

Activity Pack



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GENTLENESS

This Activity Pack contains lots of fun ideas to help families explore the theme of Gentleness from the Cheeky Pandas episode "The Beach". Find out more about what gentleness is and how we can be gentle with our actions and our words every day.

You can watch the Cheeky Pandas episode "The Beach"
at cheekypandas.com

For more Cheeky Pandas fun, head to raiseupfaith.com you'll find lesson plans (including even more activities and games) for churches to use in children's ministry, as well as collective worship sessions, perfect for primary schools.



It's in the Bible!



"A gentle answer will calm a person's anger, but an unkind answer will cause more anger." Proverbs 15:1

Let's chat!

What was your favourite part of the Cheeky Pandas episode?

What do you love to do when you're at the beach?

Do you get frustrated when other people don't do what you want them to do, like Rory did?

Let's look!

Take a Panda Pause whilst you have a go at this Cheeky Pandas word search! Can you find all the kind and gentle words?

p	g	d	y	t	l	s
t	t	y	z	a	y	g
m	h	e	l	p	r	h
w	a	f	b	t	r	p
x	n	r	o	a	o	n
b	k	i	n	d	s	k
s	s	v	n	e	h	j

**Kind
Pray
Help
Thanks
Sorry**

Food Challenge



Today we are making Ice Cream Cupcakes

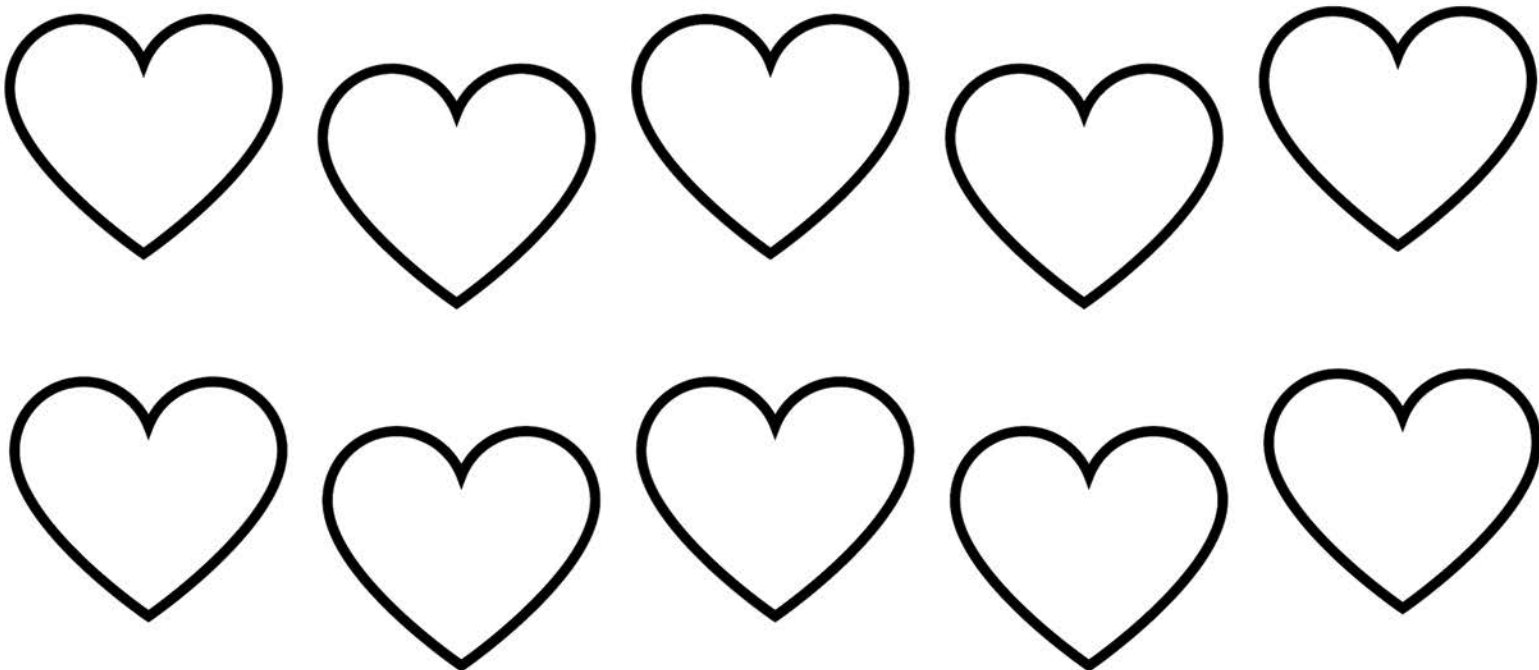
You will need:

- Ice cream cone
- Cupcakes
- Frosting
- Sprinkles and sauces
- Chocolate flakes



1. Prepare the area for decorating the cupcakes and wash your hands.
2. Spread or pipe frosting on the top of your cupcake. You could try to make it into an ice-cream swirl or scoop if you want.
3. Push a chocolate flake into the frosting
4. Add sprinkles and sauces.
5. Enjoy eating your ice cream cupcake or giving it to someone else.

How much do you love your Cupcakes? Colour in the hearts to give your cupcakes a score out of 10

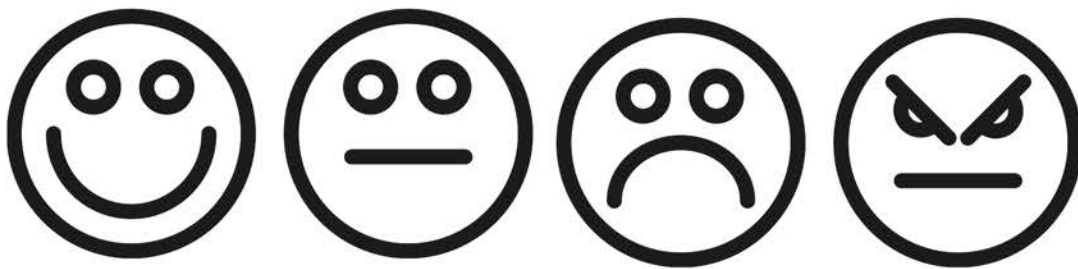


Let's Pray!



"Dear God, thank you for Jesus, the gentle king. Thank you for your Holy Spirit that shows us how to be gentle. Thank you we can ask you for help to be gentle to everyone we meet. Amen."

Colour in these different feelings faces. As you colour them in, ask God to help you to be gentle however you are feeling.

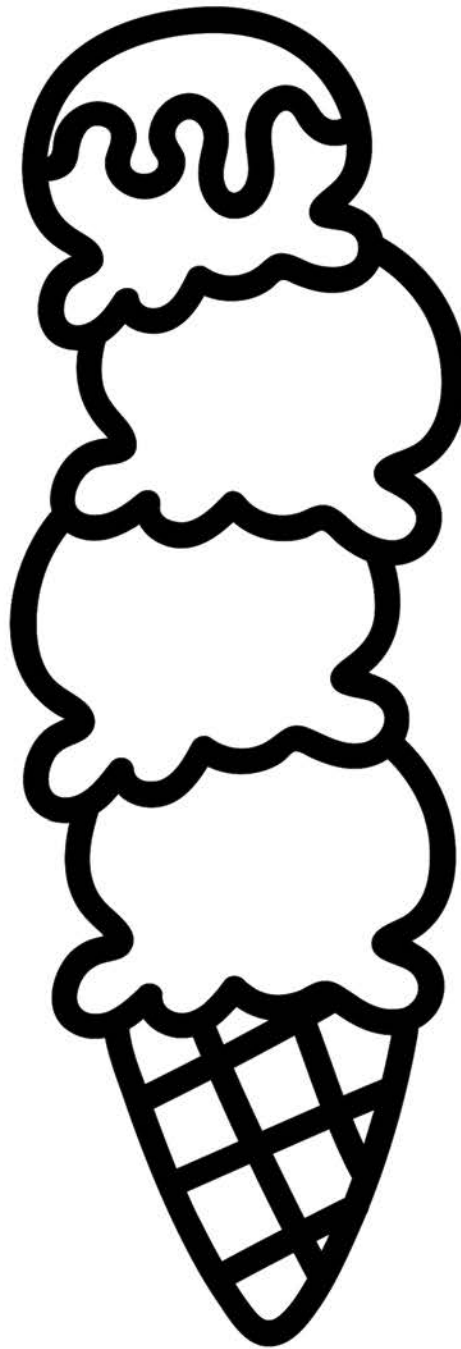


Let's make

Let's make a Panda Pause Sun Catcher!

- 1. Find a couple of old cds or dvds (remember to ask for permission first before crafting!). If you don't have cds then you could use a circle of card instead and cover it in foil.**
- 2. Stick the two cds together so that it is shiny on both sides.**
- 3. Decorate your sun catcher with sequins, glitter and shiny collage material.**
- 4. Thread a piece of wool or ribbon through the hole in the cds to make a loop.**
- 5. Hang your sun catcher on a curtain rail or in your garden and watch the sunlight bounce of it.**
- 6. Take time to have a panda pause.**

Plan your perfect ice cream. Colour in the different flavours and add labels to describe your favourite ice cream combo.



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an unkind answer will cause more anger."**

Proverbs 15:1

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