

Explore It TOGETHER



SPIRITUAL FOOD

 Matthew 4:4; 1 Peter 2:1-2

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



Dance

Share this week's song with the people at home and see if you can get them to join in with the actions and keep their bodies moving.

'Every move I make' – dance-a-long with lyrics by Hillsong Kids and CJ and Friends

<https://www.youtube.com/watch?v=MPvnZILn6EY>



Bake

Have a look at the Blue Peter Cooking Club website.

<https://www.bbc.co.uk/cbbc/curations/bp-cooking-club>

Choose a meal to create with someone at home to enjoy with your family.



Watch

Watch the clip from this week's Explore It session.

If there is another person at home who is a Christian, then ask what kind of things they do to grow as disciples.

Spiritual Meat and Milk Bible Story by LifeKids

<https://www.youtube.com/watch?v=BxyQYzgBtq4>



Investigate

Ask someone at home to help you have a go at the plant investigation from the clip we watched this week. The investigation part starts at 1:48 min. Take a picture of your plants once they have grown and share them with the rest of the group.

Explain to everyone at home what watching a plant grow teaches us about growing as disciples.

Gotta Eat! - Crash Course 1.1 by Crash Course Kids

<https://www.youtube.com/watch?v=z9TIIM96IT8>