

Theme: Ups & Downs of Life

Book: Oh, the Places you'll go by Dr Seuss

Reflection on last week's faith in action, with the families.

What was last week's action?

How did that make you feel?

Why did that make a difference?

Inspiration ...

Biblical References:

Deuteronomy 31:8

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

• SNACK TIME

Marshmallows

• SONGS


Use musical instruments

Row row row your boat

The wheels on the bus

Additional resources:

A re-telling of the story on Youtube

 <https://www.youtube.com/watch?v=abw43kcLrbg>

Faith in action:

As you go through this week, talk about the good things and the bad things that have happened to you. How did you feel?

Theme Introduction:

Life is full of ups and downs. All children encounter stress of varying degrees as they grow, e.g. they become poorly, change nursery, move house. Resilient children are curious, brave, and trusting of their instincts. Resilience helps children navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

Parents can help build resilience by teaching their children to solve problems independently.

Theme exploration:

This story by Dr Seuss is a wonderful reflection on how life has its ups and downs and yet it is an exciting adventure.

Even when we have times when things do not go quite as we would like, (the downs) God wants us to know His peace. It's a special kind of peace only God can give. It's God's presence in our hearts helping us to be calm and unafraid even when we are facing something challenging or scary. Just knowing we don't face life alone can be very comforting. As you travel through life and go to new places and experience new things, remember God is always with you.

Free play suggestion:

Link to theme:

- Puzzles
- Noughts and crosses.
- Images of mega blocks built together, with mega blocks to be able to re-create the image.



- I wonder how you work out where the puzzle pieces go.
- I wonder how you feel the peace of God.
- I wonder what things you find tricky to do.

Craft ideas:

Link to theme:

- Make personalised emotions chart using a split pin arrow so the child can show – how they are feeling today.
- Cheerios and chenille wire threading.

Link with book:

- Toy cars with crayons/felt tips taped to the boot of the car, so they draw as they go, a map of the places they go.

I wonder how you are feeling today.

I wonder where your car is going.



Prayer time

Dear God, thank you that you are always with us and that we will face nothing alone. We ask that you help us to see you in both the ups and downs of life's amazing journey. Amen.