Explore It FOR ME

GOD HAS A PLAN (ACTION STORY)

📖 Luke 5:17-26 Jesus forgives and heals a paralysed man

Here are some ideas and activities you could do on your own

Play

Mark a spot on the ground with either a cushion or a piece of paper – like a target. Now find a pair of socks and roll them up into a ball. Carefully (and with permission from an adult), stand on a chair above the spot and try and drop the socks right on the spot. See how close you can get to the target.

Draw

Write your own action story with you in it. Divide a piece of paper into eight sections and create a comic strip action story, drawing a different part of the story in each section.

Exercise

Put a large mat on the floor and do some simple exercises. Here are three fun animal exercises to try:

Seal walk: Place your hands on the mat and straighten your arms to lock your elbows. Extend your legs behind – not too stiff, just loose. Then walk forward using your hands, dragging your legs and feet behind.

Gorilla walk: Begin by standing with feet shoulder-width apart. Bend your body slightly forward and hang your arms in front. Walk slowly forward like a gorilla and swing your body from side to side.

Frog jump: Squat low to the floor and put your hands on the mat in front of your knees, and jump forward.

Build

In Bible times, people used the roof of the house for more than keeping out the rain. During the summer, families might sleep on the roof to take advantage of the cool night air. Why not try and make a den that has a flat roof and then try to lay on it as if you were sleeping.

Read

Find one of the action stories in the Bible, or in your favourite book. Sit or lay down on a mat and enjoy reading. Try and picture what is happening, and maybe draw the story afterwards to share with someone in your family.