

## Be Positive



Image: pixy.org

You can colour the picture.



## From the Bible

**When Paul, a follower of Jesus, was in prison in Rome he wrote a letter to the church at Philippi, he told them:**

Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.

Philippians 4:8, New International Reader's Version

## ? To think about

*Paul was locked up in prison but he still wanted to encourage other people and to think about good things.*

*I wonder why he did that?*

*What gave him the strength to do that?*

*What do you like thinking about that are 'lovely' and 'excellent'?*

*How does it make you feel when you think about 'right' things?*



## Craft Activity

### A positive Valentine Card

*You will need:*

- 2 pieces of strong paper or card
- Coloured paint, pens etc
- Glue
- Stickers, coloured paper (e.g. old wrapping paper) etc
- scissors

This Sunday is Valentine's Day. Make a card for someone you love – grannie, grandad, mum or dad for example. Decorate the outside. Inside the card list all the things that you love about them. Think how wonderful it will make them feel when they read your card!

Now make a second card – to you from God. Think about all the things that God loves about you and list them inside your card. Ask someone to help you if you get stuck. Keep your card as a reminder that you are loved.

## ? Something to think about - Lent Activity

Lent is the name for the days to help us think about getting ready for Easter. There are 40 days in Lent. How about trying to do one positive thing each day through Lent? Attached to the email is a chart with 40 ideas of ways to stay positive and feel good through Lent.



## Craft Activity

### Bracelets

*You will need:*

- Coloured fine wool or thread
- Sticky tape or pins or safety pins
- Scissors

Think of some good things that you want to remember and choose a different coloured thread or wool for each one. Plait them together to make a bracelet. There are lots of videos online, here's just one suggestion with a few ideas:

<https://www.youtube.com/watch?v=u5knLsLjlaE>

### ? To think about

*Could you make another one for someone in your family or to deliver to a friend? You could tell them what the different colours remind you of so they can think about good things too.*



## Cooking

### American Style Pancakes (*you **MUST** ask a grown-up for help*)

*You will need:*

- 225g plain flour
- 1tsp baking powder
- 2 beaten eggs
- 290ml milk
- Fruit, jam, chocolate spread, honey etc for toppings
- Large jug or bowl
- Whisk or blender
- Frying pan
- Spatula

Put the flour a large jug, make a well in the middle and gradually add the eggs and milk. Whisk or blend very well until a smooth batter. Leave to stand for about 10 minutes.

Heat the pan until hot. Carefully pour a small amount of batter into the pan. When it is just set on top flip over with the spatula and cook for about a minute on the other side.

(If you pour your batter really, really slowly into your hot pan you can make your pancakes different shapes!)

Serve with your favourite toppings and enjoy!!



## Outdoor Activity Suggestions

### Rubbings

You will need:

- Some plain paper
- Wax crayons

Find a tree with some textured bark on the trunk. Cover the bark with your paper and gently rub with the wax crayon, watch as the pattern from the bark appears on your paper. Try with different types of trees. What else makes good rubbings – bricks, stone walls, leaves? See how many things you can try out.

You can download an app from the Woodland Trust to find out the names of the trees.

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/>

Or use the tree identification sheets

[http://www.treetoolsforschools.org.uk/activitymenu/?cat=tree\\_id](http://www.treetoolsforschools.org.uk/activitymenu/?cat=tree_id)

### Bird Feeders

Or how about helping the birds out during the cold weather?

[http://www.treetoolsforschools.org.uk/activities/pdfs/pdf\\_cookie\\_cutter\\_bird\\_feeder.pdf](http://www.treetoolsforschools.org.uk/activities/pdfs/pdf_cookie_cutter_bird_feeder.pdf)



### Building Challenge

Can you build a thankfulness tower? Each time you put a brick or empty cardboard box on your tower think of something to say thank you for. And, each time you think of some reason to say thank you add to your tower. How tall will your tower get this week? How tall will it get if you keep going through all of Lent?

### Song

#### Who I am

Ask the person who is looking after you today to let you sing along to this song on the computer. <https://www.youtube.com/watch?v=mldP6dGpAVY>

## Prayer

Amazing God,  
Thank you that we can think positive thoughts.  
When we're fed up help us to remember good things.  
When other people are a bit grumpy help us to cheer them up.  
Because you love us and you love them too!  
Amen.  
(Amen just means 'I agree' in the language that Jesus spoke.)

## Puzzle

### Word Search

m a x a g g q n k z  
t p s s n e n o i l  
w u c x s n l b n e  
r r e j j t e l d u  
e e x c e l l e n t  
s t d r b e b u o r  
p r r i g h t j d x  
e u p r a i s e o q  
c e w q h a p p y y  
t a a l o v e l y v

excellent

respect

gentle

lovely

true

right

happy

kind

joy

praise

noble

pure

m a x a g g q n k z  
t p s s n e n o i l  
w u c x s n l b n e  
r r e j j t e l d u  
e e x c e l l e n t  
s t d r b e b u o r  
p r r i g h t j d x  
e u p r a i s e o q  
c e w q h a p p y y  
t a a l o v e l y v