

## Activities for "Jesus cares for you" - Matt 10:24-39 (21<sup>st</sup> June)

Jesus loves you so much, that he knows how many hairs you have on your head! He cares for tiny birds like sparrows, and you are worth more than many sparrows!

### Count your hair

Count as many hairs on your head (or someone else's) as you can in a minute or two. Apparently, the average person has 100,000 hairs. Draw a person and stick on wool hair. God knows you well enough to know exactly how many hairs you have!

### Counting jelly beans or smarties

Fill a jar with sweets. Guess how many there are. Imagine being able to look at the jar and know how many sweets there are. Imagine God looking at you and knowing how many hairs you have! Read Psalm 139:1-18 in a Children's Bible.

### Looking at tiny things

Find some tiny things such as seeds, flowers, hairs, peppercorns, grains of sand. Look at them carefully, using a magnifying glass, if you have one. Thank God that he created them and knows the tiny details about our bodies and lives.

### Make a cardboard tube or paper sparrow

Make a sparrow (a small, brown, common bird) from a cardboard tube. Draw eyes on the top near one end of the tube and add a triangle of orange or yellow paper as a beak inside the tube. Stick on feathers. God loves you more than sparrows. Or use the template in the resources session to make a bird by folding paper.

### Caring for birds

Make your own bird feeder. Poke a hole with a skewer through a slice of bread. Brush one side with beaten egg and dip it in bird seeds. Do the same on the other side. Thread some wool or string through the hole and tie it. Hang your bird feeder in the trees. See how many different birds you can spot in the garden. You might see sparrows, robins, magpies, pigeons, bluetits and blackbirds. God cares for the birds, but he cares for you even more!

### Flying sparrows game

Play a game where your child pretends to be a sparrow. When you shout, 'Fly!' they have to pretend to fly around. When you shout, 'Freeze!' they have to keep still. When you shout, 'Fall!' they have to pretend to fall to the ground. God knows all the sparrows (and other birds) and notices when they fall to the ground. Whenever you fall over, God notices and cares for you.