

TELL THE STORY

Choose these activities to help you reinforce the story we have just learnt about.



Micah's Super Vlog: Joy

Catch up with Micah who this week is taking a look at the fruit of the spirit - joy! Find the video here.



Lake Cities Church Object Lesson

Enjoy another explanation of joy with yet another object lesson this time from Lake Cities Church. Check out the video <u>here</u>.



GET ACTIVE

Choose these activities if your child enjoys physical activities & games.



Fruit Relay Race

Stand on one side of the room with a bowl of fruit on the other side. Time yourself or race a sibling to see how quickly you can get all the fruit back to you side of the room, one piece at a time, relay style.



Fruit of the Spirit Sneak Up

Stand on one side of a room or garden, get an adult or sibling to stand on the other side with a piece of fruit in front of them. Get the adult to say words, if the word is a fruit of the spirit (love, joy, peace, patience, kindness, faithfulness, goodness & self control) take one step forward. If it's not a fruit of the spirit stand still, if you get it wrong take one step back. When you get close to the fruit grab it and run back, if you get tagged you lose, if you make it back you win!



HANDS ON

Choose these activities if your child enjoys getting creative and constructing things.



Balloon Object Lesson

To illustrate how joy and happiness are different use two balloons with faces on. On the joy balloon add some water inside before blowing it up. Then (with adult supervision) hold the balloons over a candle. The candle represents difficulties in life. The happiness balloon pops when it gets near the candle, but joy is a gift from God and keeps going, doesn't pop even when near the candle.



Diet Coke Geyser

Illustrating how explosive God's joy is why not try the coke and mentos geyser experiment. Check out the instructions from <u>Steve Spangler</u> Science.



Choose these activities if your child loves to cut, stick, sprinkle glitter and create!



Paul & Silas Paper Craft

Check out this paper craft from Sabbath School
Crafts. With cool moving parts you get to set
Paul & Silas free from prison! Remember Paul &
Silas were joyful BEFORE they were set free,
imagine how excited they were when God set
them free!



Prison Food Craft

Check out this yummy food craft from <u>The Summit</u>. God set Paul and Silas free from prison with an earthquake, but you can eat them out of prison!

GO DEEPER

Choose these activities to help your child dig deeper into the Bible & pray.



Bible Study Psalm 16

Read Psalm 16: 5-11. Use <u>biblegateway.com</u> and the NCV version (Youth Bible) as it's easier to understand(the Message version is also great). Versil says 'being with you (God) fills me with Joy'. What do you think it looks like each day to be 'with God'? What do you think it looks like to be 'filled with God's joy'? How does it change your behaviour?



Jump For Joy Prayers

Sometimes it's good to have quiet prayers, but sometimes it's good to make them LOUD!! Use a trampoline or put on some loud music and shout your praise prayers to God!

PRINTABLES

Choose these activities if your child loves to sit, colour and do printable activities.



Colouring Page

I really like this 'I choose Joy' colouring page from <u>coloringoo</u>, not only is it super pretty, but it's an awesome reminder that Joy is a gift from God and independent of how we feel.



Joy Maze

I can't find the original source of this Joy maze, but you can print it out here. It's a fab reminder that Jesus coming to Earth is the ultimate example of Joy!