



BeClean

BeSpace activities to bring a sense of peace and calm to your life...

1. All that Glitters

Add some glitter to a bowl of water. Let your children play around with the water for a little while. When they are finished playing, tell them to imagine the pieces of glitter that are stuck to their hands are things we have done wrong. Next, ask them to wash their hands only with water to see if the glitter comes off. Sometimes people try to deal with their mistakes on their own. Most of the glitter won't come off by water alone. When it doesn't, ask them to wash their hands a second time using soap and ask them to count to 20 while they lather their hands before rinsing and drying off. The difference will be quite remarkable.

Christians believe that when we say sorry to God he will forgive us, clean us from the inside out and give us a fresh start – clean hands! As you next wash your hand you could reflect or pray about the things we need to say sorry for.

2. Washing up!

After one meal encourage your child to look at a dirty plate. Say that sometimes we mess up and do things wrong. Invite them to fill a bowl with water and add a squirt of washing up liquid. Make the water nice and bubbly. Get them to wash the plate. As they wash the plate they could say sorry to God for the things they have done wrong or reflect on when they have been sorry. When the plate is clean they could dry it up and say a "thank you" prayer to God for giving you a clean start, or a thought about when you have been given a clean start by a friend or family member.

3. Serving Others

Christians believe that we should help and serve people as they are God's hands and feet on earth. Jesus showed his best friends that he loved them by washing their feet before his last meal. So, try washing each other's feet or hands! As you clean them, why not say a prayer for them or think about how you can be a good friend.

4. Amazing Hand World Bubbles

DIY Hand bubbles recipe (if possible make the mixture the day before) or you can try using liquid soap or a bar of soap. (Recipe and photo from www.thecrafttrain.com)

Ingredients:

- 2 1/3 cup water
- 1 cup dishwashing liquid (one that makes good bubbles!)
- 1/2 cup glycerine

Special Note: Please use your own discretion when making this recipe and patch test if your kids are allergic to anything before using. Bubble mixture should not be rubbed in eyes or put in the mouth so please supervise kids whilst they are participating in this activity, and if you think they are likely to put this in their mouth then don't do this activity.



Method: Mix all ingredients together in a storage container that can be covered with a lid. Allow it to rest overnight as it will then work better. Before making bubbles the next day give the mixture another good stir.

How to create hand bubbles

Dip hands into the mixture and rub together until you get a lather, then form hands into a ring shape and blow bubbles. Because your hands are covered in a soapy lather the bubbles will stick to them without popping and they can be distorted and passed from hand to hand. The extra glycerine in this recipe causes the bubbles to be stronger and longer lasting than usual bubbles, but if you attempt to catch them with non-soapy hands they will still burst. While their hands are all soapy they are able to catch the bubbles, stretch them, squeeze them and even poke their fingers inside them without them bursting. It's really lots of fun and quite amazing to watch!

- Christians believe that God is the creator and created the whole world.
- As you create bubbles either thank God for his creation or take a moment to think about what you like best in creation (humans, animals, plants?)
- Christians also believe that God has got the whole world in his hands. Put your hands together like the girl in the above picture to form a bubble (or hold a bubble you have made) and think about or pray about some of the things happening in the world today.

5. Hand sanitiser thoughts and prayers

(Thankyou to Prayer Space in Schools for the next two activities: <https://www.prayerspacesinschools.com/>)

Squirt a bit of the sanitiser onto one of your hands and rub it in until it's all gone. As you do this, think about the nurses, doctors and other health professionals who are trying to help people who are sick to get better. If you want to, you can say a hope or a prayer for their safety and protection.

6. Keep Me Safe

Using soap and water, thoroughly wash your hands for at least 20 seconds. As you wash your hands, think about how you feel about the coronavirus disease. If you want to, you can say a hope or a prayer for safety.



BeClean

“Wash and make yourselves clean.”

Isaiah 1:16-17 (NIV)

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”

Psalms 51:10 (NIV)

Print and cut out your BeClean Card to take away...