

# Explore It

## INTRODUCTION

Children's discipleship material  
for small groups

**Have you been using 'Explore It'? We would love to hear from you. Let us know how it has worked with your group. Drop us an email or send us a Facebook message.**

Each session is designed to last approximately 30 to 40 minutes, and is aimed for children aged 7-12 years.

Initially created in response to a time of social distancing, this children's discipleship resource is designed for children's ministry leaders working with groups of children but could be adapted for use in the home as a family or with small groups via video calling platforms.

The sessions have been written in a script style, designed so you can pick up and deliver them relatively easily. It will be necessary to read through each session and prepare some content required to enhance the learning experience and enable children to come to each session prepared. Don't feel that you have to deliver all the content; you can pick and choose and emphasise what is relevant to your group.

### Online Groups

The Salvation Army has produced guides on how to use Zoom, along with safeguarding guidance and a parent permission letter for running a session online.

#### **These can be accessed via our website.**

All online meetings should be password protected, so you will need to contact your group in advance with the meeting times and ID and passwords (see the Zoom guide for how to do this). If you, or the families you are working with, have not used Zoom before, it would be a good idea to have a practice get-together so you can work out the technology and familiarise the children/parents with the format.

It is possible that parents may want to join in with your sessions. You will need to make a decision on this for your setting, but we would encourage parents to be involved in their children's faith journey as much as possible and join in with your group up to a point which doesn't stop children from being the focus.

Each session follows a similar format based around the following headings:

### *Start It*

A game or activity and an introduction to the theme building on children's lived experience. (10 mins)

### *Sing It*

A song suggestion to enhance your time of worship.

### *Tell It*

Each week different ideas for telling the story will be used to share biblical truths. (10 mins)

### *Action It*

An idea to help children reflect on the story and theme for this week. (5 mins)

### *Pray It*

A time of response and prayer for the group together. (5 mins)

### *Explore It*

These 'send home' ideas come in two parts and are designed to reflect the range of ways children can come to encounter God:

*Explore It (FOR ME)* - provides ideas and activities that children can explore on their own

*Explore It (TOGETHER)* - provides ideas and activities that children can explore with their families.



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