

Explore It TOGETHER



HEALTHY ME

Luke 2:21-40 Jesus presented in the Temple

Here are some ideas and activities you could do as a family



Play

Spend some time playing together, for example play board games, share an app, build a model ...



Serve

Is there someone you know who needs a little support? Perhaps a family member, a friend or someone you see in your neighbourhood. Talk about how you could support this person, and then go and serve.



Sense

On your next exercise outing, look at the different living things you see and remind yourself of the things they need to grow well and what you need to grow well.



Read

A lot happened in this week's story. There were several different people we met. Reread the story and talk about what you found out about the different people in the story.



Create

Plan a healthy meal together and work as a team to purchase the ingredients, measure and cook or bake, and then enjoy together.