

Activity Pack



Activity Pack

Patience

This Activity Pack contains lots of fun ideas to help families explore the theme of **patience** from the Cheeky Pandas episode "The Online Gig". Find out what the Bible has to say about **patience**, talk about how and when you can show **patience** and have fun making things to remind you that God wants us to be **patient**.

You can watch the Cheeky Pandas episode "The Online Gig" on 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!

"Be joyful because you have hope. Be patient when trouble comes. Pray at all times." Romans 12:12 (ICB)

Let's chat!

**When do you find it really difficult to be patient?
What did the Cheeky Pandas teach you about patience?**

Let's look!

Cut out each word of the memory verse below.

Mix them up and then time yourself to see how quickly you can put them in the right order.

Test people in your family to see if they can beat you!

Be	joyful	because	you	have	hope.
Be	patient	when	trouble	comes.	Pray
at	all	times.	Romans	12	12



Food Challenge



Today we are making Cheese and Marmite Straws

You will need:

**Puff pastry
Marmite (optional)
Grated cheese
Knife, rolling pin and baking sheet**

- 1. Roll the puff pastry into a large rectangle, then cut in half.**
- 2. If you like Marmite, spread a thin layer over the top of one half of the puff pastry. If you don't like Marmite just leave out this step.**
- 3. Sprinkle the grated cheese over the Marmite.**
- 4. Carefully lay the empty pastry over the top of the Marmite and cheese pastry and press firmly together.**
- 5. Use your knife to cut both layers of pastry into 2cm strips.**
- 6. With each strip twist around and around like a helter-skelter!**
- 7. Lay them on the baking sheet and cook in a 200-degree oven for 20 minutes or until golden brown.**

Prayer Points

Pray for yourself to grow in patience, especially in the times that you struggle to wait.

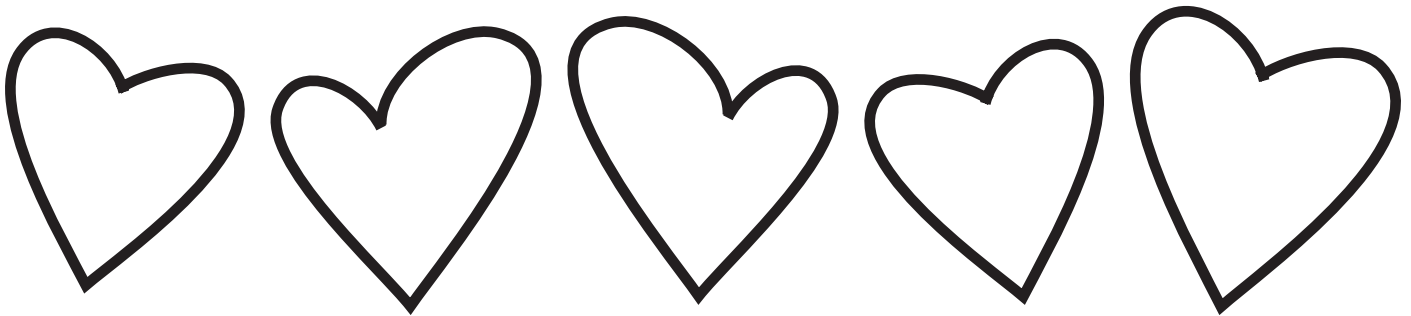
Spend time praying and saying sorry for the things you have done wrong. Then remember God's wonderful patience.

Let's Pray!



Dear God, thank you that you fill me with patience. Help me remember that you are so patient towards me and show me how to be patient with other people. Amen

God teaches us that love is patient and love is kind; today, let's pray for 5 people that you want to pray that they know more of the love of God.



Let's make

Today we are making a book of feelings to help us as we try to be patient.

You will need:

Scissors

Colouring pens

The template on the back of the activity pack

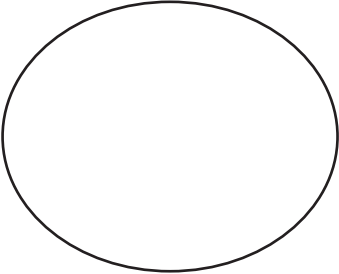
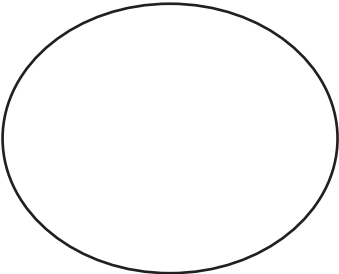
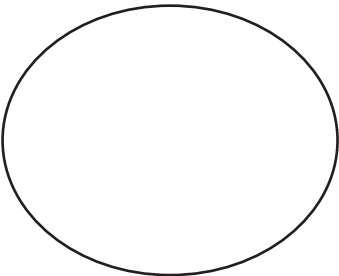
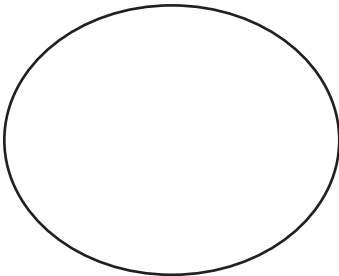
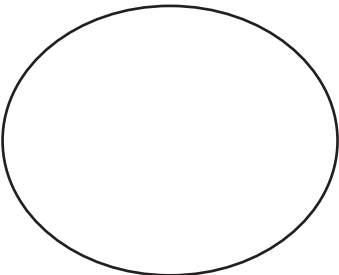
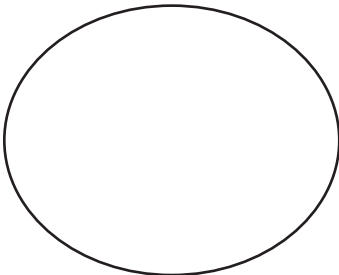
- 1. Fold your paper template in half lengthways.**
- 2. Then fold it in half widthways and in half one more time widthways.**
- 3. Open it back up with just the long fold still closed.**
- 4. With your scissors carefully cut down the middle of the long, closed fold, missing out the first and last sections (see the red line).**



- 5. Now push the middle of each section away from each other and fold to make a little booklet.**
- 6. On each page fill in the person's face with their feelings.**
Once you have finished your little book you can use it to explain your feelings, especially when you are feeling impatient. Remember you can ask God to help you in all these feelings, especially that the Holy Spirit would help you be more patient.

Here is the book template. On each page fill in the person's face with their feelings.



Angry 	My Book of Emotions
Disappointed 	"Be joyful because you have hope. Be patient when trouble comes. Pray at all times." Romans 12:12
Embarrassed 	 Cross
Excited 	 Happy

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