

# God Cares

# For Me



## Introduction

This year's programmes focus on the 2020-2021 theme of God Cares For Me. These activities encourage our members to identify the skills and talents that make them unique.

They will learn to connect with their bodies, their senses, and their emotions which are the first steps to mindfulness.

They will practice taking time out to pray, reflect and relax. They will also learn the importance of giving thanks.

### I Am Unique

- Game: Swap Seats If
- Craft: Snowflakes
- Song: Snowflakes Falling
- Worksheet: All About Me

### My Brilliant Body

- Game: Power Poses
- Game: Testing our Senses
- Activity: Basics of Mindfulness

### My Feelings

- Craft & Activity: Making Faces
- Songs: If You're Happy & You Know It; I Have Feelings; Something in My Pocket
- Poem: My Many Coloured Days
- Craft: Bead Bracelet

### Time In Nature

- ● Activity: Animal Steps
- Activity: Cloud Watching
- ● Activity: My Senses
- Activity: Treasure Hunt
- Activity: Nature Bingo
- ● Craft & Prayer: Caterpillar Collage

### Be Still

- Activity: Stilling Our Bodies
- Colouring: Be still & know that I am God
- Activity & Craft: Calm Jar

### Giving Thanks

- Game: Saying Thanks Around the World
- ● Prayer & Craft: Teaspoon Prayers
- Song: Say Thank You

- |              |                   |
|--------------|-------------------|
| ● God's Book | ● Exploring       |
| ● Self       | ● Talents & Tasks |
| ● Activity   | ● Riches          |

## Game: Swap Seats If...

**Aim:** To learn about what makes us the same, and what makes us different.

To identify skills and talents.

**Time:** 10 Minutes

**Materials:** None

### Instructions:

Girls sit in a circle, either on seats or on the floor.

Explain that you will shout out "Swap Seats If..." and if it applies to them, they should stand up and try to find a new seat.

Start with easy ones e.g.

*If you have brown hair / blue eyes / glasses*

*If you have a brother / sister / pet*

Every so often do one that will make them all move e.g.

*If you love Explorers / if you're wearing navy*

Move on to specific ones about their skills and talents e.g.

*If you can play a musical instrument / if you can score a goal*

Ask them to suggest things that they're good at and encourage them all to move, remind them that everyone has talents e.g.

*If you are a good artist / if you are a kind friend /*

*If you care for nature / if you help out at home*

## Craft: Snowflakes

**Aim:** To learn that it's okay to be different.

**Time:** 15-30 Minutes

**Materials:** White and coloured paper  
Scissors and/or hole punch

**Optional:** Glue  
Crayons/ pencils/ markers  
Glitter/ stickers

### Instructions:

Give each girls a piece of white paper.

Coffee filters work well as they're circular and the paper is light and easy to cut, but regular paper cut into squares works too.

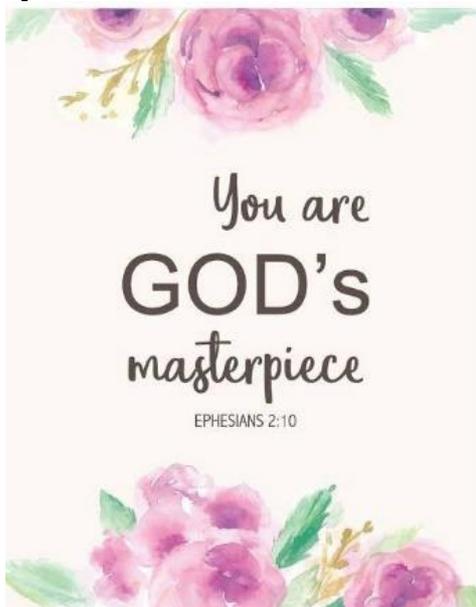
Ask them to fold the paper in half, and then in half again.

Tell them to cut notches or punch holes out of their paper to make a pattern that they like (see diagram overleaf).

Once they're all finished, ask each girl to open up their paper.

They will all be similar but slightly different!

Explain that this is just like real snowflakes. No two snowflakes are exactly alike!



Even though they all did the same thing, the end result is different.

People are like this too! We are all unique in our own ways!

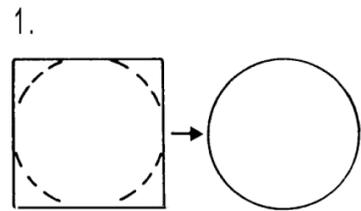
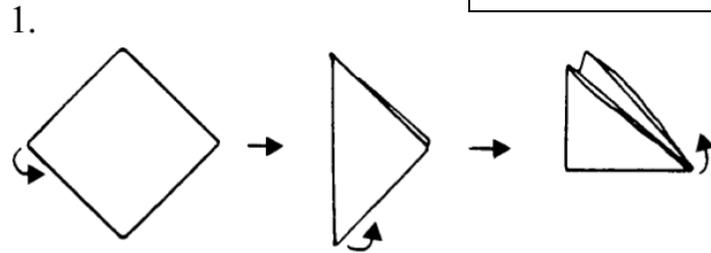
*Optional:*

*If you have time, you could get the girls to stick their snowflakes onto a sheet of coloured paper and decorate it.*

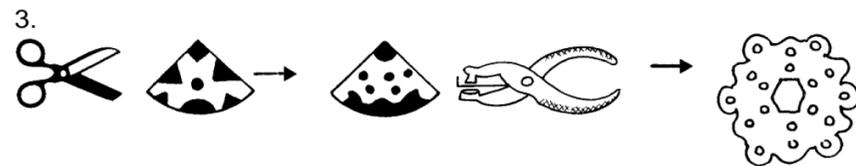
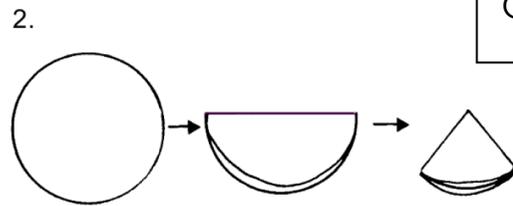
*Encourage them to write some things that are unique about themselves around their snowflake.*

# I Am Unique

Square Version



Circle Version



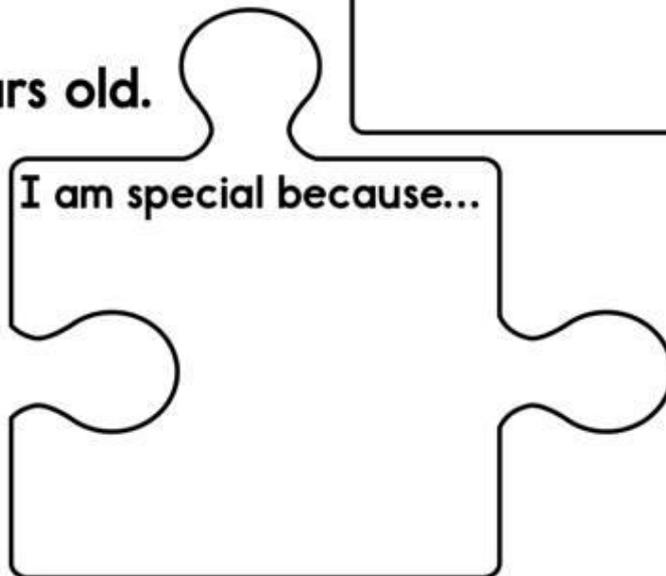
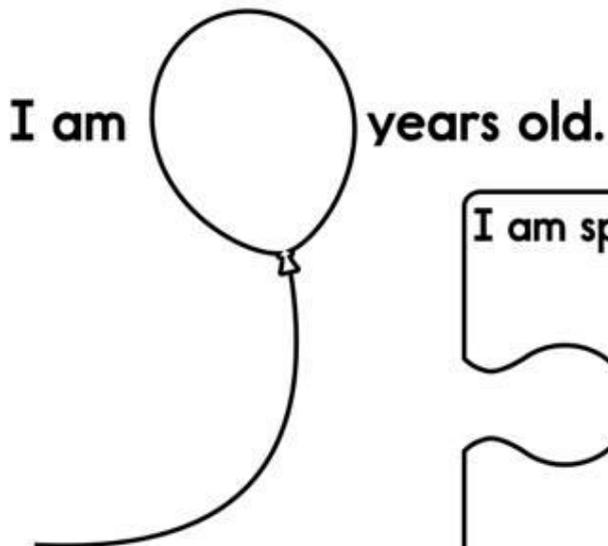
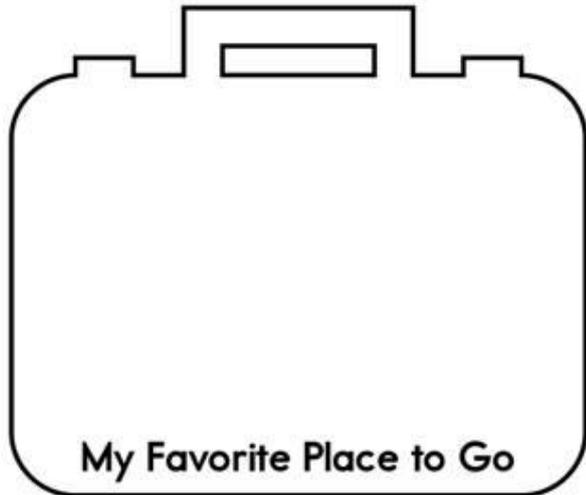
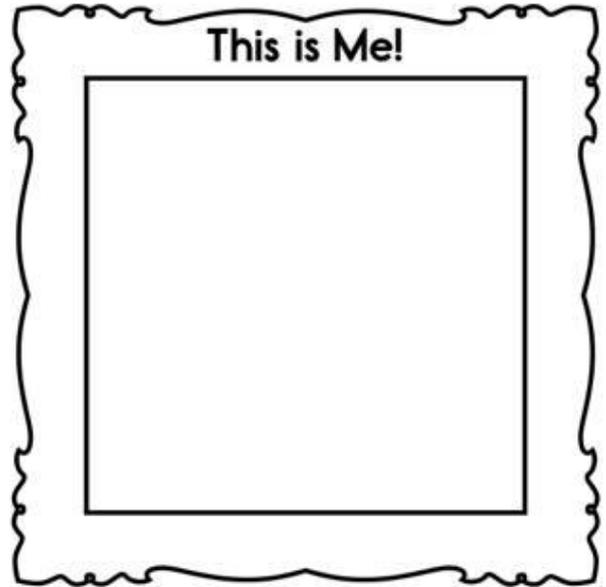
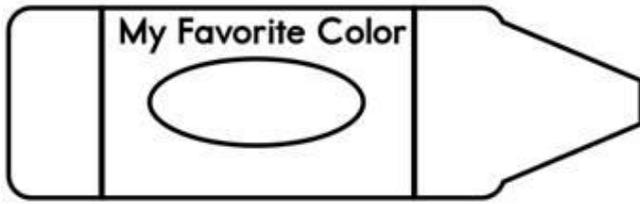
## Snowflakes Falling

(Tune: London Bridges)

Snowflakes falling to the ground,  
to the ground, to the ground,  
Snowflakes falling to the ground,  
Watch them spin all around.

Each snowflake is different,  
different, different,  
Each snowflake is different,  
Each snowflake is unique.

## All About Me



## Game: Power Poses

**Aim:** Standing in powerful poses is said to make us feel calmer and more confident. Whether or not it's true – they're fun to try!

**Time:** 15 minutes

**Materials:**

None

Teach the girls these poses and try them out during a game of musical statues or Simon Says. Encourage them to be as tall and big as they can!



Bold & confident



Wonder Woman



Victory



Generic superhero



Statue of Liberty



I'm a little teapot,  
short but with clout



Walk like an Egyptian  
(Pharaoh, that is)



Rawr!



Power yoga

## Games: Testing our Senses

**Aim:** To learn about the five senses and focus on each one  
**Time:** 10 - 20 Minutes (each) depending on number in group  
**Materials:** Bag of unusual objects, items to taste and smell, teddy

### Touch

Place several small, interestingly shaped or textured objects in a bag e.g. plastic animal, make-up brush, kiwi, cotton wool, seashell.

Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, they should only use their sense of touch.

### Taste

Ask the girls to close their eyes (or wear a blindfold) and pass out a small food item for each person e.g. cheerio, raisin, chocolate button

Tell them to eat it slowly and carefully and describe it to someone who had never eaten it before – was it soft, crunchy, sweet, salty, sticky, melty etc....

### Hearing

Ask each girl in turn to make a sound and have everyone copy her.

See how many different types of sounds they can come up with e.g. whistle, clap, hum, stamp, click fingers

### Smell

Gather a few different strong-smelling items e.g. vinegar, vanilla, onion, chocolate, essences, lemon juice, spices, etc. Ask the girls to close their eyes and pass around a tray with a smelly item on it – see who can guess the smell correctly.

For liquids, soak a cotton ball in the liquid to pass it around.

### Sight

Ask the girls to spread out and close their eyes. Hide a teddy bear or similar object somewhere in the room and tell them to open their eyes and try to find it. They cannot move from their spots and must only use their eyes to find it. Whoever finds it first can hide it the next time.

Alternatively, take turns playing I-Spy With My Little Eye!



## Activity: Basics of Mindfulness

<b>Aim:</b>	To teach Explorers to pay attention to their bodies.
<b>Time:</b>	10 Minutes
<b>Materials:</b>	None

### Heartbeat Exercise

Ask the girls if they know how they can find their heartbeat.

Explain that they might be able to feel their pulse by touching their wrist or neck, or feel their heartbeat by putting their hand on their chest.

Ask them to pay attention to their heartbeat for a few seconds.

Then get everyone to jump up and down in place, run around in a circle, or do jumping jacks for one minute.

When they have finished, have them sit down and put a hand over their heart. Tell them to close their eyes and pay attention only to their heartbeat.

What has changed? Is it easier to notice it now? What about their breathing? Take a moment to celebrate our strong beating hearts!



### Square Breath

A square breath is a breath that is even on all sides, and it is a great exercise to practice calming down and paying attention to our bodies.



Here's what to do:

1. Breathe in, to the count of four.
2. Hold the breath for four seconds.
3. Breathe out to the count of four.
4. Wait four seconds before your next breath.

To help Explorers keep track, show them how to draw squares in the air with their finger, taking one second on each side.

## Craft & Activity: Making Faces

**Aim:** To learn how to name and identify different feelings

**Time:** One Hour

**Materials:** Stones, Paint, Markers

**Alternative:** *Instead of stones, use cardboard and scissors*

### Instructions:

Give each girl a stone and explain that together we are going to paint them to make lots of different faces.

Depending on the size of your group, it might be easiest to tell each girl what feature they should paint.

I.e. Smiling mouth, sad mouth, nose, happy eyes, sad eyes, eyebrows etc.

Encourage them to talk about how our faces look different depending on how we are feeling before they start to paint. You could sing the songs overleaf to get them thinking.

Once the stones are ready, put them all in a central place on the table or floor and ask the girls to find the best stones to make the right face to match your sentence.

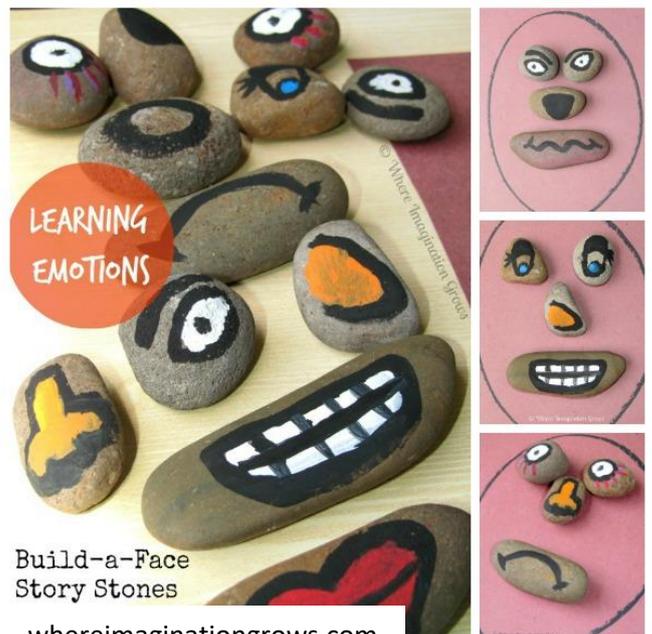
E.g. It was my birthday and I had a great party so I felt... (happy)

I lost my favourite teddy so I felt... (sad)

I played all afternoon and then I was... (sleepy)

*Tip: Acrylic paints will stick to stones better than poster paints but watch out for spills.*

*If you prefer you can cut up pieces of cardboard and colour them instead.*



## If You're Happy and You Know It

*Adaptation from Original*

If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it, and you really want to show it,

If you're happy and you know it, clap your hands.

Continue with additional verses for other emotions:

If you're mad and you know it, stamp your feet.

If you're scared and you know it, say UH OH (*cover face with hands*)

If you're surprised and you know it, say OH WOW.

If you're sad and you know it, cry BOO-HOO (*rub eyes*)

If you're silly and you know it, jump around

If you're sleepy and you know it have a snooze (*pretend to sleep*)

If you're excited and you know it, shout HURRAY!

## I Have Feelings

*(Tune: Twinkle, Twinkle, Little Star)*

I have feelings (*point to self*)

So do you (*point to children*)

Let's all sing about a few.

I am happy (*make a big smile*)

I am sad (*frown*)

I get scared

*(cross arms & make scared face)*

I get mad

*(make fists and stomp feet)*

I am proud of being me

*(hands on hips, shoulders straight)*

That's a feeling too, you see.

I have feelings (*point to self*)

You do, too (*Point to children*)

We just sang about a few.

## Something in my Pocket

I've got something in my pocket,

That belongs across my face.

And I keep it very close to me,

In a most convenient place!

I bet you'll never guess it

If you guessed a long, long while,

So I'll take it out and put it on,

It's a great big, beautiful smile!

*For tune, see:*

<https://youtu.be/MkO7UKUBXUY>

# My Feelings

## My Many Coloured Days

*A poem by Dr. Seuss*

Some days are yellow.  
Some are blue.  
On different days I'm different too.  
You'd be surprised how many ways  
I change on Different Coloured Days.

On Bright Red Days how good it feels  
to be a horse and kick my heels!

On other days I'm other things.  
On Bright Blue Days I flap my wings.

Some days, of course, feel sort of Brown.  
Then I feel slow and low, low down.

Then comes a Yellow Day and Wheeee!  
I am a busy, buzzy bee.

Gray Day....Everything is grey.  
I watch. But nothing moves today.

Then all of a sudden, I'm a circus seal!  
On my Orange Days that's how I feel.

Green Days. Deep deep in the sea.  
Cool and quiet fish. That's me.

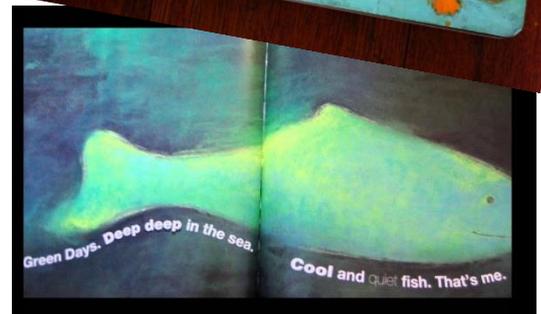
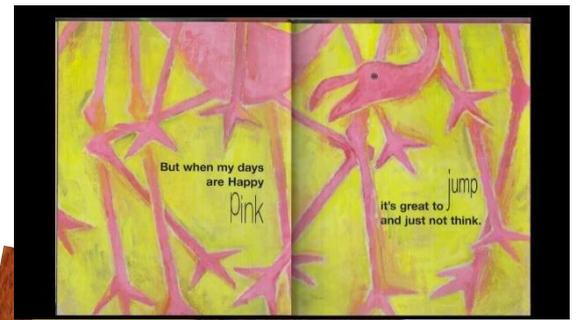
On Purple Days I'm sad. I groan.  
I drag my tail. I walk alone.

But when my days are Happy Pink  
it's great to jump and just not think.

Then come my Black Days. MAD. And loud.  
I howl. I growl at every cloud.

Then comes a Mixed-Up Day. And WHAM!  
I don't know who or what I am!

But it all turns out all right, you see.  
And I go back to being...me.



This wonderful poem by Dr. Seuss stirs up lots of feelings and images!

For the full effect, get a copy of the book to read aloud with the pictures, or watch an animated version of the poem on YouTube:

<https://youtu.be/Lum83DLPXlw>

This could also work as a drama, with girls playing the different colours.

## Craft: Bead bracelet

**Aim:** To create a reminder of all that they have learned; that everyone is unique and is made up of different feelings.

**Time:** 20 minutes

**Materials:** Beads of different colours (approx. 20 each for Explorer)  
Elastic, chord, or pipe cleaners.

### Instructions:

This activity would work well just after reading My Many Coloured Days above.

Girls can choose beads representing all the different feelings, or they might prefer to pick the ones that make them happiest, or to create a pattern.

It doesn't really matter, as long as they get the point that every bracelet will be slightly different, and that is okay.

Make the bracelets in your preferred way.

### Tips:

*Elastic string is handy because once it is tied it will still slip on and off over their hands without having to be untied.*

*Long pipecleaners can work well too as the beads are less likely to fall off them and they can just be wrapped around the wrist when complete.*

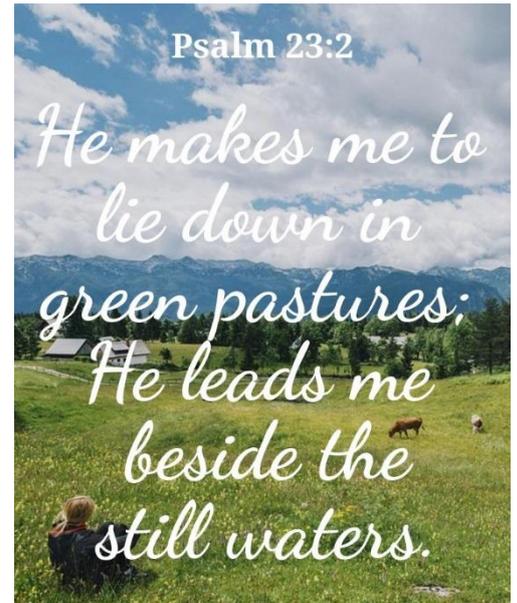


## Outing: Spending time in nature

**Aim:** To appreciate the natural world around us

**Time:** One hour or more

There are lots of different ways to approach a nature walk. It could be a walk on the beach, through a forest, or across the hills. Here are some ideas to encourage the girls to pause and reflect on the world around them.



### Animal Steps

Walk like an elephant, with big, slow stomps  
Walk like a tortoise, in slow-motion  
Walk like a cheetah, silently stalking its prey

### Nature Bingo

Divide the girls into groups of 2 or 3 and give each team a bingo sheet (see overleaf) and a marker. They should tick off each item as they find them, they don't have to collect them.

You might need to adapt this depending on your local area.

### Cloudwatching

On a dry day, get the girls to lie or sit on the ground and watch the sky for interesting clouds. Let them shout out what they see, and the others can try to see it too!

### Treasure Hunt

Let the girls explore for 10 minutes, once they are within sight of leaders. Encourage them all to find one "treasure", a flower, rock, shell etc. to bring back and show to the group.

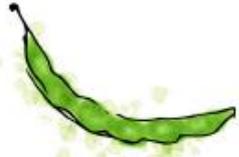
### Using our Senses

Ask the girls to stand still for 30 seconds and look all around them. What did they see? Did anyone see anything unusual?

Try again, but this time be really still and silent and listen carefully. What noises could they hear?

Finally, ask them to close their eyes and take big deep breaths through their nose. What could they smell?

## Nature Walk Bingo

 <input type="radio"/> green leaf	 <input type="radio"/> brown leaf	 <input type="radio"/> pine cone	 <input type="radio"/> mushroom
 <input type="radio"/> log	 <input type="radio"/> animal tracks	 <input type="radio"/> tree stump	 <input type="radio"/> moss
 <input type="radio"/> seed pod	 <input type="radio"/> y-shaped branch	 <input type="radio"/> spider	 <input type="radio"/> rocks
 <input type="radio"/> acorn	 <input type="radio"/> tree hole	 <input type="radio"/> animal hole	 <input type="radio"/> flowers
 <input type="radio"/> tree roots	 <input type="radio"/> insect	 <input type="radio"/> fern	 <input type="radio"/> grass

## Craft & Prayer: Caterpillar Collage

**Aim:** To be grateful for the world around us and to thank God. This activity is a great follow on from a nature walk but can also be done separately.

**Time:** 30 minutes

**Materials:** One paper circle per girl, large sheet of paper, glue, markers/ crayons / pencils

**Optional:** *Leaves collected on nature walk*

### Instructions:

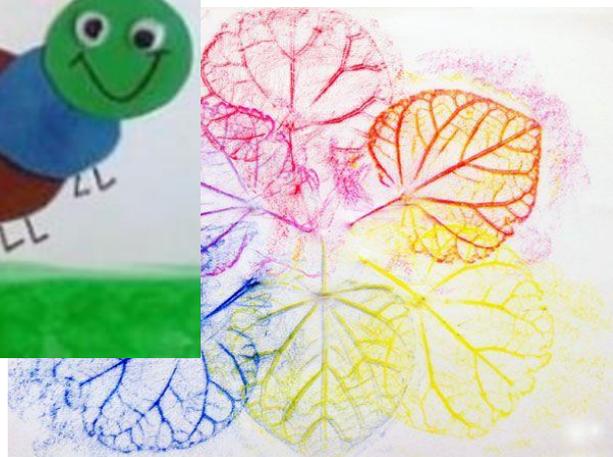
Chat with the girls about the animals, plants etc. that can be found in nature. What are their favourite flowers or animals?

Give each girl a paper circle and ask them to write a prayer on it to thank God for nature. They can decorate it if they wish.

Stick all the circles to a large sheet of paper to form a caterpillar.

Draw on a face, antennae, feet etc. and decorate the large sheet.

*Optional: Collect some leaves or petals while on your nature walk and use these as decoration. You could do leaf rubbings, or simply stick them around the outside of your poster.*



## Activity: Stilling our Bodies

- Aim:** To practice telling our bodies to be still
- Time:** 15 minutes
- Materials:** None
- Instructions:** This can be done with the girls sitting or lying, as your space permits. Explorers like to be active and busy, so this might be a challenge for them. Allow them to wiggle and giggle as long as they are trying their best to participate. Read out the following, slowly and calmly. It might be useful to count to five for each movement.

Let's think about being in charge of our body and teach different parts of our body how to be still.

We begin with our toes. Wiggle your toes five times.

Then tell your toes to be still!

Now think of your heels. Lift them off the ground five times,.

Then tell your heels to be still!

Move up to your knees. Wiggle them sideways five times, keeping your feet still.

Then tell your knees to be still!

Think of your stomach. Suck it in and let it out five times.

Then tell your stomach to be still!

Move to your shoulders. Roll your shoulders five times, keep the rest of your body still.

Then tell your shoulders to be still!

Think of your hands and fingers. Wiggle your fingers and hands five times.

Then tell your fingers and hands to be still!

Keeping the rest of your body still, slowly move your neck and head from side to side.

Then tell your head and neck to be still!

Think of your nose. Wiggle it from side to side.

Then tell your nose to be still!

Move to your eyes. Flutter them up and down quickly.

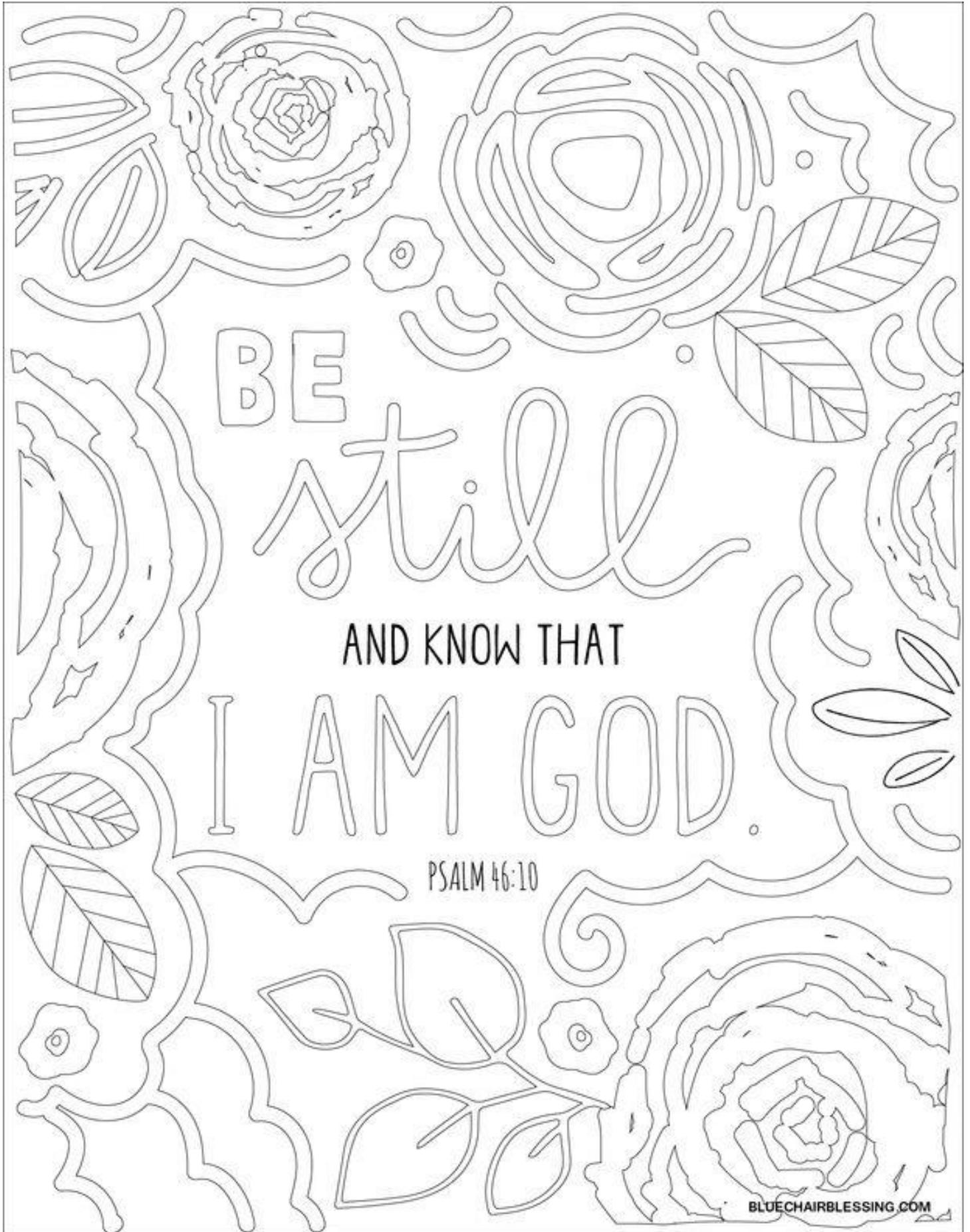
Then tell your eyes to be still!

Now, all the parts of your body are still.

For how long can you keep them all still?

Let us see if you can keep your body still while I count to 10/20/30...

Let us say thank you to God for our bodies.



BE  
*still*

AND KNOW THAT

I AM GOD.

PSALM 46:10

## Activity & Craft: Calm Jar

**Aim:** To think about how our emotions can fill up our head.

**Time:** 30 mins

**Materials:** Jar with lid for each girl, water, glitter, clear PVA glue

**Optional:** Hot glue gun, small plastic toys

### Instructions:

Fill the jars  $\frac{3}{4}$  of the way with water. Add a big spoonful of glue and glitter to the jar.



*Tips: Use a funnel for glitter to avoid a mess*

*The more glue you use, the longer it will take the glitter to fall.*

*You can also use glitter glue, but it tends to clump together more.*

Put the lid back on the jar and shake it to make the glitter swirl.

Read the following, or explain it in your own words:

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*Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).*

*Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle, and you start to see things much clearer.*

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Optional: You can turn this into a craft to make a pretty glitter globe to take home to remind girls of the lesson, however this version requires glue guns so will need lots of adult help and supervision!

Use hot glue to secure the miniature toys to the inside of the lid of the jar. Make sure that nothing interferes with the grooves of the jar or it will not close fully.

Put the lid on the jar and glue shut with the glue gun. Superglue could also be used but only by adults.



## Game: Saying Thanks Around The World

**Aim:** To practice saying thank you in a fun way  
To learn how to say thank you in different languages

**Time:** 20 minutes

**Materials:** Ball, copy of this sheet for leaders

### Instructions:

Teach the girls how to say thank you in ten or more different languages. See the examples below, or ask your Explorers what languages they know, maybe they can teach you some new words!

Start off by passing a ball around a circle, as each person receives it, they should say thank you. Once they have gotten the hang of it, start throwing the ball around the circle instead of passing it.

To make it harder as the game goes along, insist that they must use a different language than the girl before them, or try to see if they can get ten throws without repeating a language.

Language	Thank You	Pronunciation
Irish	Go Raibh Maith Agat	gur-uv mah ah-guth
German	Danke	dhan-kah
Japanese	Arigato	ahree-gah-tow
Italian	Grazie	gra-see
Polish	Dziekuje	dsyen-koo-yeh
Tagalog (Philippines)	Salamat po	sah-lah-maht poh
Portuguese	Obrigado	oh-bree-gah-doh
French	Merci	mehr-see
Norwegian	Takk	tahk
Afrikaans (South Africa)	Dankie	dahn-kee
Arabic	Shukran	shoe-krahn
Cantonese (China)	Do jeh	daw-dyeh
Hebrew	Toda	toh-dah
Hindi	Dhanyavaad	dhun-yuh-vaad
Spanish	Gracias	gra-see-us

## Prayer & Craft: Teaspoon Prayers

**Aim:** To learn a simple way to think of things to say when we pray

**Time:** 30 minutes

**Materials:** Spoon for each girl, markers, ribbon, other decorations

### Instructions:

Chat to the girls about the different things they might want to say to God.

Suggest that an easy way to structure your prayer is using the framework of:

Thank You – Sorry – Please

and ask for their ideas of what they might pray for using these words.

Give each girl a wooden teaspoon to decorate to remind her of T-S-P

*Tip: Wooden disposable spoons are easier to write on with markers and are better for the environment than plastic ones.*



*Tune: If You're Happy and You Know It*

When my grandpa gives me something,  
Say "thank you".

When my grandma gives me something,  
Say "thank you".

I can see it makes them happy

When I say it so politely

Yes, good manners means to always

Say "thank you"!



Thank you to our Explorer leaders for planning and running lots of fun & games for the girls – we hope that you had fun too!

As one final idea – why not make a thank you card for someone who has helped with Explorers this session!