

Activity Pack



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Self-Control

This Activity Pack contains lots of fun ideas to help families explore the theme of Self-Control from the Cheeky Pandas episode "The Moon Gig". Find out more about what self-control is and why it's important to have it and have fun making things to help us practice having self-control every day.

You can watch the Cheeky Pandas episode "The Moon Gig"
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!

"God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control." 2 Timothy 1:7 ICB

Let's chat!

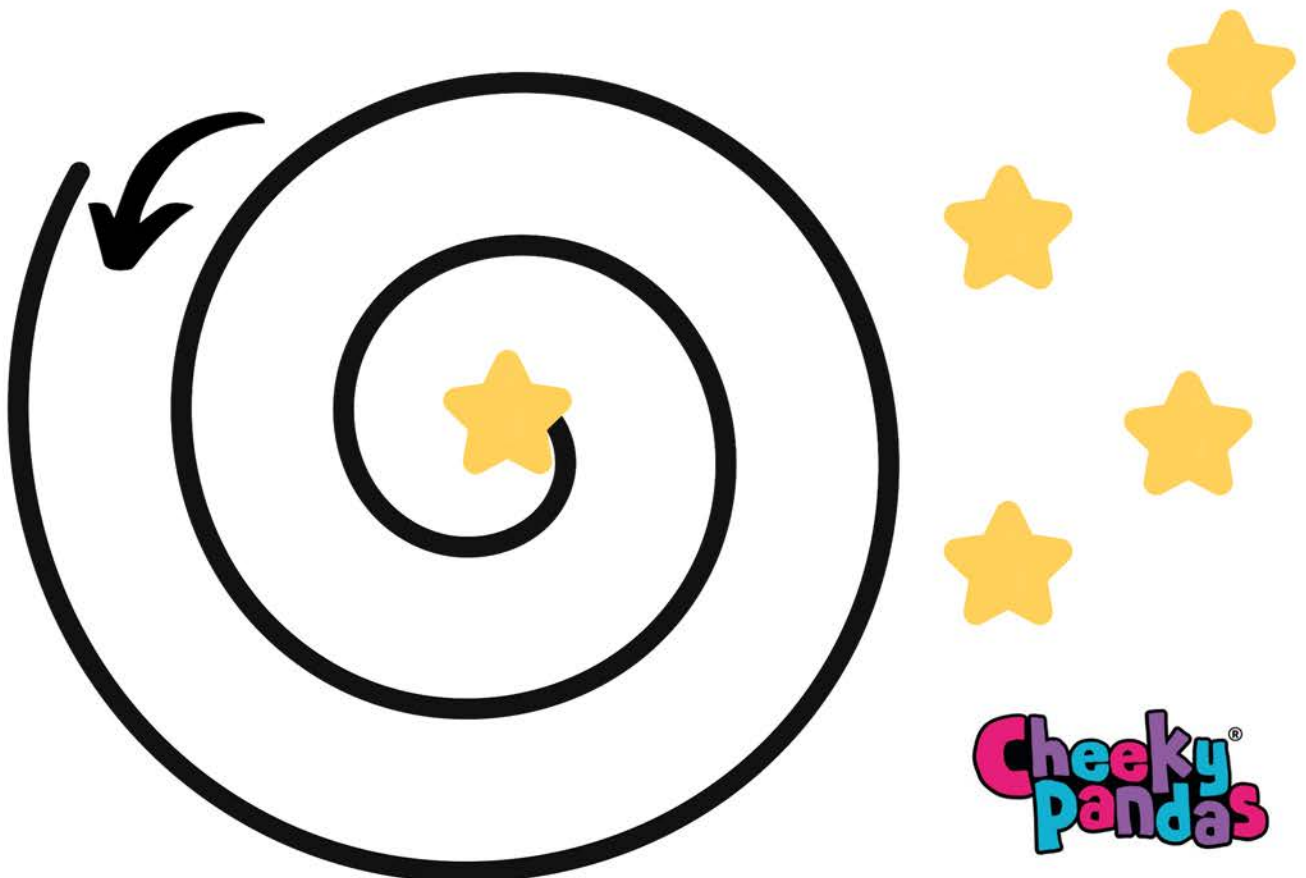
What was your favourite part of the Cheeky Pandas episode?

Which character do you think you're most like and why?

If you could go anywhere, where would you go?

Let's look!

Track your finger around this spiral. Try to do it slowly and then really quickly. How hard is it to stay within the lines? If this is easy, then have a go whilst saying today's Bible verse at the same time!



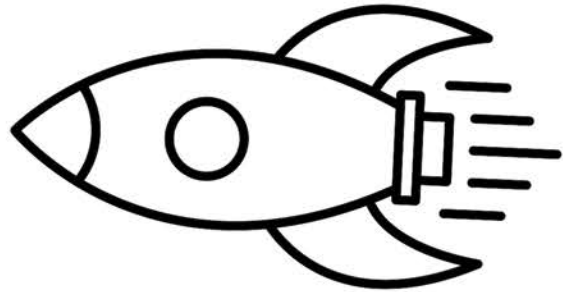
Food Challenge



Today we are making Ice Cream Cone Rockets

You will need:

- **An ice cream cone**
- **Icing**
- **Chocolate buttons**
- **Gummy sweets**
- **Strawberry laces**



- 1. Prepare the area for decorating the ice cream cone and wash your hands.**
- 2. Take your ice cream cone and turn it upside down.**
- 3. Spread icing on the ice cream cone and then stick on gummy sweets or chocolate buttons to use as windows.**
- 4. You could add strawberry laces to the open end of the ice cream cone to look like flames.**
- 5. Enjoy blasting your rocket into space before tucking into it as a tasty treat.**

How much do you love your Rockets? Colour in the stars to give your rockets a score out of 10



Let's Pray



It can be really hard to have self-control at times. Chat to God about when you find it hard to stop and think of others.

Ask God to help you to practice self-control so you can experience the peace and joy that it brings.

"Dear God, please would Your Holy Spirit help us control our desires so we don't always want want want. Let's all think of others and choose to do the right thing, just as Jesus always did. Amen"

Let's make

Today we are making a giant domino race using things we find at home! Top Tip: Always make sure you have permission before you use items that belong to other people in your family!

- 1. Gather items from around your house that you can stand up on one end. Objects like books, dvds, and game boxes work really well.**
- 2. Have a go at making a giant domino race track in your home using the objects you've found.**
- 3. How hard is it to wait for all the items to be set up before you start knocking them down? What's the longest track you can make?**
- 4. Remember to tidy away all the items after you've finished playing.**

**Decorate this rocket to remind
you of today's Cheeky Panda
adventure.**



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He gave us a spirit of power and love and
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