

## Hopeful Hopscotch

- Equipment Chalk, small stones, pavement
- Set up Draw a hopscotch pattern on the pavement outside your home (Google 'hopscotch' for different patterns)
- Instructions:

Write down some things that you are hoping for, grateful for or any promises that you know or remember that God has made – such as 'I am the Light of the World' or 'I am with you always' and write each one in a hopscotch square. (Ask an adult if you need some help). Play hopscotch, reading aloud the hopes or promises that your stone lands on. As you think about what each of these hopes or promises means for you, you might like to thank God too.

## Labyrinth

- Equipment Rope, string, dressing gown cord, long socks, anything you can find that's long or natural materials that you might find in your garden: stones, twigs, branches, grass, etc.
- Set up: Create a labyrinth on the floor inside or outside on the ground using your items
- Instructions A labyrinth path can help us be still in a busy world/home. Stand at the entrance of your labyrinth, and slowly follow the path to the centre. As you do it let your thoughts wander, or think about those you love, or be thankful for good things in your life. In the middle, pause briefly and then follow the path back out. If you want to you can talk with others about what you've been thinking about.

If you would like to take a photo of either of these activities, we would love to see them! 😊