

---

# Sunshine

How does sunshine make you feel?  
What are you thankful for?

We have many things to be thankful for in our lives. This could be people we love, places we like to visit, things we have that make our lives more comfortable, talents we have...the list is endless!

Christians believe that all good things come from God.

**Think of something or someone that you're thankful for. Draw around your hand on yellow paper and then write or draw your thank you prayer or thought inside it. Then cut it out and glue it onto the sun.**

---

# Rain

Why is rain important? What would our lives be like without it?

Sometimes we can grumble about the rain, but we need it! Rain can be a symbol for things that are hard in our lives, but these times can also help us to grow and become better people. Christians believe that God will help them when they're going through a hard time.

Going through hard times might also help us to encourage someone else when they're having a hard time.

**Think about something that you or someone you know needs help with. If you would like to, say a thought or prayer as you plant a sunflower seed in the pot. Write your name on a sticker and stick it onto a pot & take it home and water it to make it grow, remembering that it needs sunshine and rain. As you water it, you can continue to think or prayer about the situation.**

---

# Dream Clouds

What are your BIG dreams?  
What would you like to achieve?  
Where would you like to go?  
What would you like to be better at?

Sometimes it can be hard to dream BIG because we feel small or unable to reach our aspirations. But BIG dreams can change the world. Christians believe that God has asked them to make the world a better place in different ways, with His help.

**If you would like to, you can write or draw a BIG dream onto a cloud-shape and stick it onto the large cloud with everyone else's, as a prayer or reflection.**

---

# Autumn Leaves

As the seasons change, the trees change. Leaves change colour and eventually they fall to the ground. In the Spring, trees use the leaves that have become part of the soil to help them grow. People go through seasons too. Some things come to an end, and others begin, but the change can be difficult.

Often, Christians find comfort in knowing God is always loving and present in their lives, giving them strength in all seasons, especially during times of change.

What's changing for you? School? A friendship? Family? Or is there something you want to change and make better?

**If you would like to, write or draw about something that's changing for you onto a leaf and add it to the tree as a prayer or reflection.**

---

# Snow (Sorry)

Have you ever stepped into snow that no-one has been in yet? Isn't it beautiful?

Christians believe that when we say 'sorry' to God, he forgives us and washes away the wrong things we've done and makes us pure and clean like the snow.

**If you would like to, think of something that you've said or done that you wish you hadn't. (You don't need to tell anyone what it is). You can write the word 'sorry' on a paper icicle. Then take it over to the water and dip in it, watching the word disappear.**

---

# Storms

Have you ever been caught in a storm? What was it like? Here we're thinking about when things in life aren't easy.

Sometimes life can be hard. There are several places around the world where life is like a scary storm for the people living there. Christians believe that it's important to care for our world, the people and the animals in it.

**Have a look at the map and think of places that you know about and things happening there. If you would like to, write or draw a thought or a prayer on a post it note and stick it onto the map.**

---

# Rainbows

Rainbows remind Christians of God's promises to them.

They believe that God wants to hear our thoughts, whether they are happy or sad.

**Using the rainbow scratch cards, you can write or draw a thought that you'd like to share with God, if you'd like to.**