



FRUITS OF THE SPIRIT

SELF CONTROL



beacon

kids

thebeaconchurch.com/kidsconnection

TELL THE STORY

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



Run The Race Video

This video is aimed at older kids, but is a modern version of a bunch of passages where Paul uses to encourage us to 'run the race'. Enjoy this video from LifeKids.



Run The Race Lesson

This video from Family Moments is another fun explanation of what it means to 'run the race' based on 1 Corinthians 9:24.



GET ACTIVE

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



Train With Joe Wicks

In today's talk we look at how training is part of running the race and part of self control. Why not train your body with Joe Wicks and in the pauses between exercises also think about how you can train to develop the fruits of the Spirit.



Kids Workout

More training! Checkout these exercises from Parents.com which are suitable for children (and parents) to try out. Chat about how we can also train to develop the fruits of the Spirit whilst you stretch!





HANDS ON

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



Play Jenga

Jenga is a great game for self control, it takes patience and a steady hand. As you work on slowly taking out the bricks think about other ways you can develop self control.



Make & Play Marble Maze

Why not make your own marble maze and then test your self control as you slowly move the marble around the maze. Check out what they did on [Kids Activities Blog](#).



CRAFTY

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



Calm Down Jar

Create a calm down jar like these ones with lego from [Lemon Lime Adventures](#). If you feel like self control is getting tricky because you feel cross take a moment to watch the lego guys float down. Pause and pray for God to help you.



Squishy Balloon

These squishy balloons are a great toy to squeeze when self control is difficult, also from [Lemon Lime Adventures](#). Squish one in your hand and pray for the fruit of the spirit that will help you. Do you need to pray for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness or self control.



GO DEEPER

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



Bible Study

Read 1 Corinthians 9: 24-27. How does someone run when they are running to get a prize? What do you think that looks like when the race is our Christian life?



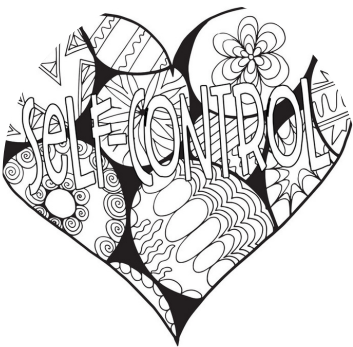
Prayer Activity

Use a calm down jar or just pour water from one cup to another. As you watch the water pray to God that he will give you the gift of self control. Pray for times when you know self control is difficult.



PRINTABLES

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



Self Control Colouring

Enjoy this colouring sheet from Stevie Doodles.



Fruits of the Spirit Wordsearch

Enjoy hunting down the fruits of the Spirit in this wordsearch from Bible Puzzles.

