

Sunday Club at Home - St Peter's

Hi Everyone,

Sunday 26th April

Hope you are all well and safe.

Last week we were exploring Thomas and his need to see the marks on Jesus' hands and feet. Today we are looking at a journey. Two of the disciples were walking to Emmaus and talking about what had been happening in Jerusalem, when they were joined by a stranger who walks with them.

The stranger was Jesus and they didn't recognise him. It was a long time before they knew it was Jesus. Watch the story and see if you can recognise when they knew it was Jesus. Our theme today is feet and walking, I hope you are walking everyday.

Story - from the Bible Luke 24: 13-35

This week's reading - **Luke 24: 13-35** - is the story is about two of the disciples walking home after the events of the first Easter. They were not sure what had really happened and would have been talking about the events when Jesus joined them on the road. They were surprised this stranger had not heard about what had happened and began to explain and even though they didn't think they knew him they offered him some food and a place to stay. But there was a big surprise as Jesus was there to reassure the disciples that the future was full of hope.

For everyone -

The Seriously Surprising Story – The Bible Society -

<https://www.youtube.com/watch?v=ndtnZV-5QTo>



Activities

Walking Games – Sometimes when we are walking we go slower than normal, this is usually when we are sad, tired or fed up (the disciples were sad and probably fed up). When we want to get to the place we are going we are happy or excited we walk quicker. Here are some walking games.

- 1) Follow the Leader: the leader adds an element to the walk, like an arm motion, a sound, a hop, or so on. Everyone behind has to follow along.
- 2) Recite the words to “We’re going on a bear hunt” and walk with big exaggerated steps either slowly or really quickly. You could watch the cartoon and act it out. <https://www.youtube.com/watch?v=Waoa3iG3bZ4>

- 3) Go on a scavenger hunt - before you set off, scribble down a list of objects you think you might find on the way. You could include - a feather, a smooth stone, an acorn, a red leaf. Feel free to add to the list during the walk.
- 4) The adults in your house would have played statues or 'what time is it Mr Wolf' – ask them what games they played when they were your age.

Craft

Make a flip flop

You will need: Piece of strong card / Two pipe cleaners (or ribbon) / White paper / Colouring paper



What to do: Stick the white paper on top of the cardboard

Then place your foot on the white paper and draw round it, then cut it out.

Ask an adult to make a hole in the top of the flip flop (where your toes would be) then one either side (where your instep would be)

Then decorate your paper foot any way you want.

You might put a heart and some colourful eggs to remind us of the Easter story.

Or write a thank you for the NHS, the person who collects your bins or delivers your post. Someone who walks a lot to help us.

Now use the pipe cleaners or ribbon, thread both through the hole in the top of the flip flop and bend them underneath, then thread one in each of the holes on the side and bend them underneath (you may want to secure with tape). Stick them on card.

Display in your window or on the gate or take a photo and send to St Peter's we would love to see them and be able to put in our church window.

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Biscuit Feet – the simple recipe to make biscuit feet is at the end.

OR

Salt Dough Feet – again at the end of the page.

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A Collage – We are not allowed to journey very far for a few weeks but how about making a collage of your favourite journeys. You could draw or ask to print off some photos. Then think about finding new ways to see our favourite places like Chester Zoo filming feeding the animals live on a Friday.

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Puzzle Sheet – print off the puzzle sheet about today's story.

Time to Pray

This is an activity you can do when you go for a walk or collect from your garden. You will need 6 rocks/stones/pebbles.

When the Disciples were walking along the road they would have seen lots of rocks. See if you can pray the following prayers with the rocks that you find.

Your Roundest Rock

Dear God, we pray for everyone affected by this virus, Help people across the world and those in the poorest countries. Protect them at this difficult time.

Your Biggest Rock

Dear God, we pray for the Prime Minister and our Government as they make the right decisions for all of us.

Your Smallest Rock

Dear God, we pray for all the children who cannot go to school. Help them to learn and have fun at home.

Your Plainest Rock

Dear God, we pray for all the people that help us, that we sometimes don't notice - thank you for everything that they do.

A Multi-coloured Rock

Dear God, thank you for all the colourful rainbows that are in windows. We pray for all the people in those houses and we pray for those feeling lonely.

Your most Square Rock

Dear God, we pray for all the workers working in hospitals and shops. Thank you for helping to keep us safe. Amen

Say the Lord's Prayer together.

You could join in with the children on this clip -

<https://www.youtube.com/watch?v=wIBK97Q4Ae8>

Song

For everybody – can you remember the actions from last week?

If I were a butterfly –

<https://www.youtube.com/watch?v=L-nb5CR1uec>



Recipes -

Biscuit Feet

You can bake some biscuits - here is a simple recipe

200g butter or spread / 200g caster sugar or soft brown sugar / 1 large egg

400g plain flour / Half a tsp vanilla extract (optional)

Method

1. Heat oven to 200C/180C fan/gas 6 and line or grease a baking tray.
2. Draw round your feet in the same way that we did in the paper feet
3. Put the butter in a bowl and beat until soft, then add the sugar and the vanilla extract to the bowl and mix, then add the egg and mix, then finally add the flour to make a dough.
4. Take the dough out of the bowl and place on a floured table and kneed.
5. Then break the dough into 4 sections
6. Take one section and roll out as thick as a £1 coin, take your template of your Feet and place them on the dough and cut around them, then place them on the tray then use the left-over pieces to make small hearts to place in the middle of your feet and use a little water to attach them, or before placing the feet on the baking tray cut out a heart shape from the middle of the feet. (you may have a heart cutter, possibly in your playdough cutters).
7. When you have cut all the Feet out put the trays in the oven for 8-10 mins then take out of the oven and leave to cool for about 5 mins
8. You can then decorate the biscuits with icing sugar if you have any and you could add food colouring and make your feet different colours.
9. Leave to dry then eat and enjoy.

Salt dough Feet

Recipe: 250 g flour (any flour will do) / 150g table salt / 125 ml of water / Bowl

Baking tray / Parchment or grease proof paper / Jug for water

Method -

1. Put oven on the lowest setting and line a tray with parchment or grease proof paper.
2. Place flour and salt in a bowl and add water until the mixture comes together into a ball.
3. Transfer the dough onto a floured surface and roll out the mixture until is smooth and about 2 centimetres thick.
4. This is where it can get fun – you can do this several ways but the best way is to push your clean feet into the dough then you can either cut out a heart or add a small heart to the mixture, you can also put a hole in the top so that you can hang them up when finished with some ribbon.
5. Then place the Feet on the lined baking tray and place in the oven for about 3 hours or until solid.
6. When cooked and cooled you can paint it with children's paints and then when dry you can use PVA glue to varnish (add water to the glue to make it thinner)