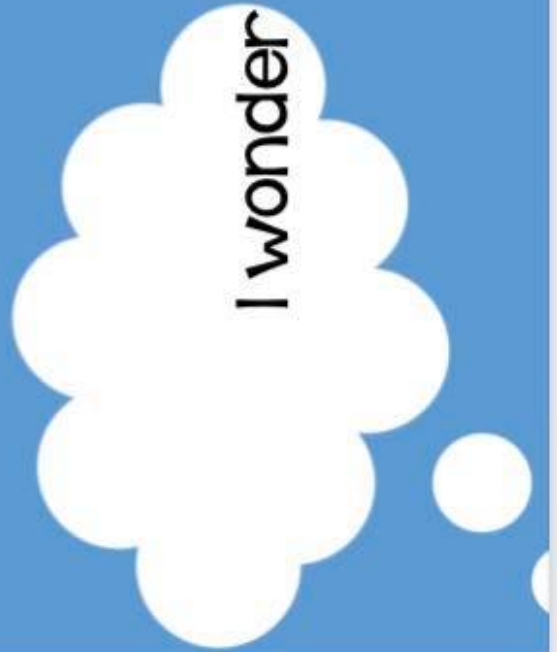
BLUE

"He leads me beside still waters...."

I wonder what blue makes you think of?



Can you see water anywhere?



JUMP IN, JUMP OUT

Have an invisible line or something to represent a river (or the lake!)

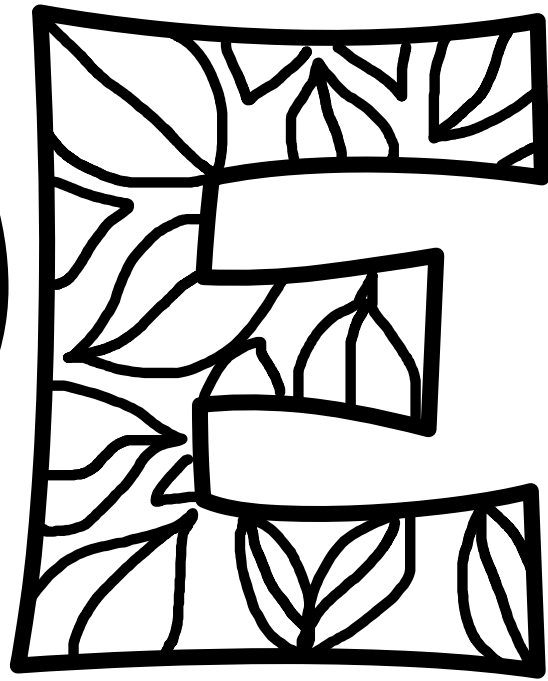
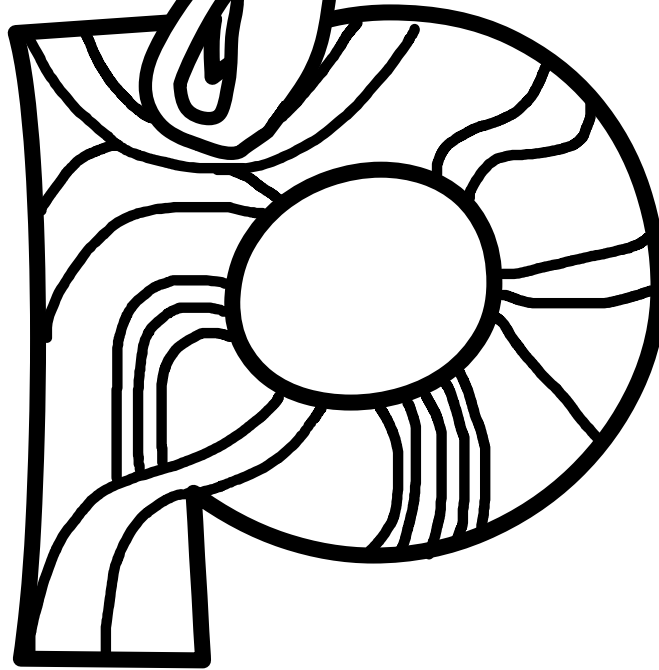
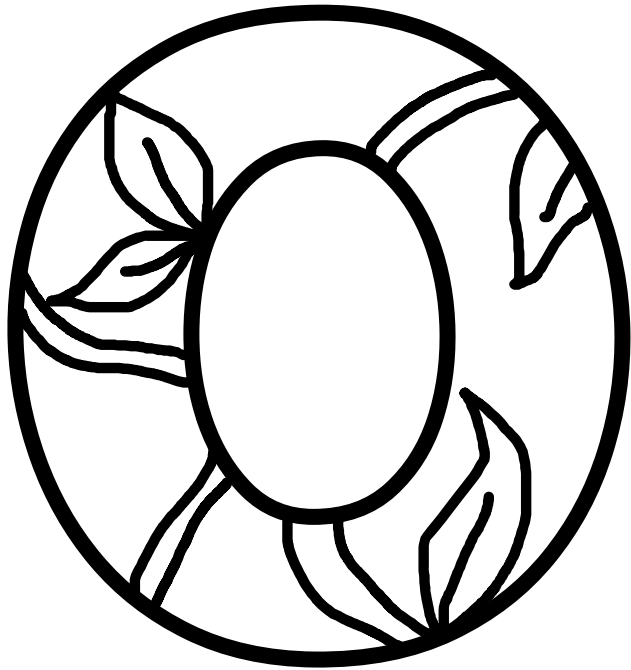
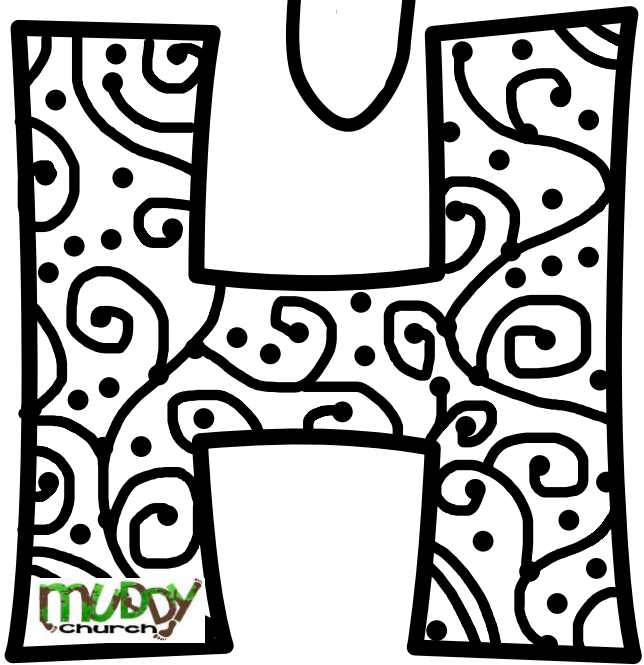
On command you have to

- jump into the river (or on it)
- Jump out
- Jump over

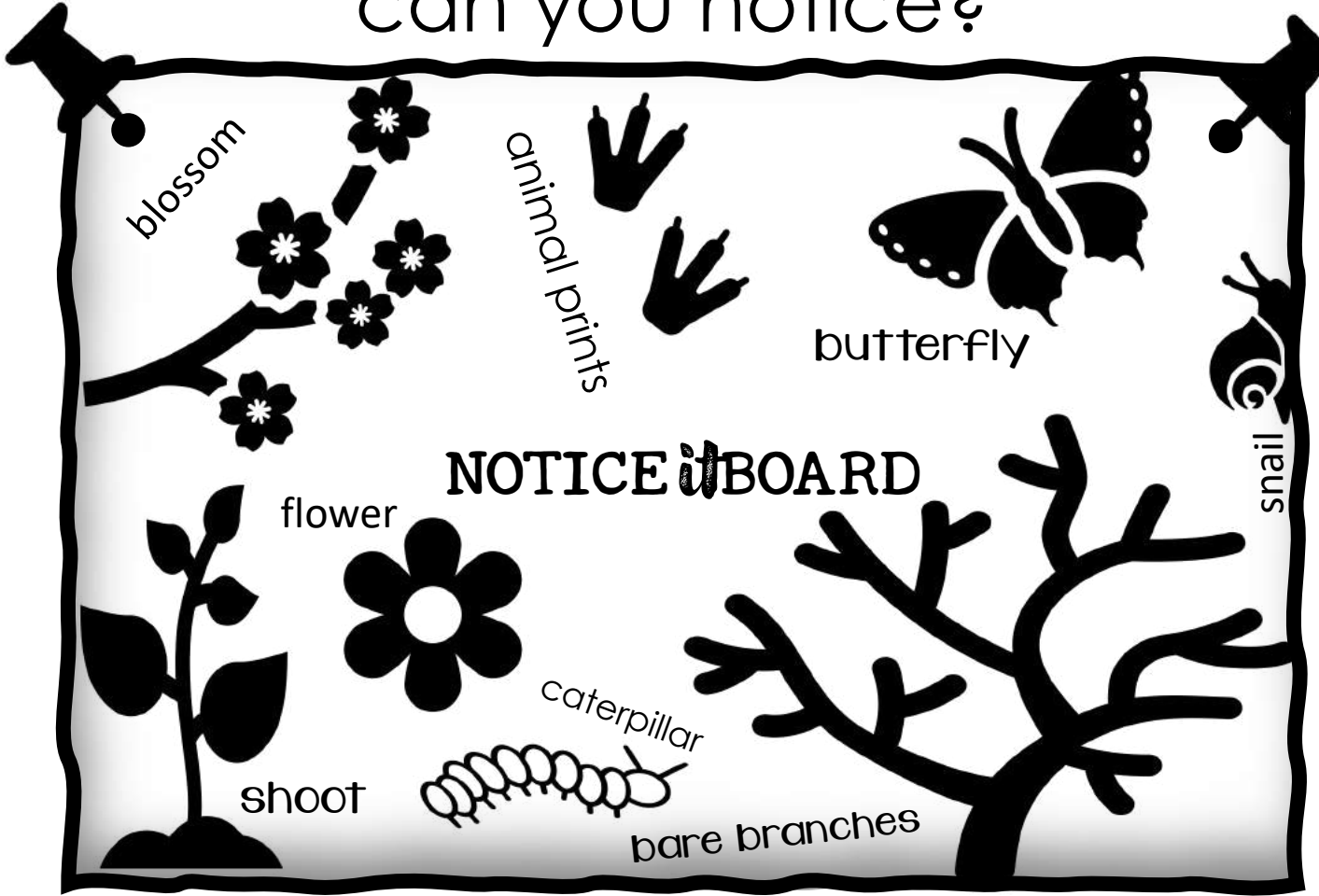


Or if you are wanting really muddy
you could do it with a puddle!

Spring OF

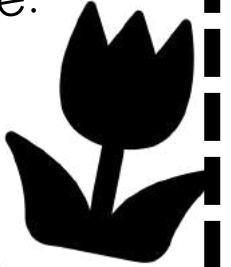


As you go for a wander what can you notice?



In Victorian times flowers communicated feelings - a yellow hyacinth meant "I'm jealous" but a purple one meant "I'm sorry." What do you think the flowers you notice might say?

Spring flowering bulbs need a cold winter to sleep through. Then each bulb is a complete package and if you cut some open you could even find the baby flower squeezed inside.

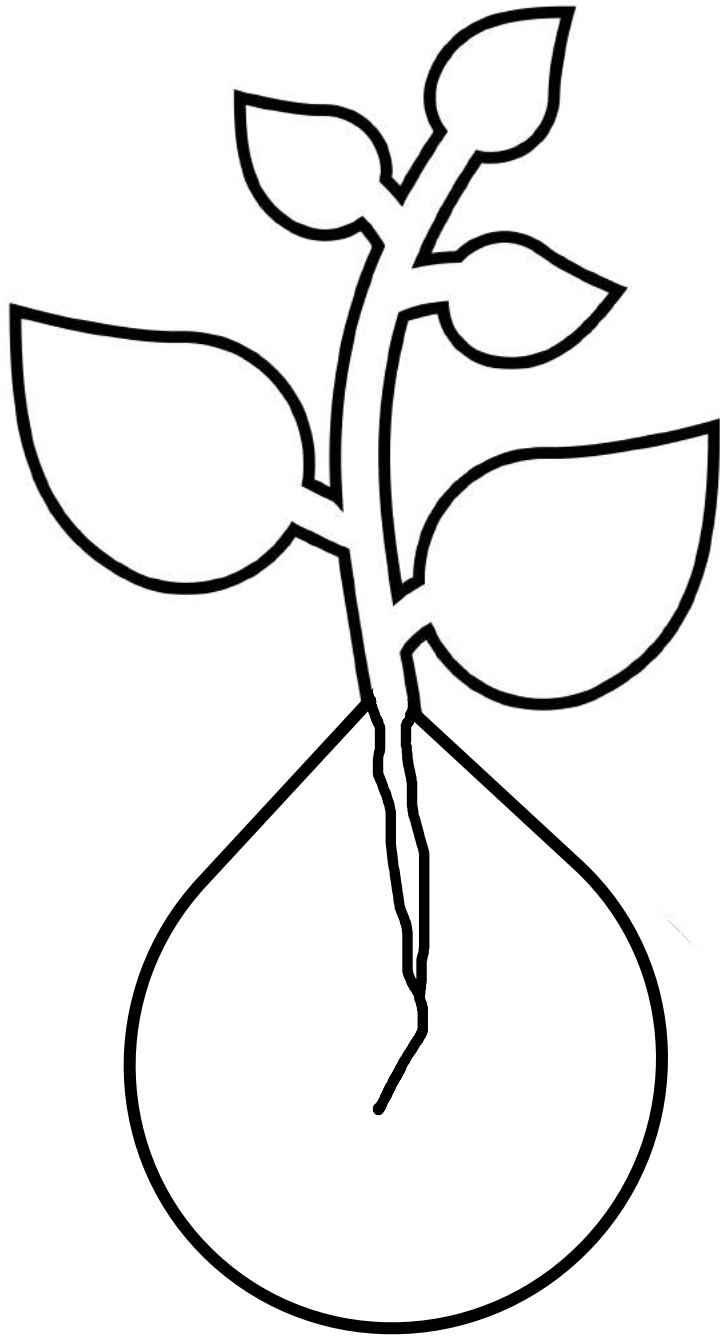


I wonder what God might have planted inside your life?

Spring OF HOPE

Muddy Church

The juice from bluebell flowers was used historically to make glue



Growing in Hope

What might be growing in your life?
Can you think of things that you are learning or
developing in?





THANKFUL

ALPHABET

Can you think of something for every letter that you are grateful for?

Maybe you can spot things on a wander or through the window.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

1

"... This is a remote place..."

What other creatures can you see in this place?



Have you been here before?



I wonder what you notice about this place?

3

I wonder what you are thankful for?



Are there any funny shaped clouds?



What can you see in the air?



"he gave thanks and broke the loaves"



I wonder if you have enough of what you need?

Can you find 5 fish shapes?



Can you see any food that animals or insects could eat?



2

"We have only five loaves of bread and two fish."

I wonder what you have enjoyed most on the wander?

Are there things that have been worrying you?
Could you leave them here?



Can you see groups of things?



4

"and there were 12 basketfuls left over..."

Gather

This verse is so poignant this year, after isolation, distancing and lockdowns - the idea of gathering together in one place can evoke many different reactions.

This could be a good time to reflect on what it means to gather and emotions from being apart.

For some groups this may be the first time to gather and so offers a space to voice the different emotions. You could have hand print cut outs and invite people to write or draw on them the different emotions.

This is really helpful to explore emotions but also thinking forward of how you can respond to these.



Invite people to draw around and cut out or paint and stamp their hands onto a tree.

I wonder how you grow together?

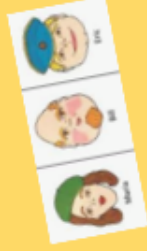
Make a frame on the ground from 4 sticks (laying flat).

Invite people to bring something into the frame to make a pattern or image.

People can reflect on what has been made or what it might be.

Take a foot photo – get everyone to add their foot into the image.

If you are doing this separately ask people if they can send a photo of their foot. You could even play Guess Who? after.



Thresholds are important in Muddy Church. Noticing where we start, in every sense, gives us a place in our journey.

Where does your journey begin? Where will people feel welcome? When might they feel they are in the journey?

What can you see soaring?

DO

SOAR



Some birds catch the wind and float on it so they don't have to flap their wings – but can soar. Can you think of 5 ways to make things easier for someone else?



Can you make a paper airplane?
How far can you get it to fly?

Can you find your way around?



Those who **HOPE**
in the **Lord** will
RENEW their
strength,
They will **SOAR** on
wings like
EAGLES;
they will **RUN** and
not grow weary,
they will **WALK**
and **not** be faint.
Isaiah 40:31

