

Activity Pack



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PEACEFULNESS

This Activity Pack contains lots of fun ideas to help families explore the theme of Peacefulness from the Cheeky Pandas episode "The Storm". Find out more about what peacefulness is and how we can find a sense of peace and calm in knowing that Jesus is with us.

You can watch the Cheeky Pandas episode "The Storm"
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!

**'Jesus said: "I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid."
John 14: 27 (ICB)**

Let's chat!

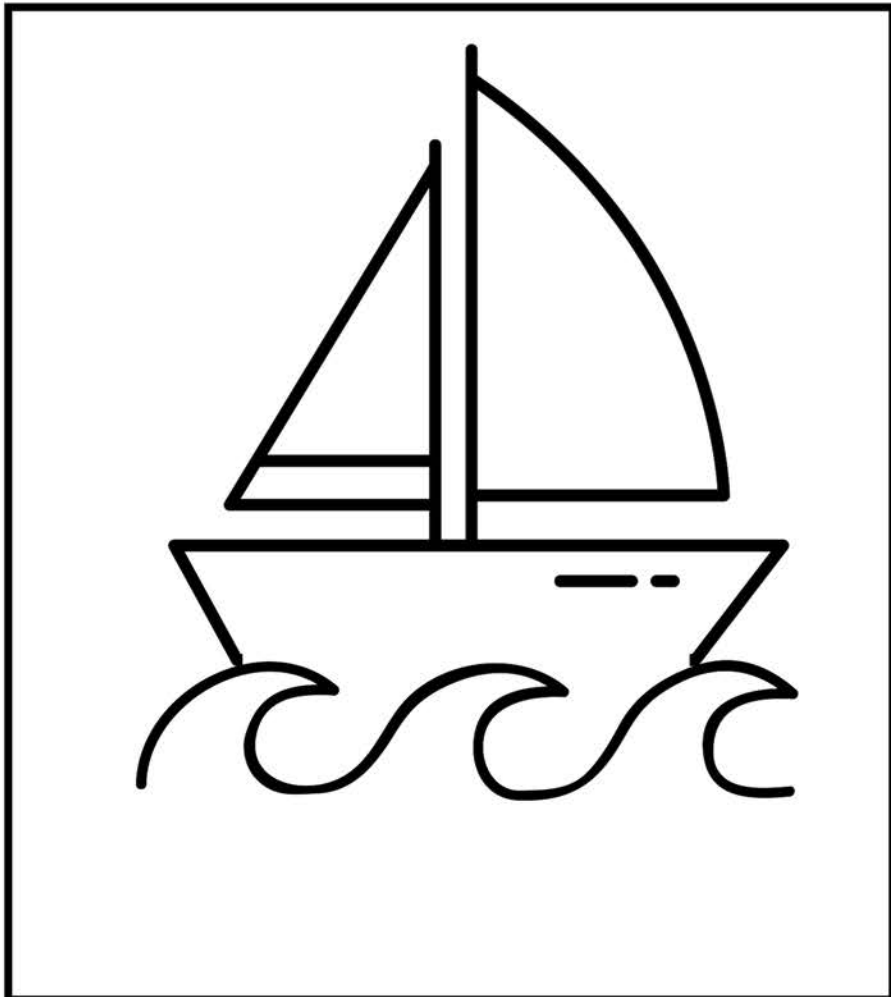
What was your favourite part of the Cheeky Pandas episode?

How do you feel about storms? What's your favourite type of weather?

When do you feel peaceful?

Let's look!

Write all the things that make you worried or scared in the water and the promises of God in the boat and the sky. There are some helpful verses you can look up to remind you of what God promises!



**Isaiah 41:10
Matthew 11:28
Jeremiah 29:11**



Food Challenge



Today we are making a Storm In A Cup

You will need:

- A jug
- Glasses or cups
- A range of fruit juice, squash and water
- Cocktail umbrella
- Chopped fruit
- Lemon and orange slices
- (Bonus make) raisins
- Fizzy water/lemonade

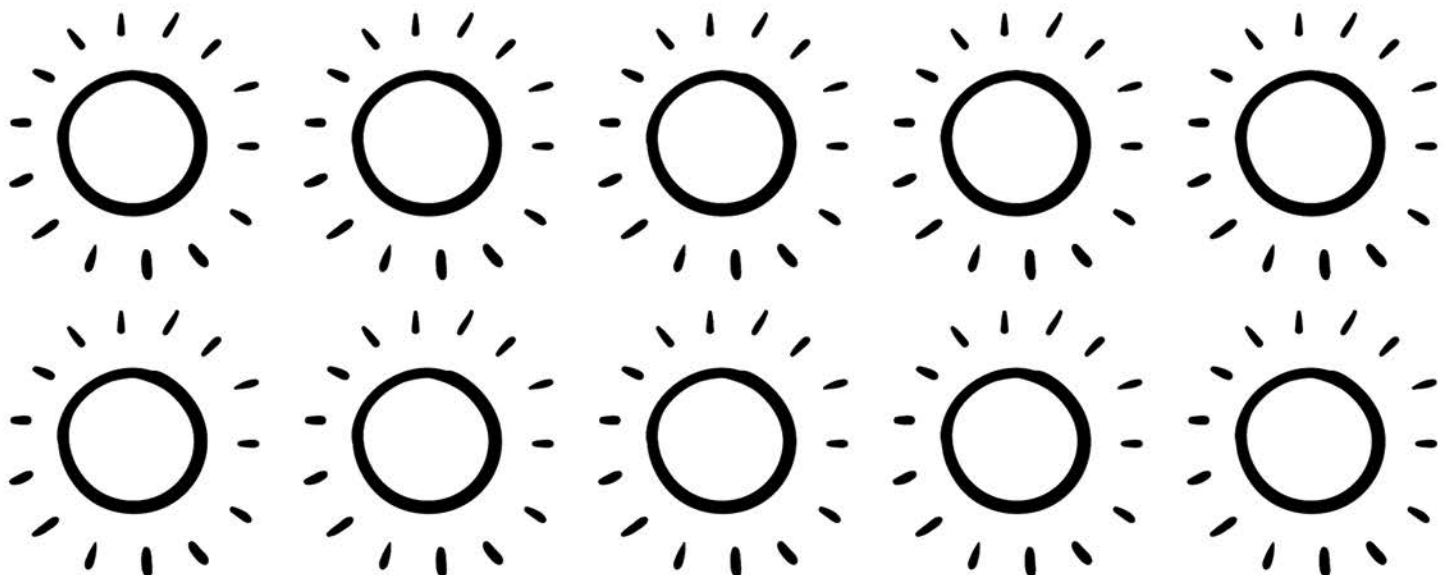


1. Create your own drink using whichever fruit juice or squash you would like. Remember that squash needs to be diluted. You might need grown up help for this.
2. Add different juices to a jug along with chopped fruit.
3. Mix it all up with a long spoon or straw, this creates your storm.
4. (With help) pour your drink into the cups and decorate them with cocktail umbrellas and slices of lemon and orange.

Bonus Make

- If you use lemonade or fizzy water and add raisins to your drink, the raisins will sink to the bottom and then rise to the surface. It's great fun to watch!

How much do you love your drink? Colour in the sunshines to give your drink a score out of 10



Let's Pray



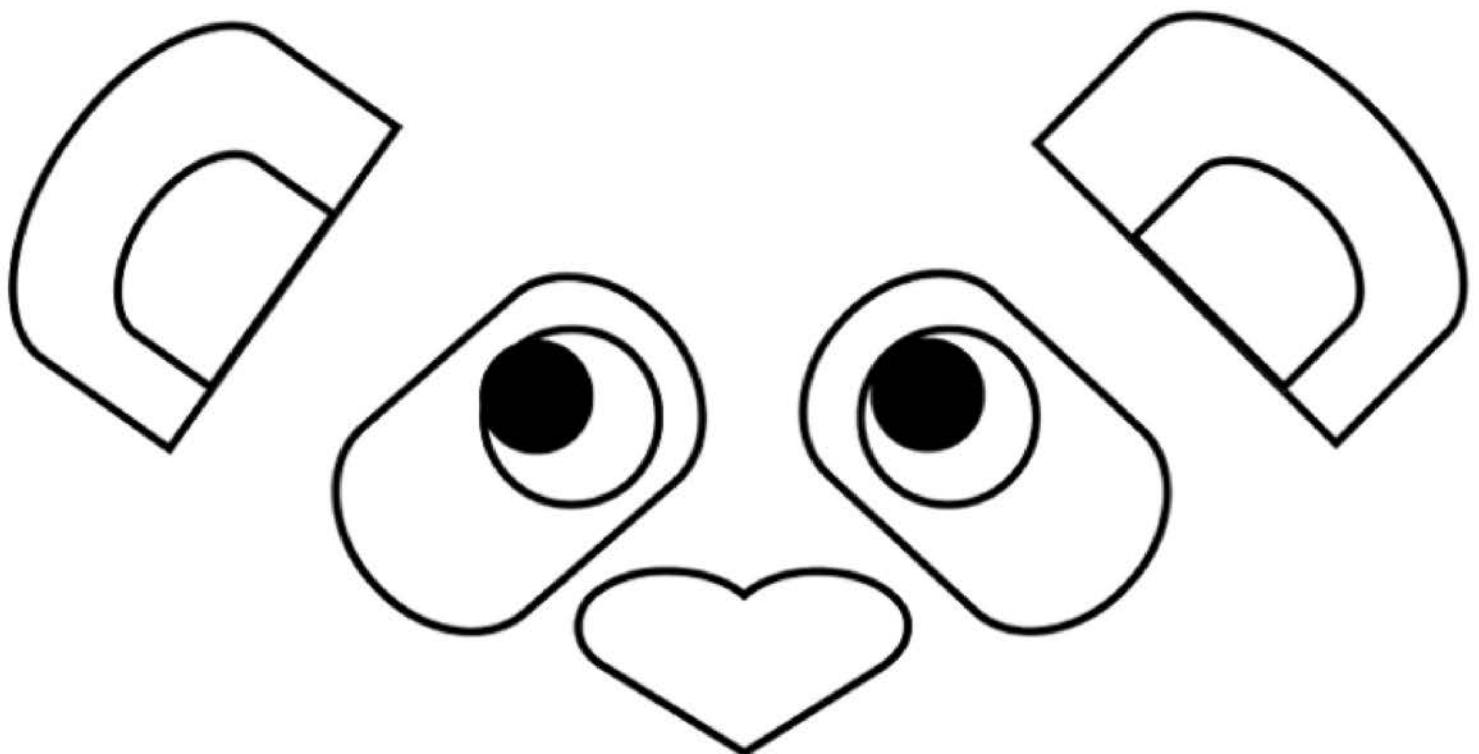
Jesus can help us to find peace in the middle of the storms of life. Chat to Jesus about what is on your mind. Chat to Him about what is worrying you or stopping you from feeling calm. Remember that Jesus promises to give us His peace today.

"Dear God, thank you for Jesus' example of peace. Thank you that we can always ask you for help and for your Holy Spirit to bring us peace in our lives. Amen."

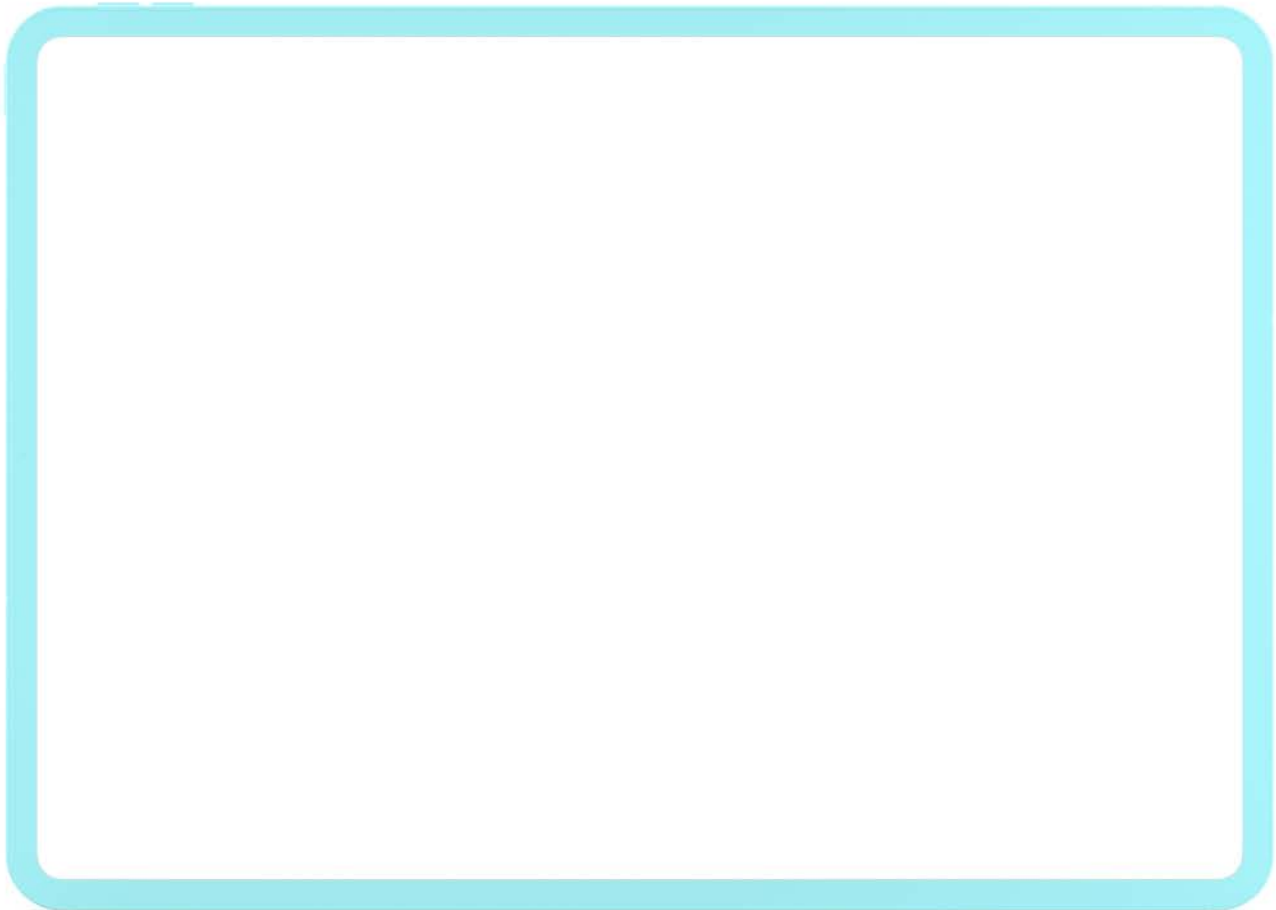
Let's make

Today we are making Panda Face Ballons

- 1. Colour in and cut out the templates at the bottom of this page.**
- 2. Blow up a balloon – you could use any colour balloon!**
- 3. Stick the face parts on to the balloon.**
- 4. Add extra details using permanent markers or stickers.**
- 5. Remember to be gentle as balloons can pop!**



Create your own stormy picture using chalks or crayons. Add swirls and scribbles to represent the wind and the waves.



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John 14: 27 (ICB)