

Catholic Parish of Guildford

*School years 3-6*

# **fearless**

*31 days of Summer*

An activity for everyday in August

It's the summer holidays!

We've put together 31 things for you to do over the month of August.

On the next page you will find a calendar of all the activities. Print out this page and tick off each challenge as you complete them.

We'd love to see how you're getting on. Email your amazing creations to [youth@cpg.church](mailto:youth@cpg.church)

Or click on the email icon that you'll find throughout the document.



Enjoy!

# How many challenges can you complete?

1) Create a prayer space in your home	2) Plant a flower	3) Pray for our world	4) Create a Covid-19 time capsule
5) Love: How does Jesus show us to love?	6) Joy: Create a family blessings jar	7) Peace: Create a peace bottle	8) Patience: Practise patience
FRUITS OF THE HOLY SPIRIT			
9) Kindness: Send someone a hug in the post	10) Goodness: Find out about a saint	11) Faithfulness: Remember God's promises	12) Gentleness: Be gentle to our planet
FRUITS OF THE HOLY SPIRIT			
13) Self control: Meditate	14) Pray with dotty boxes	15) Hide and seek painted rocks	16) Bake some unleavened bread
17) Organise a sports day at home	18) Have a family bake off	19) Do some odd jobs around the house	20) Make a boat that floats
RAISE MONEY FOR CAFOD CORONAVIRUS APPEAL			
21) Pray using a prayer labyrinth	22) Learn the lords prayer in sign language	23) Play bible verse catch	24) Make a worry jar
25) Create your own prayer stations	26) Explore God's wardrobe for you	27) Fly thankful helicopters	28) Flush forgiveness
29) Bake some resurrection rolls	30) Pray with Skittles	31) Go on a prayer walk	Click on a challenge to take you to more information about it.

Print this page. Tick each challenge as you go!



# Create a prayer space in your home

*We can pray anywhere and anytime and God is always listening.*

*Sometimes it can encourage us though, to have a space in our home where there is a calm prayerful atmosphere. Where we can find the things that may help us to pray and where we can put things that have pointed us to God during our day.*

## Things you could include:

- Cushions and beanbags
- Blankets
- Candles
- A rosary
- Reminders of creation (shells, flowers, sticks)
- A basket/pot
- Fairy lights
- Pens
- A prayer journal
- A bible
- A white board



Here's [an example](#) of how someone else has made a prayer space for their sister.



We'd really love to see photos of your prayer space, or maybe you could make a video like the one above, showing us around.



# Plant a flower



Get some seeds or a bulb and look at them carefully.

*They are so small, and yet from them, God can create a beautiful flower.*

Put some compost in a pot and plant the bulb in it.

## Reflection time:

*The soil will keep it warm. Water and light will encourage it to grow. The seed in your hand was dormant, but given the right circumstances, it comes alive.*

*Now think for a minute about your life. It may seem small and insignificant. It may not look like much now. From you, God can bring forth great things.*

What do you need to grow?

*In the right circumstances of God's love, we come alive!*



Take photos of your flower each week to see how it is growing. As you look back at the pictures think about what God is doing in your life day by day.

# Pray for our world

Have a look at a world map/globe and choose somewhere you would like to pray for. It may be

- because you know people there
- you've visited this place
- you used to live there
- you've heard of the place on the news
- you've pointed to a place randomly



Do some research about this region, country or continent and then pray for this area.



When you have prayed for a place, you could stick on a sticker and see if you can cover your whole map/globe in stickers by the end of the summer, by praying this way often.



We'd love to see some photos of your globe/map covered in stickers.

# Create a Covid-19 Time capsule

*We are living through a very important moment in history. It would be good to keep some memories of this time.*

*This can also be a great way to offer thanks to God for the blessings of this time and ask for his help with what you are finding difficult.*

## Things you could include:

- [All About me](#) (included)
- [My experience of Lockdown](#) (included)
- News articles
- Something about your community (what's been happening at school, church and other groups you've been involved in)
- Photos of what you've been doing to stay busy at home
- Handprints/footprints of everyone at home with you
- Descriptions of special occasions while in Lockdown (e.g. birthdays)
- A letter to yourself,
- A letter from your parents.



We're sure you've got lots more creative ideas of what to include and we'd love to see photos of what's in your time capsules.



Print

# All about me

I AM

YEARS  
OLD

I AM

CENTIMETERS  
TALL

SHOE  
SIZE

## My Favourite

Toy: \_\_\_\_\_

Colour: \_\_\_\_\_

Animal: \_\_\_\_\_

Food: \_\_\_\_\_

Movie: \_\_\_\_\_

Book: \_\_\_\_\_

Sport: \_\_\_\_\_

Place: \_\_\_\_\_

Song: \_\_\_\_\_

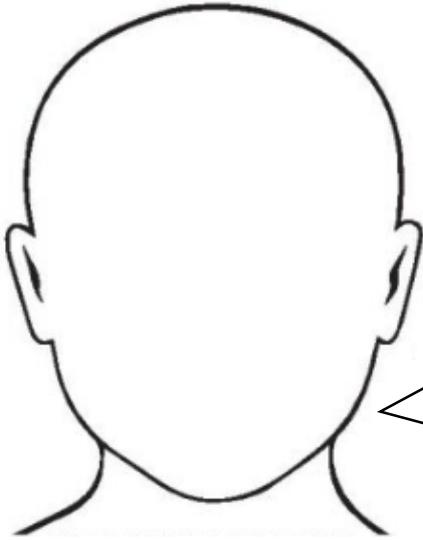
## My Best Friend/s:

\_\_\_\_\_

\_\_\_\_\_



# How was lockdown life?



Words to describe  
how I feel:

How my face looks



I am most grateful  
for:

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What I have learnt  
from this experience:

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The 3 things I am most excited to do over the  
summer:

1

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2

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3

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# The fruits of the spirit



## Galatians 5: 22-23

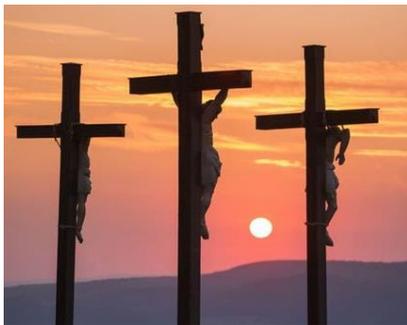
“But what happens when we live God’s way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.”

# How does Jesus show us to love?

*Jesus constantly shows us, through his life, how we should love.*

Choose a story you know well where Jesus shows us how to love.

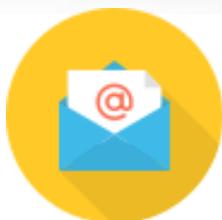
Act out this story with members of your family and props around your home.



## Reflection time

What does Jesus' example teach us about how and who we should love?

How can you follow Jesus' loving example?



Can you create a video of the story you have chosen and explain how it shows we should live? We'd love to see it.



# Create a family blessings jar

Fruit of the spirit: Joy

Get an empty jar or box

Decorate it

Cut up strips of paper

Put a pen and the strips of paper next to the jar

Send us in a photo of your family blessings jar ready to be filled.



Each time someone in your family has something they're grateful for write it on a strip and put it in the jar.



At the end of the week, during some family time, take out all the strips of paper and read them out, thanking God for his many blessings.



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# Create a peace bottle



Watch [this video](#) about what Jesus did during a storm.

What did you learn from the video about peace?

## Making the bottle

Get an empty plastic bottle

Add a lot of glitter and some glitter glue

Put the lid on and ideally glue it closed

Shake the bottle and it will fill with glitter.



## Using the bottle

Next time you're feeling anxious or worried about something, like the disciples were, grab your peace bottle, shake it and tell God about your worries.

As you watch the glitter move to the bottom of the bottle imagine Jesus saying to you "Be still" as he did to the storm.



Research some bible quotations about peace and write these on your bottle in sharpie pen. Send us in some photos of your Peace Bottle.



# Practice patience

*We can help the fruits of the spirit to grow in us by practicing them.*

Look for opportunities today to practice patience.



Noticing these moments, taking the opportunities and thanking God for them, will help you to grow in patience.



## Some examples that you might notice:

- Waiting for your turn in a game
- Letting everyone else go first when helping yourself to food at meal times
- Listening when someone's talking without interrupting
- Explaining yourself calmly when someone is doing something you don't like, rather than shouting



Write a list of all the times you get to practice patience today and thank God for them.

# Send someone a hug in the post



Think of someone you know who might be on their own or feeling lonely.

Create a hug card like one of those in the pictures.

There are some instructions about how to make one [here](#).



Send us in a photo of your finished card.

# Find out about a saint

God is good, as [this song](#) reminds us. As Christians we want to show this goodness to the world.

Saints are people who've been able to show some of God's goodness to others.

Research a saint and figure out what they have done to show God's goodness to our world.



Can you show what you've found out in a creative way maybe a poster or a video, do send it in to us?

# Remember God's promises

God is faithful. He will always love us. We are faithful when we trust God's love for us, when we are loyal to our friends and family and when we can be relied on.



Watch [this video](#) about Job



## Reflection time:

Why must it have been hard for Job to remain faithful to God?

How did God help Job remain faithful?

We can be encouraged in our faithfulness by remembering who God is and what his promises are.

In the grey box are some promises from God. Look these up in the bible.

## Some of God's promises:

2 Samuel 7:28

Psalms 145:9

Jeremiah 29:11

Romans 8:32

Philippians 4:6-7

James 1:17



Make some posters to put up round your home with reminders of who God is and his promises, this will help all your family grow in faithfulness.

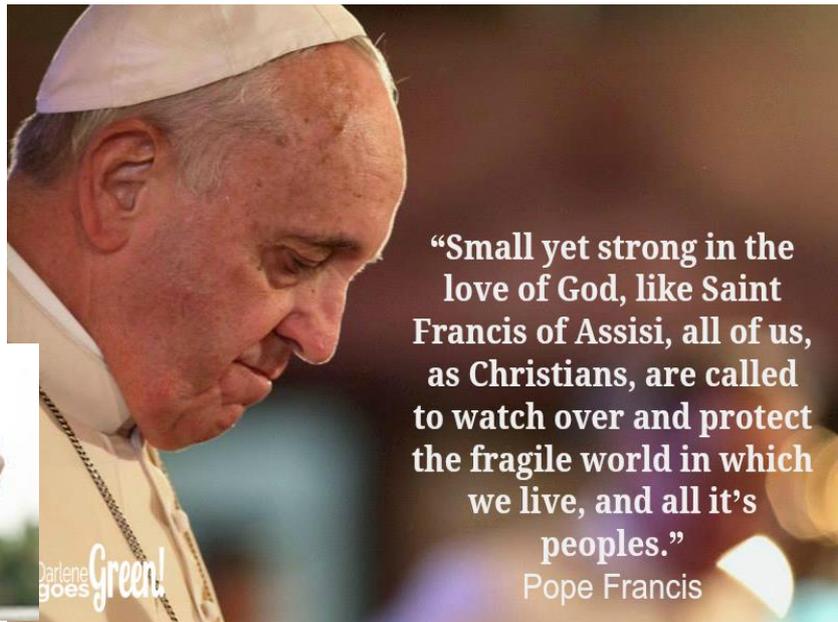
# Be gentle to our planet



Watch [this video](#) about Pope Francis' letter asking every person on this planet to protect the earth our common home.

## Discussion time:

Discuss with your family how you can be more gentle to our planet? There are some good ideas at the end of the video above.



Choose two ways you can be more gentle to our planet and act on them today.

# Meditate



*One way Christians have found to help them develop self control, is to meditate regularly.*

Before you begin choose a “prayer word or phrase”. One that is suggested is Maranatha (pronounced Ma-ra-na-tha), this means “Come Lord” in Aramaic.

Find a quiet space where you won't be interrupted. You could light a candle and you may want to do this together as a family.

Sit on a chair or cross-legged on the floor with a straight back and close your eyes.

Silently repeat your chosen prayer word/phrase over and over very slowly

It is normal for thoughts and images to come, just keep returning to simply saying the word.

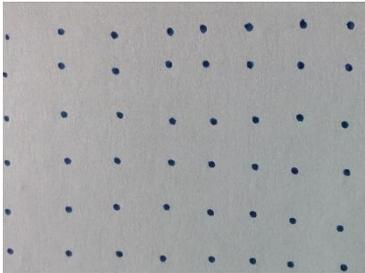
Aim to do this for 2 minutes to start with. You may want to ask someone at home to tell you when 2 minutes has passed or you could download a meditation app, which would play a gong at the end of your meditation time.



Meditate regularly during the holidays, see if you can meditate for longer periods of time – aim for the same number of minutes as the number of years old you are (e.g. a 7 year old should be able to meditate for 7 minutes)

# Pray with dotty boxes

This is likely to be a game you're familiar with – today you can pray while you play.



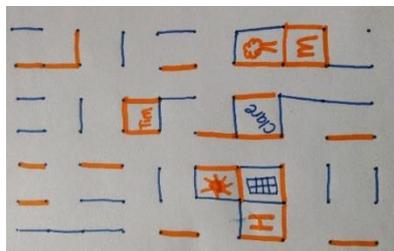
Draw some dots in lines and columns on a piece of paper

Each player takes it in turns to draw a line between two of the dots. Eventually, you will be able to close up boxes.

Whoever draws the line that closes the box can write or draw inside the box:

- Someone's name and ask God to bless them and help them
- Something that you want to thank God for
- Something you would like to ask God for

Take time to say the prayer out loud or in your head, then carry on!



Are there any other games you play that could be used to help you pray? Send us in any ideas you have.

# Hide and seek painted rocks



Find some rocks in your garden or on a trip to the beach.

Decorate them with your favorite bible verse or an image of your favorite bible story (Sharpie pens and paints work well).

Hide the rock somewhere in Guildford.

Send a picture or a clue about where you've hidden it (be as cryptic as you like – close up photos work well) and we'll see if someone else from Fearless can find it.



# Bake some unleavened bread



*This is the bread that Jews eat at Passover and would have been the bread Jesus ate at the last supper (as he was celebrating Passover with his disciples at this meal).*

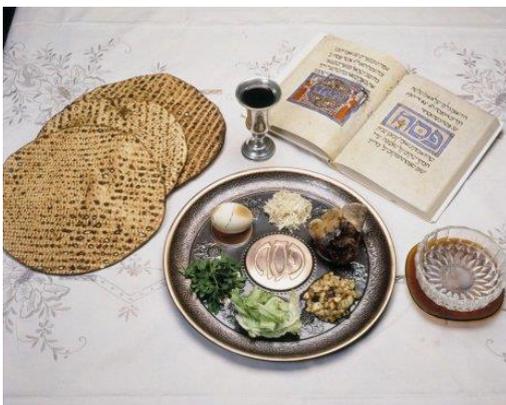
## Reflection time

Look at the recipe for the unleavened bread on the next page.



What ingredient is missing that would normally be in bread?

What do you think this bread might be like because of this missing ingredient?



Here's a [5 minute video](#) that will help you find out more about how and why Jews celebrate Passover today.

# Unleavened bread recipe

## Ingredients:

- 200g/7oz plain flour
- ¼ tsp salt
- 100ml/3½fl oz warm water
- 2 tbsp oil (olive, sunflower or vegetable)

## Recipe

1. Preheat oven to 170 ° c
2. Place the flour and salt in a large bowl and trickle on the water bit by bit.
3. Mix the water and flour mixture together.
4. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
5. Knead the dough for 5 minutes – do this in the bowl or on a clean surface
6. You can cook the bread straight away or leave the dough to stand for about 30 minutes.
7. Divide the dough into four balls.
8. On a clean surface, sprinkle a little flour so the dough does not stick, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the dough often, it shouldn't stick. (don't worry if they aren't perfect circles)!
9. Place the dough on a baking tray.
10. Cook for about 30 mins until golden brown, they should puff up a little.



*Send us in photos of your  
unleavened bread.*



## CAFOD CORONAVIRUS APPEAL

SUMMER OF  
**hope**

"All it takes is one good person to restore hope!"

Laudato Si' #71



# CAFOD "Summer of Hope" appeal

You and your family are invited to be part of a "Summer of Hope" to ensure clean water and food reaches some of the poorest families in the world during this global emergency.

Recreate at home the events you will miss this summer and have fun transforming them into a sign of hope through raising money for [CAFOD's Coronavirus Appeal](#).

**What could you do?**



Here's [a video](#) showing what CAFOD's Coronavirus appeal is all about

# Organise a sports day at home



You can get some ideas of different games you can play [here](#).



Do send us in some photos of the fun and games you have.



Raise money for CAFOD's "Summer of Hope" appeal by

- Getting people to donate to enter
- Getting people to donate to guess who'll win

You can easily use CAFOD's JustGiving page to set up your own fundraising page:

<https://www.justgiving.com/campaign/summerofhope>

# Have a family bake off



*Are there some bakers in your family? Even if they're not yet, this might be just the challenge to get them started.*

Ask everyone in your family to bake a cake. You could give it a theme, to make it more challenging, like the cake has to include strawberries.

You can include extended family too and if you can't get together to taste the cakes, perhaps vote based on appearance.



Do send us in some photos of what gets baked and let us know who your winner is.



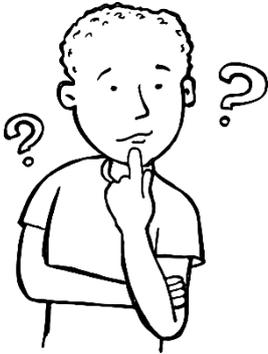
Raise money for CAFOD's "Summer of Hope" appeal by either:

- Getting people to donate to enter
- Getting people to donate to vote

You can easily use CAFOD's JustGiving page to set up your own fundraising page:  
<https://www.justgiving.com/campaign/summerofhope>



# Do some odd jobs around the house



What jobs could you do around the house to help out your parents or siblings?



Raise money for CAFOD's "Summer of Hope" appeal by getting family members to donate for you to do these jobs.

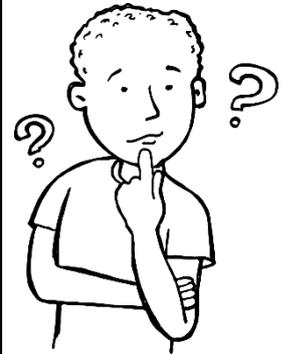


Send us photos, so we can see what helpful things you've been up to.

You can easily give to the appeal here:  
<https://www.justgiving.com/campaign/summerofhope>

# Make a boat that floats

Boats appear a lot in the Bible. How many stories can you list with boats in?



**Don't stay in the boat  
when God's calling you  
to step out on the water.**



Can you make a boat  
that floats?

Send us in a photo of  
your finished boat.



Here's [a video](#) with some tips.

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# Pray using a prayer labyrinth

*A labyrinth looks like a maze but is not. A maze is like a puzzle to be solved. It has dead ends. A maze can be frustrating because you get lost.*

*In a labyrinth there are no dead ends so you can't get lost. The same path takes you in and out of the labyrinth. With a labyrinth you don't have to think, or analyze or solve a problem you just trust that the path will lead you to where you need to go.*

## **On the next page is your own personal labyrinth.**

Take some time to relax before you begin, make sure you're in a quiet space and then you can "walk" with your finger slowly, deliberately, in a relaxing way around the Labyrinth.

### **Reflection time**

- What was it like to use the finger labyrinth?
- What feelings did you notice while you were using it?
- Did you think about anything?



# Finger labyrinth



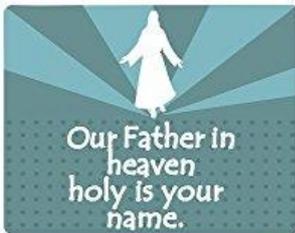
Can you create your own prayer labyrinth? Draw it or make it out of lego or skipping ropes in the garden.

Send us in a photo.

# Learn the lords prayer in sign language



Watch [this video](#) by Christians from Leicester's Deaf community to help you learn the signs for the Lords Prayer.



## Reflection time

Jesus gave us this prayer to help us to pray. As you're learning the signs to this prayer – think about what each line means.



[This video](#) might help with this.



Please send in a video of you and your family signing the Lord's Prayer it would be great to be able to create our own montage of Fearless signing the prayer the Lord gave us.



# Play Bible verse catch

Choose one of the Bible verses below or another one you'd like to learn.

Find someone to play catch with.



Throw a ball between you saying one word of the verse each time one of you catches the ball.

*TIP: You may need to write the verse down to start with but after a few times of repeating the verse, you should take the written copy away to see if you've memorised it.*

## **Bible verse suggestions:**

Deuteronomy 6:5 – You shall love the Lord your God with all your heart and with all your soul and with all your might.

Psalm 139:14 – I praise you God, for I am fearfully and wonderfully made.



Why might it be a good thing to memorise Bible verses?

# Make a worry jar



*Just take this little worry jar  
And set it on a shelf,  
And when you have a worry that  
You can't deal with yourself  
Just stuff it in the worry jar  
And leave it there and when  
You haven't strength to handle it  
Just give it up to Him.*

*The Lord will take your worries and  
He'll make them disappear,  
If you will only trust in Him  
And feel His love so near.*

*He promised you'd need not endure  
More than your strength can bear,  
And if you'll only turn to Him,  
You'll find He's always there.  
He'll always help and give you  
strength*

*If you will only ask.*

*You'll find that with His willing help  
You can do any task.*

*Don't waste your strength by worrying  
Put worries in this jar,  
And give them up to God above—  
He's stronger than you are.*

©2000 Denise McKenney



While you decorate your worry jar/box you might want to listen to this [song](#).

# Create your own prayer stations

There are lots of ideas of prayer stations you could create [here](#).

Choose some to do with your family or come up with your own.

## Think about:

- *Abilities:* Check that everyone you'd like to be involved can do the activity.
- *Resources:* If you don't have the things suggested, could you change the activity a bit so you can use something you do have.
- *The atmosphere:* How could you set up the prayer station, so that you create a prayerful atmosphere. Could you use, music, candles?



We'd love to see photos of your prayer stations



# Fly thankful helicopters



Follow the instructions [here](#) to make a paper helicopter

On your helicopter write down something you are thankful for and then you can fly your helicopter, as you let it go shout "THANK-YOU GOD FOR..."



Create helicopters for all your family and after they've written on them what they are thankful for, fly them altogether

# Flush forgiveness



Think of anyone who has hurt, upset or disappointed you. How do you feel towards them?

Write your thoughts on a sheet of toilet paper. Jesus taught that God will forgive us for the wrong things we do, so we should forgive people who upset us.



Take your toilet paper to the bathroom and throw it in the toilet. Tell God you forgive the person and then flush the toilet so the paper disappears. You can say, "Amen" or "Yes!"

"Forgive as quickly and completely as the Master forgave you."  
(Colossians 3:13)



# Bake some resurrection rolls

Begin by reading the account of Jesus' burial from John's gospel, which is on the next page.



Each step of the recipe below, represents a part of Jesus' burial, can you work out the meaning of each part as you make your resurrection rolls? *If you get stuck the answers are on the next page.*

## Ingredients:

- 1 pack of croissant dough
- 2 tbs melted butter
- 1 pack of large marshmallows
- 2 tbs of cinnamon mixed with
- 2 tbs of sugar



## Recipe:

1. Take a triangle of croissant dough
2. Take a marshmallow
3. Dip the marshmallow in melted butter
4. Dip the buttered marshmallow in the cinnamon and sugar
5. Wrap the coated marshmallow tightly in the croissant roll
6. Place in the oven at 180°C for 10 to 12 minutes.
7. When the rolls have cooled slightly, open your rolls, what do you find? (HINT: Step 7 isn't included in the account of Jesus' burial?)



Send us in a photo of your creations.

# Jesus' Burial

John 19:38-42

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs.

At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.



## What do the steps of the recipe represent

1. The cloth that Jesus was wrapped in.
2. Jesus
3. The aloes oil Jesus' body would have been covered with
4. The spices that were wrapped with Jesus body
5. The wrapping of Jesus' body after death
6. The tomb (Jesus' body was in there 3 days rather than 10-12mins!)
7. The resurrection

# Pray with skittles

## You will need:

- A small amount of hot water on a plate
- A pack of skittles



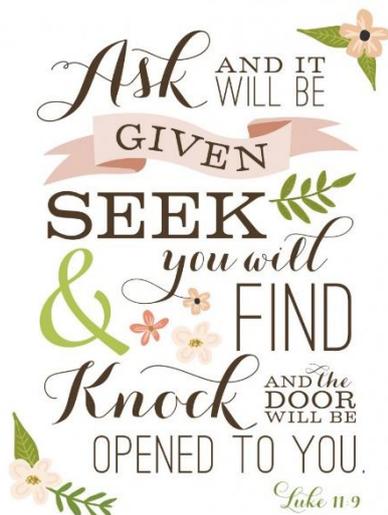
## What to do?

Gather your family together.

During a time of quiet everyone can think of someone or something they would like to pray for.

Pick a skittle that is linked to that person or thing e.g. if praying for a friend I might pick his favorite color.

Each person in turn says a prayer for their intention (the person or thing they want to pray about) and puts it in the plate of water.



Watch what happens

*The skittles change the water around them just as, through our prayers, we join with God and have an effect on the world and situations around us, to bring about his kingdom.*

Can you think of another way of praying with skittles or another sweet/chocolate you like? Let us know.



**30**

# Go on a prayer walk

Choose somewhere to go for a walk. On your walk pay close attention to everything you see and hear and offer prayers to God that are linked to these things. There are some examples below:



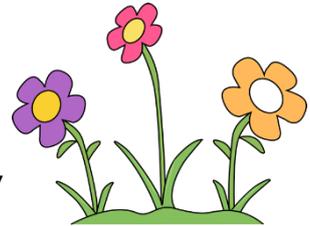
**Ambulance** – Pray for those who are sick and dying

**Rainbow picture** – Thank God for all those who are helping on the frontline during the coronavirus pandemic



**A church** – Thank god for his Church, his hands and feet on earth

**Flowers** – Thank God for beauty that grows from tiny seeds and ask him to help us as we grow



**Houses** – Pray for those who are homeless



See what else you can notice on your walk and pray inspired by the things you observe.



@cpggym

CHILDREN  
**YOUTH**  
FAMILIES  

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Guildford

[www.cpg.church/youth](http://www.cpg.church/youth)