Shredded wheat Easter nests



What better way to get into the Easter spirit than to make some yummy Shredded Wheat Easter nests. Whip them up in 10 minutes!

INGREDIENTS:

- 200g milk chocolate, broken into pieces
- 85g shredded wheat, crushed
- 2 x 100g bags mini chocolate
- eggs

YOU'LL ALSO NEED

cupcake cases



METHOD

- 1. Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.
- 2. Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.

Original recipe can be found on BBC Good Food.

Paper Tearing Cross & Life

The paper tearing cross has proved a popular illustration:

Take a piece of A4 paper, hold it portrait orientation

Fold the top left corner down so that the paper now looks like this

Now fold the top point down so that the paper looks like a house

Fold the bottom rectangle upwards

When it is folded tear two strips about 2.5cm wide along the lines marked

Sit on the bit with the point and open up the strips you have just torn off

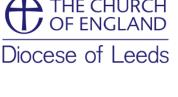
You should have a piece that looks like an "L"

You should have a piece that looks like an "T"

Take the second "L" piece and with one of the small squares make an "F"

Use the two right angles, the second I and the second square to make an "E"

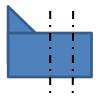
You now have "LIFE" and how do you get life – open up the warm bit you are sitting on and you should find out! (it should be a cross shape – if not, then try again!!!)

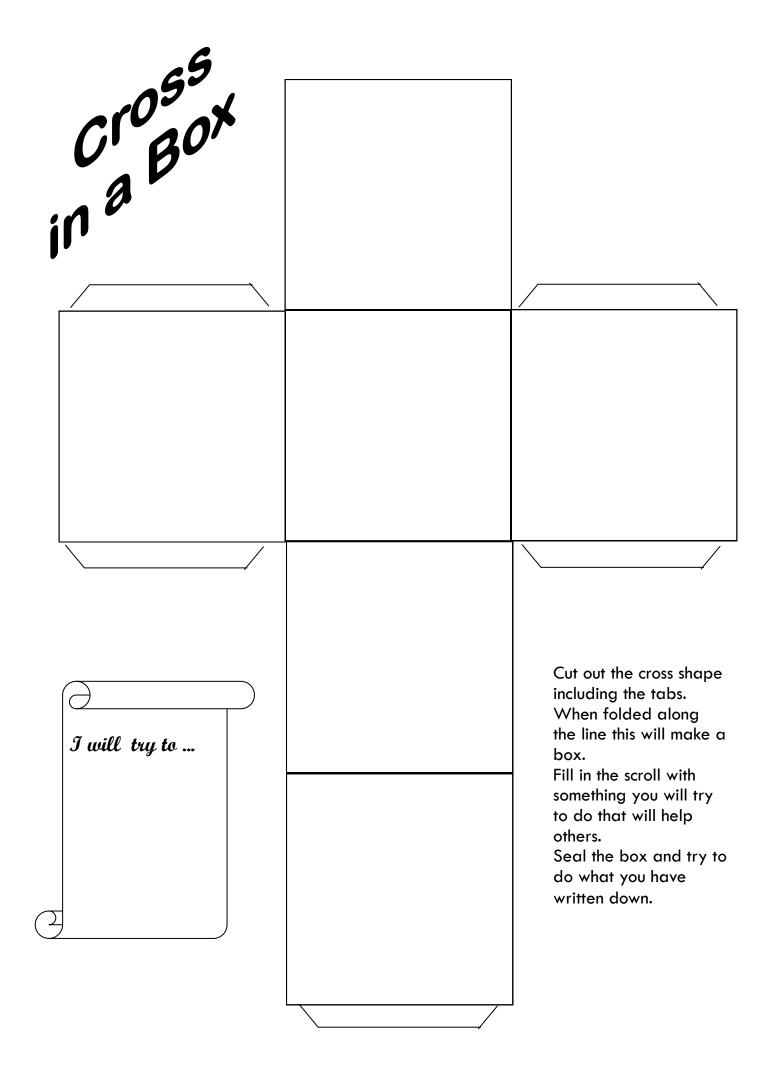








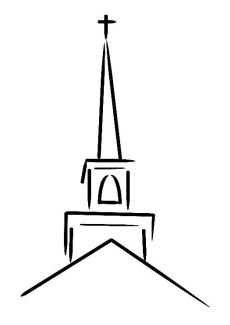




Imagine your dream church...

- What does it look like?
- What would be in it?
- Where will the Church be?
- What would it be built of?
- Who uses the building and why do they use it?
- When are the services?
- What happens in the services and who does what?
- How does the Church show that God is there?
- How do the people tell others about God?
- What does your dream church feel like?
- What is your favourite thing about your dream church?
- What is the most important thing about your dream church?
- How does your dream church show a glimpse of what heaven is like?
- If God is everywhere, why do we go to Church?







Listed below are ideas for you to find around your house or garden. They are all linked in some way to the Easter Story, found in the Bible. Tick the boxes when you find them. Can you find them all!

Idea: You can do it together as a whole family, or why not have a competition against each other to see who is the winner!

People waved palm leaves as Jesus rode on a donkey into Jerusalem. FIND: A Leaf (the biggest you can find!)

Jesus held a cup of wine saying "this reminds you of my blood shed for you". FIND: A drink

Jesus took some bread saying "this reminds you of my body broken for you". FIND: Something edible

Pontious Pilate washed his hands and gave Jesus over to be crucified. FIND: Something you can wash your hands with

Jesus was dressed in a purple robe. FIND: Something purple

Jesus had a crown of thorns put on his head like a pretend King. FIND: Something spiky (careful, nothing dangerous!)

Jesus was nailed to a cross. FIND: Something wooden

When Jesus died, his body was put in a stone grave. FIND: A rock

The woman disciples took lovely smelling spices to put on Jesus' body. FIND: Something that smells nice

Jesus was alive again! FIND: Something alive!

The disciples were so surprised! FIND: Something surprising (the biggest surprise wins!)

It's great news Jesus is alive! FIND: Something happy



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	Matthew 26:47-56-75, Matthew 27:1-56
Saturday	Jesus' body lays in the tomb
	Matthew 27:57-65
Easter Sunday	Resurrection of Jesus
	Matthew 28

There are some great Bible apps out there. We like:

www.biblegateway.com

www.youversion.com



FOIL CROSSES

Cut out some large crosses from some thin cardboard (you could use cereal boxes). Cover the cross with tin foil. You don't need to use glue, but you may want to use pieces of sellotape to secure it at the back. Use a blunt pencil or a straw to create a beautiful design on the cross.



PUPPET THEATRE

Twinkl is a great site. For this season, they are offering parents FREE access to their website. Go to <u>www.twinkl.co.uk/offer</u> and pop in the offer code UKTWINKLHELPS. There are lots and lots of Easter activities on there. One of our favourite is making Easter puppets. We printed our figures out on normal paper, glued them on to cardboard, cut them out and then attached a lollipop stick. You could use these to tell the Easter story with your family. You could even film it and show it to your extended family using Zoom, What's App video or any other platform that you are using.



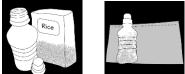


You could even try to make some bottle puppets. You'll need:

A small plastic bottle; rice or dry sand; wadding; needle and thread; piece of tights; rectangles of material (approx. 32x16cms); 2 elastic bands; piece of string (optional)

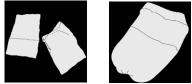
1. Use a small empty plastic bottle to make the body. Weight the bottle by filling the bottom third of the bottle with either rice or dry sand and then replace the lid securely.

2. Use one of the rectangles of material to create the robe. Sew along one of the long sides of the piece of material using a simple running stitch



3. To create the head, cut a 15cm piece length from a pair of tights.

4. Close one end by stitching around the top and then gather it and tie it off securely. Fill this with wadding to create the head shape.



5. When the piece of tights has been filled to create the head, place it over the top of the bottle and secure it at the neck of the bottle with an elastic band.

6. Place the bottle onto the rectangle of material and gather up the running stitches at the top by pulling both ends of the thread. Tie these at the neck of the bottle to create the robe.

7. Tuck in the ends of the thread and straighten the material around the bottle. Trim the bottom of the robe with scissors if necessary to make it the same length as the bottle.

8. To create the cloak and the head covering, use the other two rectangular pieces of material. Tie one around the shoulders of the bottle and use the other to form the headdress. Secure the headdress with an elastic band or a piece of string.

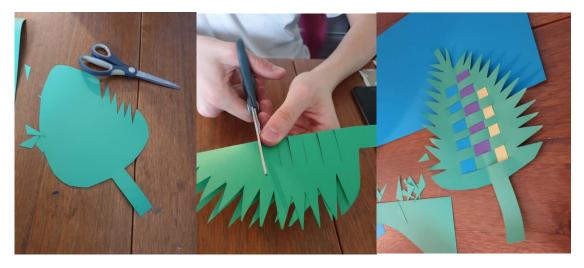






LEAF WEAVING

When Jesus rode into Jerusalem on a donkey, people lined the streets with their coats and waved big palm leaves and shouted HOSANNA. They were so excited to see him. For this craft you will need a piece of green paper (if you don't have any green paper you can always use a piece of white paper and colour it green). Then cut out the shape of a palm leaf. Fold it in half lengthways and cut small slits in it from the centre to the outside of the leaf. Open it out again and weave small pieces of coloured paper in the leaf. How many can you make? How about pinning them to your window for people to see when they walk past your house.



PALM LEAF MAKING

This is a really good way to make a big palm leaf. You will need lots of green paper (if you don't have any green paper you can always use a piece of white paper and colour it green) and a lollipop stick. Draw around your hand and then cut it out. Make lots of these. You could use different members of your family so that you had different sized palm prints. When they are all cut out, stick them on to a lollipop stick. We have used three lollipop sticks for ours and seven hand prints. When it is all made, wave them around and shout praises to Jesus.





RAINBOW CROSS

We have seen lots of people making rainbows at the moment. This is another way to make a rainbow. All you need is either a paper plate or a piece of paper. Cut out three crosses from a piece of black or dark paper. If you don't have black paper you can either use white paper and colour it black, or draw three crosses on the paper/plate using a black felt-tip. Colour a rainbow in the background. We have done one using crayons and one using torn up pieces of tissue paper. You could pin these in your window so that passing people could see.



EASTER GARDEN

Have you ever tried to make an Easter garden? We have done two different types of gardens; one is using things that you might have in your garden and one is using things that you might have in your kitchen if you don't have a garden at home.

For both you will need a tray or a bowl. Then you will need:

OUTSIDE Small and large stones Mug/Cup Soil Three crosses made from twigs INSIDE Green mat (pieces of cut up paper would do) Muffin, biscuit and mug/cup Raisins Crosses made from chocolate fingers or After Eight Mints or straws

Gather the items that you need and be as creative as you'd like.



Easter gardens have the tomb and crosses in and sometimes flowers.



SHADOW DRAWING

If you have some Easter animals you could try to do some shadow drawing (ok we know that the lion was not in the Easter story but he wandered in our picture). Lay out pieces of paper with the objects towards one edge. Try to draw the outline of the object on the paper. If it's a sunny day you could do this outside. If it's cloudy and cold you can do this inside the house and shine a torch from behind to cast shadows over the paper. Have fun with different Easter objects.



NEW LIFE

Christians around the world celebrate Easter as a time when Jesus brought us new life. Below we have two 'new life' crafts for you to try; a butterfly and a chick.

For the butterfly painting you'll need a sponge and a pipe cleaner (or an elastic band). Put the pipe cleaner around the middle of the sponge to create a butterfly shape. Pop it into a tray of paint – you could use different colours if you like. Print that onto a piece of paper. Who in your family can fill up their picture with lots of different coloured butterflies?

For the chick you will need to cut out an egg shape from a piece of white paper or card. Then using a piece of yellow paper, draw around your hands – these will be the chick's wings. If you have a piece of orange paper, cut out two long strips for the legs and fold them in a concertina. Cut out a diamond shape for its beak and fold it in half. If you have a feather you could stick it on its head. Draw some eyes on it and you have your new born Easter chick.





EGG ROLL PAINTING

Start by hard boiling an egg per person. Pop the egg into a bowl and cover it in paint. Now comes the messy part. Roll the egg around in the paint to make sure it's fully covered. Then using your hands, roll it on to a piece of paper and make your very own art.



EGG HUNT with a difference

Gather eight plastic eggs. If you don't have plastic eggs you could always draw eight eggs on thick paper and hide those instead. Write a number from 1-8 on each egg. Gather eight plates/bowls and put the following inside them.

1. Bread

The Last Supper (Matthew 26:17-19)

2. Small stone

After the meal, Jesus went to a garden to pray for strength and that God would help him in the coming days. Hold the stone and think of things that are hard in our lives. (Mark 14:32-50)

3. Nails

Jesus was nailed to the cross (John 19:18, 37 and John 20:25-29)

4. Salt and vinegar crisps

Taste them. The sourness helps us remember what Jesus went through.

- 5. Saltwater The taste reminds us of the tears that people cried.
- Bandages Jesus' friends wrapped up his body. (Matthew 27:57-61)
- 7. Easter egg (or one of the plastic eggs) Close it up like the tomb is closing. (Mark 15:46-47)
- Scented candle The women brought scents to prepare Jesus' body. (Luke 23:55-56 & Mark 16:1-4)

BUT

Break the egg open to reveal the empty egg. JESUS WASN'T THERE! He had risen and was ready to meet his friends again.



Hide the eggs. The hunt begins. When all eight eggs have found bring them together. Reveal each bowl one by one and use the objects and Bible verses to tell the story of Holy Week.

There is a different Easter egg hunt that we have written found in our Light at Home resource for families with older children.

1.	RAINBOW M	
	Equipment:	Pan without deep sides like a frying pan; water, vegetable oil
	Method:	Fill the frying pan with water almost to the top.
		Put the pan in a sunny spot in a room.
		Move your heads slowly around the pan until you reach an angle where the
		sun is beaming in on your face.
		Stop right there and look at the water.
		Get somebody to drop a tiny bit of vegetable oil in the water.
		What colours can you see?
		What happens when you blow the water?
	Conclusion:	Oil and water don't mix. But they work well together. Water will absorb th
		sun's rays, but it won't separate them for us is we just stare at the water.
		When you blow the oil, the light rays bend and that creates more colour
		with more movement.
	Talk about:	We have been using the symbol of a rainbow as a sign of hope for many
	Tank about.	years. Can you remember when God first used a rainbow? (Genesis 9:13).
		Have you made any rainbows recently? Have you seen any rainbows in the last few days?

2. CENTRE OF GRAVITY

Equipment:	Raw potato; pencil; chair
Method:	Stand on a chair.
	Hold the pencil in one hand and the potato in the other.
	Ask your family which one will drop to the floor first – the potato or the pencil.
	Let them go and record your findings.
	You could all have a go, being careful of how you stand on the chair of course.
Conclusion:	The answer should be that both reached the floor at the same time! This is all about gravity and not the weight of an object. Galileo called it The Equivalence Principle. You could look that up if you aren't sure what it is. Weight is not an issue in freefalling objects. The speed of any freefalling
	object on planet earth is about 32 feet per second.
Talk about:	The Equivalence Principle is also demonstrated on the cross. God loves us
	all the same and is willing to have a relationship with each and every one of
	us, no matter our size or shape. We are all one in Christ (Galations 3:28).



3. DEFYING GRAVITY

Equipment:	Empty toilet roll; small plastic egg (the kind that splits open); sellotape, play
Equipment.	dough or a piece of blu tac; marker pen
Method:	Break apart the plastic egg. Keep the round bottom and put the taller top off at the side.
	Stick the rounded bottom of the egg onto the bottom of an empty toilet roll tube using sellotape. Think of the tube as a little man and the egg are its feet.
	Draw a face on the toilet roll so that it looks like a person.
	Stand the tube up straight so that the man is balancing on the egg bottom. Let it go.
	What happens?
	Now add a piece of playdough or blu tac into the bottom of the egg.
	Stand the tube up again. What happens this time?
Conclusion:	The first time you let go of the tube it is empty. The force of gravity pulled it down. The second time, you have dropped a weight in the bottom. The result was that it would not fall down and when pushed over, it would pop back up. This is all to do with the centre of gravity. When it was empty the centre of gravity was towards its belly and it toppled over. When it had
	weight inside, we changed the centre of gravity to the bottom. As the top was lighter it was able to stand up.
Talk about:	We all know that sometimes life can be scary. God doesn't let us fall. He holds us through scary times and lets us know that things are all going to be OK. God is like the heavy ball of playdough. He gets us back up on our feet with His strength.





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Easter Sunday	Resurrection of Jesus
	Matthew 28

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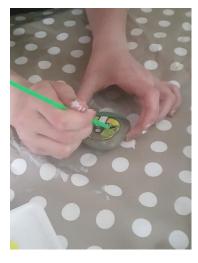
www.biblegateway.com

www.youversion.com



STONE PAINTING

If you have a garden, have a hunt for some rocks. If you don't have a garden try to look for some when you are on your daily walk in the neighbourhood. Give them a bit of a clean and let them dry. Gather some paints or Sharpies, anything that you can make marks on stones with. Try to paint or draw some pictures from the Easter story. When they are dry you might like to drop them off around the neighbourhood when you are walking through the streets. You could always write a verse of hope on the bottom of the rock, or the name of your church. Make sure you leave them in places where people will see them.





There are some great Bible verses which talk about hope. Some of our favourites are:

- Jeremiah 29:11 "For I know the plans I have for you," says the Lord. "They are plans for good and not disaster, to give you a future and a hope."
- Hebrews 11:1 Faith shows the reality of what we hope for; it is the evidence of things we cannot see.
- Psalms 31:24 So be strong and courageous, all you who put your hope in the Lord.

Matthew 12:21 And his name will be the hope of all the world.

Romans 12:12 Rejoice in our confident hope. Be patient in trouble and keep on praying.



LEGO MODEL CHALLENGE

Why not try to build a Lego model which describes each day of Holy Week. You could challenge each other in your family and show them to the rest of your extended family on Zoom/Skype/What's App and let them judge who wins.





STOP MOTION

We love making stop motion videos at home. There are several free platforms out there for both android and apple as well as desktop websites. You don't have to just use Lego to make stop motion. You could use playdough, household objects, drawings, dolls etc. The only limits are your imagination. You could make each day in the Holy week and then put them all together at the end and share it to your friends and family. Why not send it to your vicar, youth leader or children's leader so they can share it to the Church family.



MOVIES

The chances are if you have an Apple iPad or iPhone you will have already downloaded the iMovies app. If you have an android phone there are also lots of great movie editing apps out there. Or you can just video the 'action' straight through and not use a movie editing app. This is a good opportunity to channel your inner actor. Don't worry if you have family members who don't want to act, there are not just acting roles. You will need people to write a script, film it, edit it and even do special effects. Enjoy recreating each of the Holy Week days. Why not share your finished movie with your family on Zoom (you can share your screen with them and still see their reaction to your amazing movie).





КАНООТ

Why not make your own Kahoot quiz. Kahoot is a free app that you can download to your phone via your app store. You can make it and mirror it on a TV and everyone can join in via their own mobile phone. It is a fun way to recapture the Easter story as well as start a little family competition



PRAYER STATION

You could print off or draw a map of the area that you live in. You might like to take photographs of various landmarks whilst you are out walking. After Jesus rode into Jerusalem He visited the temple. Jesus got mad as He saw lots of people not using it for what it was supposed to be used for – praying and worshipping God. So He tipped the tables over and drove people out of the temple. Talk about the following:

What makes you mad about the place that you live in?

Your school?

What's broken and needs God to heal it?

Write it down on the sheet and then place a plaster over it (if you have one) as you pray for God to heal that.



EASTER EGG HUNT with a difference

At home we have plastic eggs that open up. If you have these they would be ideal for this game. If not, don't worry. You can always draw twelve eggs on thick paper and hide those instead. Write a number from 1-12 on each egg (unless you are using paper eggs). Inside each egg, hide the following objects:

- A tiny plastic donkey (this could be a picture or a Lego piece) Jesus rode to Jerusalem on a donkey (Matthew 21:1-11)
- 2. A tiny perfume bottle or piece of cotton soaked in perfume Mary poured perfume on Jesus' feet (John 12:2-8)
- 3. A tiny loaf of bread, dinner plate or a fork The Last Supper (Matthew 26:17-19)
- 4. 3 pieces of silver (chocolate coins, pretend money, pieces of foil cut out to look like coins) Judas betrays Jesus (Matthew 27:3)
- A cross (made from toothpicks, piece of jewellery) Jesus carried the cross to site of the crucifixion (John 19:17)
- 6. A crown of thorns (I use rose thorns held between sellotape so as not to hurt anyone) Jesus crowned king of the Jews (John 19:2-4 and Mark 15:17)
- 7. Dice

Soldiers divide up Jesus' clothes (John 19:23)

- 8. Nail Jesus was nailed to the cross (John 19:18, 37 and John 20:25-29)
- Sponge They give Jesus a sponge soaked in vinegar to drink (John 19:28-30)
- Spices (whole cloves are perfect, don't go for the chilli spice though) Jesus' body is prepared for burial (John 19:40)
- 11. A stone

They covered Jesus' tomb with a great stone (Matthew 27:59-60)

12. EMPTY

The tomb was empty! He has risen (Matthew 28:6)

If you are using paper eggs, you could either write a number on the back of each egg or write the objects that are needed. You could still gather the physical objects for each egg and either place them on a tray or in individual bowls. Hide the eggs. The hunt begins. When all twelve eggs have found bring them together. Open each one and use the objects and Bible verses to tell the story of Holy Week.





SCIENCE

Science is a great way to explore our faith. We have four of our favourite experiments taken from the *Messy Church Does Science* book.

1. Floating & sinking eggs

Equipment:	Glasses of water; eggs; LOTS of salt
Method:	Place an egg in a glass of water.
	Observe what happens to it.
	Now add five tablespoons of salt to the water and stir until the salt fully
	dissolves
	Place the egg into the glass. What happens now?
Conclusion:	This experiment looks at density. Salt water is denser than fresh water. Did
	you know that Dead Sea is so salty that you can do nothing but float in it?
Talk about:	The Bible talks about the strength of God and how we can be upheld by it.
	How can we use God's strength to hold us up in these times? How can we
	strengthen others in our community who might be scared and worried at
	this time? How was Jesus held by God's strength during His last week on
	earth?

2. Tornado in a bottle

Equipment:	Water; plastic bottle; washing-up-liquid; glitter (optional)
Method:	This experiment can be tricky, so keep trying to get it right.
	Fill a plastic bottle ¾ of the way with cold water.
	Add a couple drops of washing-up-liquid and glitter (if using).
	Put the lid on a tip it upside down.
	Holding it by the lid, turn it using big circular motions. Observe what
	happens. You should see a small tornado in the middle.
Conclusion:	This is called centrifugal force. Can you research what that means? It's the
	same reaction that happens when you are on a roundabout – you get pushed to the side.
Talk about:	What do we do when things unsettle us? The Bible talks a lot of God's
	peace. Do you think that Jesus experienced God's peace when He was
	arrested? How can we experience God's peace during difficult times of our
	life?

3. Making music

Equipment:	Jars (at least 3 or 4 of the same or similar size); water; spoons; food colouring
Method:	Fill each jar/cup with a different amount of water and add a bit of food colouring to each one. Gently tap each one with a metal or wooden spoon.
Conclusion:	Listen to the different sounds. Can you make a song? Why do they make different sounds? The sounds are made by sound waves which are caused by the glass vibrating as you hit it.



The frequency of sounds depends on how fast the glass is vibrating. The more water that is in a jar, the slower the vibration, the lower the pitch. Talk about: The Bible says, 'Let everything that has breath praise the Lord!' (Psalm 150:6). Worship is so important. Even though this week was really hard for Jesus, it is also Good News for us. It means that we can have a relationship with God

is also Good News for us. It means that we can have a relationship with God and that's something worth making music for.

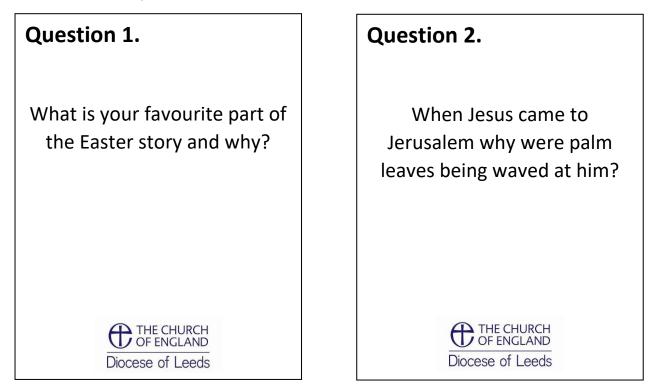
4. Balloon rocket

Equipment: Method:	Balloons; string; straw; sellotape Thread the straw through a long piece of string. Tie one end of the string to a chair.
	Place another chair a few metres from the first one in a straight line.
	Make another track in the same way.
	Now you should have two tracks.
	Attach a balloon to the straw using a piece of sellotape. The best way to do
	this is to semi inflate it. Make sure that the open end faces the start line.
	Fully inflate the balloon and on the count of three let the balloon go down
	the track.
	As you've got two tracks you can race each other. Did you win?
Conclusion:	This works by converting potential (stored) energy into kinetic (moving)
	energy as the air is pushed out of the balloon. This force is called thrust. It
	causes the straw to travel along the string due to Newton's third law of
	motion. If you aren't sure what that is, you can look it up.
Talk about:	In this activity, the balloon needs to be constantly blown up with air in order
	to keep it moving. Jesus filled with 'energy' by praying. On Maundy
	Thursday He spent the whole night praying to God for the trial that lay
	ahead for Him. What ways can we 'fill up' to help us in the days ahead?

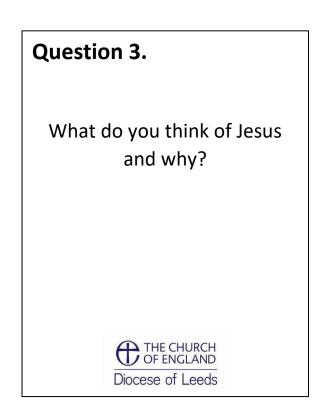


TABLE CARDS

One of our young people has made this resource for you to use. You can use these after your family meal to start a discussion about different parts of the Easter story. Feel free to print and cut them out and use them as you want.



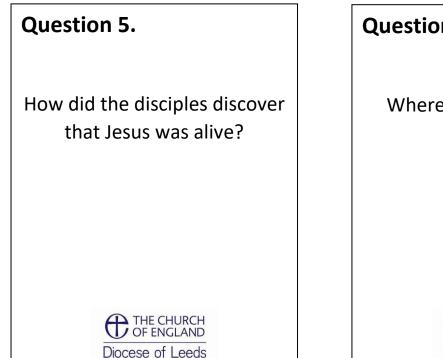




Question 4.

How did Jesus end up in Jerusalem?







Where did all of this take place?





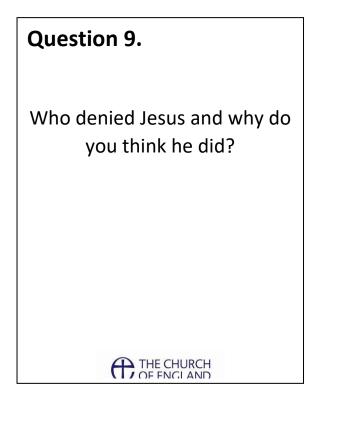
Question 7.

Where was Jesus the night he was arrested?



Who betrayed Jesus and why do you think he did?





Question 10.

If you there during this period of time how would you record the event?

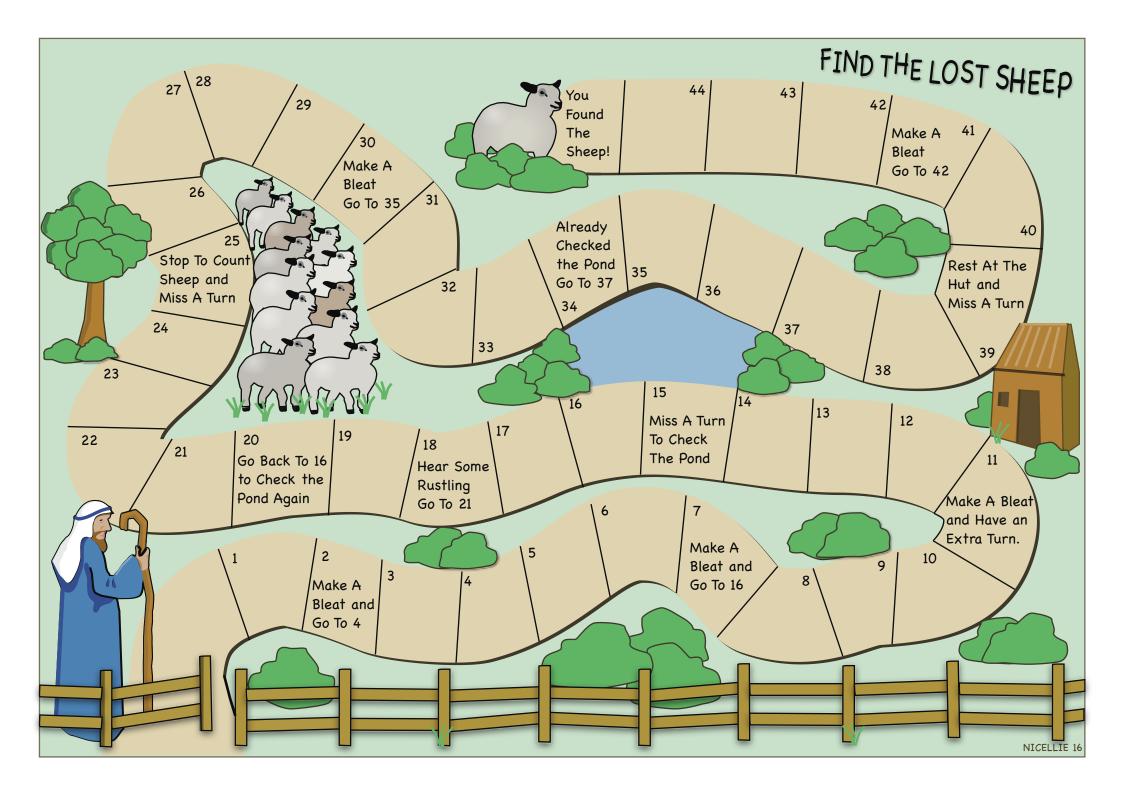
THE CHURCH

e.g

Instagram, Snapchat, Facebook, Bitmoji, Meme.







THE LOST SHEEP GAME

Aim:

To find the Lost Sheep and have some fun!

You will Need:

To print out the board game. To make this a reasonable size you will need to print it out as two A4 sheets and match and stick together.

For greater effect, cut out the bush rectangle below and blu-tac it over the lost sheep so that the winner can make a rewarding grand reveal.

You will also need a Counter for each player and a Dice.

How to Play:

In turns throw the dice.

The first player to throw a six starts.

Continue taking turns until someone finds the Lost Sheep. Players follow the instructions on the square they land on. Do encourage creative bleating.

The winner is the first person to find the Lost Sheep.

HAVE FUN!

Cut out and blu-tac this rectangle to hide the Lost Sheep

