

# Explore It TOGETHER



## SPIRITUAL EXERCISE

1 Timothy 4:7-8; 1 John 2:24-25

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



### Dance

One of the ways we can keep fit and healthy is to dance. Watch the clip, join in and see if you can pick up some new dance moves. See if you can get someone at home to join in.

'Be exalted' by Watoto Children's Choir  
[https://www.youtube.com/watch?v=r0\\_J2uDyCkk](https://www.youtube.com/watch?v=r0_J2uDyCkk)



### Watch

Snuggle up with someone at home and listen to the 'How to pray' story from *The Jesus Storybook Bible* by Zonderkinds.

*How to pray*

<https://www.youtube.com/watch?v=dwWHs4ccYps>

What does this story teach us about prayer?



### Discover

This week we looked at ways to stay physically and spiritually healthy. Try out the quiz below to find out the best new sport for you to try. See if you can encourage the people at home to join in and discover a new sport.

<https://www.nhs.uk/healthier-families/activities/disney-sports-quiz>



### Pray

In the 'Explore It For Me' section you created a drawing of your hand to remind you of the 'five finger prayer' method. Share this method with someone at home and spend time praying together.