

4-8s join the journey

n:Vestigate

Living Well



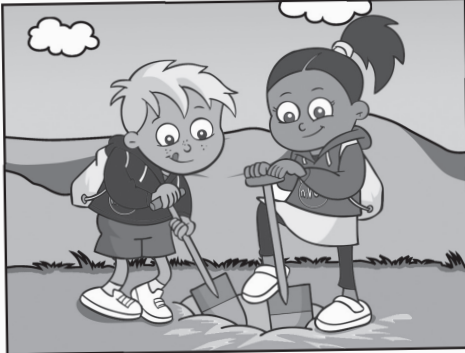
Living Well

This n:vestigation looks at all we need to live well. It will explore topics like physical exercise, healthy eating and self-care. It will also look at how God sees us and speak into these areas of our lives. It explores the following questions:

- Week 01 – **How do we stay active?**
- Week 02 – **How can we eat healthily?**
- Week 03 – **How can we look after ourselves?**
- Week 04 – **Why is it important to sleep?**
- Week 05 – **How does God see us?**

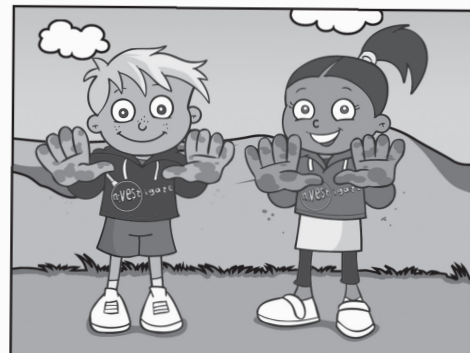
How it works:

Each week's n:vestigation will include Explore It! – a story about Gabby and Barney – and then there will be activities under four headings:



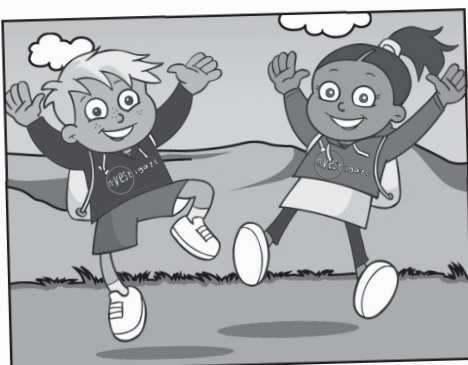
Dig Deep!

- getting help from the Bible/Christian faith



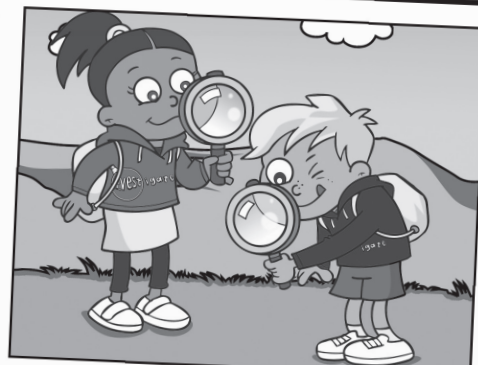
Get Mucky!

- arts, crafts and creative, practical activities



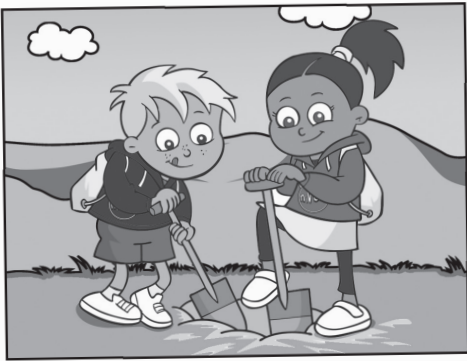
Jump Up!

- physical activities; games and challenges



Zoom In!

- exploring and applying interesting information and thoughts.



Dig Deep!

Show your Journey Bag: Your Dig Deep! session will be based around a Journey Bag, used every week to link the activities in this part of the programme.

Inside it you'll need:

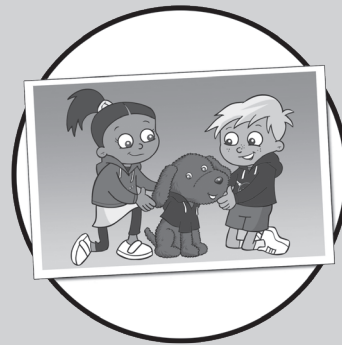
- A children's Bible
- A Walkie-talkie or toy mobile
- A Party-blower
- A Photo of your group.

Many of the Dig Deep! sessions also use additional visual aids and, where possible, these too may be hidden in the bag.



Show your Bible:

During each Dig Deep! session there will be a Bible story to tell, a Bible verse to learn or a Bible truth to explore. You don't have to read directly from your Bible as it may be too complex for some of your group to understand. The idea, however, is to indicate that this is the book from which we can learn about Jesus and God.



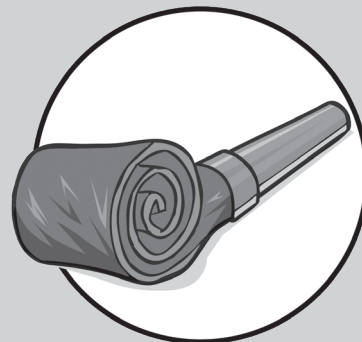
Show your Photo:

Even at this young age we want children to understand that what the Bible teaches has relevance to their everyday lives. Some weeks you'll be asked to get your Photo out to help the group focus on the way they treat one another or how they relate to their friends.



Show your Walkie-talkie:

Prayer is primarily about communicating with God. We suggest you take the Walkie-talkie out when you're ready to pray as a symbol of your conversation with God. The programme explores a range of creative ways to pray with your group.



Show your Party-blower:

Finally there should be a Party-blower in your bag to represent the fact that God loves us to worship Him and to enjoy being in His presence. Each week there will be a song or some other form of worship. At this point in the programme get out the Party-blower, celebrate and have fun!

Living Well

Each week you'll need:

General resources such as pencils, paper, felt-tips, colouring pencils, pens, glue, scissors, sticky tape, pictures of Gabby and Barney, and your Journey Bag.

Week 01:

A big piece of paper, equipment for the children to use in an assault course, a stopwatch, a list of activities if you're delivering the session online, and copies of Resource Sheet A (Sportswear).

Week 02:

A list of foods to compare or physical examples of food, copies of Resource Sheet B (Wordsearch), and copies of Resource Sheet C (Packed lunch).

Week 03:

Copies of Resource Sheet D (Windmill), paper straws, push pins, the ability to show mindfulness videos for children from YouTube e.g. breathing activities, and a relaxing piece of Christian worship music.

Week 04:

A copy of Resource Sheet E (Sleep), and a brick or something equally as heavy.

Week 05:

Copies of Resource Sheet F (Person outline), a list of personal characteristics, and props such as butter, sugar, baking powder, eggs and flour.

How do we stay active?

Aim:

To explore the different ways we can move our bodies and how we can stay active.

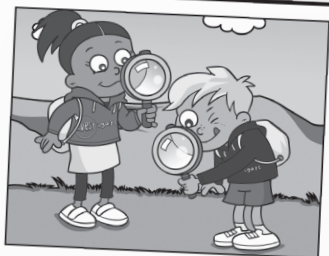


Explore It!

Gabby and Barney ran out on the playground ready to start their lunchtime games. 'What shall we do today Barney?' asked Gabby. Barney replied, 'I'm not sure Gabby, we've played so many games, I'm not sure there is anything left we can play!' Gabby and Barney were struggling to think of any ideas. 'We have to think of an idea soon, exercising by playing games is a really important part of keeping our bodies healthy and strong!' explained Barney. Gabby jumped up in excitement, 'I know! Exercise means moving your body so... why don't we think of all the different ways we can move our bodies?' 'Great idea Gabby!' agreed Barney. **What are the different ways you can move your body? How many different ways can you name?** 'I'm going to see how many star jumps I can do in one minute,' suggested Gabby. 'I bet I can beat your score!' challenged Barney. Gabby laughed, 'You're on!' Both Gabby and Barney started doing their star jumps as fast as they could until their time was up. 'I was jumping so fast Barney, that I forgot to count!' shouted Gabby. Barney laughed, 'Me too!' **How can we stay active and why is it important? Let's n:vestigate!**

Note to leaders/parents/carers:

If you're delivering this session online you may wish to share your screen to write the ideas down from the children.



Zoom In!

You'll need: A big piece of paper, and pens.

Length of activity: 10 minutes.

How can we stay active?

Share with the children how Gabby and Barney were trying to think of all the different ways that they could move their bodies. Gabby had the idea of star jumps. Ask the children to think of the different ways they move their bodies. How do they stay active? Using the large piece of paper, write down the children's answers so they can see them. Are they part of any clubs or teams where they're active? Look at the answers as a group and ask the children why they think it's important to move their bodies. Discuss how some people may move their bodies to stay healthy and some people do exercise to make them happy.





Jump Up!

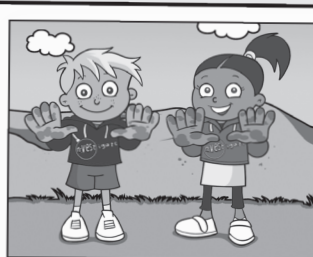
Length of activity: 10-15 minutes.

Note to leaders/parents/carers:

If you're running this session online or have limited space, you can change this to stationary activities – for example 10 star jumps, 10 push ups, 10 squats, 10 sit up or 10 lunges.

Get moving

Plan and hold your own socially-distanced assault course – you can time the children completing the course. This may include different challenges such as: jumping into hula hoops, balancing a beanbag, hopscotch, or throwing an object into a goal. Ensure children have their own equipment so they're not all touching the same objects. Remember to encourage the children while they're completing the assault course. Use this game to illustrate how many ways we can move our bodies and how we can make exercise fun.



Get Mucky!

You'll need: Copies of Resource Sheet A (Sportswear) – one for each child.

Length of activity: 10-15 minutes.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Design your own sportswear

Ask the children – do you think it's easier to run in school shoes or trainers? Would you wear a winter coat whilst doing a cartwheel? Do you think it's easier to dance in jeans or a leotard? Share that it's very important to wear the right clothing when we're staying active. If you don't, you could hurt yourself. Ask the children to draw and create their own sportswear.



Dig Deep!

You'll need:
Your Journey Bag.



Length of activity:
10 minutes.



Running a race



Show your Bible: Explain how in the Bible it describes life as a race. When you're running a race some things can make it difficult, for example wearing the wrong shoes, or tripping over something.

It's the same in life – sometimes it's difficult and we can do things that are bad for us. The bad things we think and do weigh us down. We might feel like giving up trying to live God's way and want to stop trying. But the Bible says we need to fix our eyes on Jesus as we journey through life. He is our example to follow and will help us not to get tired or to stop trying, even if we mess up He forgives us. If appropriate, read the passage from Hebrews Ch.12: 1-3.



Show your Photo: Get out your Photo and remind the group that, as friends, we can all encourage each other to run the race of life and support each other through the good times and the bad.



Show your Walkie-talkie: Say a prayer thanking God that He is with us as we run the race of life. Remind the group that they can speak to God at any time, anywhere.

Recap

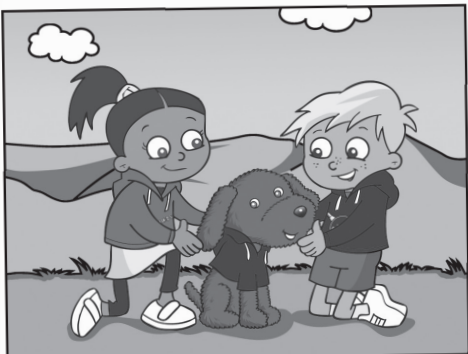
Let's share with Gabby and Barney how to stay active and why it's important.

Discuss all the different ways to stay active and what the benefits are. Remind the children that life is a race, not to be the first, but to continue with God's plans for us and to trust in Him.

How can we eat healthily?

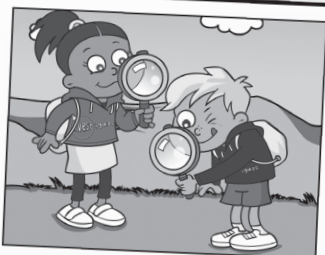
Aim:

To explore what healthy eating is and why it's good for us.



Explore It!

Gabby and Barney were sat in the dining hall ready to eat their packed lunches. 'I'm so hungry Barney, my tummy has been rumbling all morning!' mumbled Gabby. Barney replied, 'So is mine! I can't wait to see what's in my lunchbox today!' They both opened their packed lunchboxes to find they had different items. 'I've got tomatoes! They're my favourite!' cheered Barney. **What's your favourite snack to have in a packed lunch?** 'Well my favourite are grapes, they keep me happy and healthy, just like your tomatoes!' replied Gabby. Gabby and Barney looked further into their lunchboxes to see what other options they had. 'I have lots of healthy things in my lunch today, this will give me lots of energy to run around outside!' Gabby explained. 'My healthy lunch will make me big and strong!' smiled Barney, as he tucked into his food. **What's healthy eating and why is it good for us? Let's n:vestigate!**



Zoom In!

You'll need: A list of foods to compare or physical examples of food.

Length of activity: 10 minutes.

This or that?

Using a list or physical examples, sort which items young people think are healthy and unhealthy and then ask them which option they prefer, such as:

- Chocolate vs apple
- Crisps vs banana
- Biscuit vs grape
- Raisins vs cake
- Cucumber vs cheese
- Tomato vs sweets.

Add any additional items they can think of. Talk about how it's important to eat healthy foods as they give you a slow-releasing energy to keep you going whereas sugary foods often give a short high peak in energy. Remember not to describe foods as good or bad and explain that it's important to eat a variety of foods and everything in moderation.





Jump Up!

You'll need:

Length of activity:
5 minutes.

Note to leaders/parents/carers:

If you're leading this session online, you could get the children to do the actions on the spot in front of the camera.

The bean game

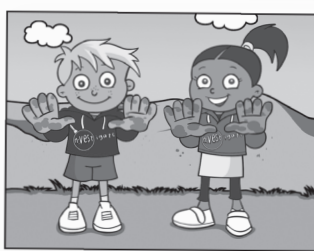
All the children should be spaced out in the room. A leader shouts out various bean types and the children do the related action, see below.

When 'In the can' is shouted, all the children should sit down in their space, the last to sit down is out.

Here are the bean types:

- Jumping bean – jump on the spot
- Runner bean – run on the spot
- Broad bean – stretch up
- Baked bean – wipe your brow/fan yourself
- French bean – strike a pose and shout 'ooh la la'
- Chilli bean – shiver and shake
- Jelly bean – wobble like jelly.

After the game, can the children guess which type of bean isn't very healthy? e.g. jelly beans.



Get Mucky!

You'll need: Copies of Resource Sheet B (Wordsearch) – one for each child

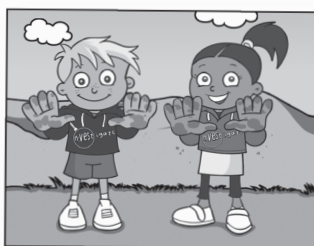
Length of activity:
10 minutes.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Healthy eating wordsearch

Ask the children to complete the wordsearch. Who can find all the hidden words?



Get Mucky!

You'll need: Copies of Resource Sheet C (Packed lunch) – one for each child

Length of activity:
10 minutes.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Design a packed lunch

Using Resource Sheet C (Packed lunch), get the children to draw a healthy packed lunch. Ask them to think about what types of food they will include. Discuss the packed lunches that they children have created. Explain how it's ok to have a treat every now and again such as crisps and chocolate.



Dig Deep!

You'll need:
Your Journey Bag.



Length of activity: 10 minutes.



Show your Party-blower: Show an appropriate song, such as Califlowers Fluffy – <https://youtu.be/PukdaXUzgOU> – traditionally a harvest song but it shows a range of healthy food that we can thank God for.



Show your Walkie-talkie: Say a prayer thanking God for healthy food and asking Him to help us look after ourselves and our bodies so we can honour Him.

The temple within you



Show your Bible: Explain to the children that we know that it's important to look after our bodies and stay healthy but there is another reason for doing so. In 1 Corinthians Ch.3:16-17, our body is described as the temple of the Holy Spirit. God's spirit lives within us. Ask your young people to think about your church. Church is the building where you gather, it is the temple of God. If someone came and destroyed your church how would they feel? This is the same when we don't look after our bodies, the temple that God's Spirit is within. We honour God when we look after ourselves and our bodies.



Recap

Let's tell Gabby and Barney what healthy eating is and why it is good for us.

Remind the children that God has made us all in His image and so we must do our best to look after ourselves and our bodies.

How can we take time out?

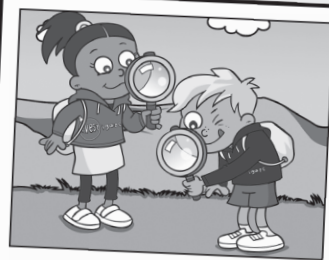
Aim:

To explore the different ways we can take time out to relax and look after our mental health.



Explore It!

Barney looked across at Gabby and noticed she didn't seem herself. 'What's wrong Gabby? You don't seem yourself, are you ok?' he asked. Gabby sighed, 'I don't know Barney, I feel a little tired after helping my mum and dad with the shopping and then helping my grandma clean her house.' Barney could see that Gabby was really tired and wanted to help. 'Sounds like you've helped a lot of people which is really good but you can't forget about yourself!' he said. Gabby looked confused, 'What do you mean Barney?' They sat down and Barney began to explain, 'We have to look after ourselves so we can help other people, it's ok to take some time to do things we like to do!' **What activities do you like to do to make you feel happy?** Gabby began to smile, 'I like colouring in, it makes me happy and relaxed!' **How can we look after ourselves? Let's n:vestigate!**



Zoom In!

You'll need:

Length of activity:
5 minutes.

The rule of five

Ask the children to sit or stand. Explain how sometimes our minds can get 'busy' with ideas and it can be difficult to stop. The rule of five is a game that can help, so all they need to do is listen to the instructions, and think of the answers inside their heads.

- 5 – Name five things you can see around you e.g. chair, pen, wardrobe
- 4 – Name four things you can touch e.g. your hair, a blanket, the floor
- 3 – Name three things you can hear e.g. friend's talking, leader, radio
- 2 – Name two things you can smell e.g. a flower, soap
- 1 – Name one thing you can taste e.g. juice, biscuit, your dinner.





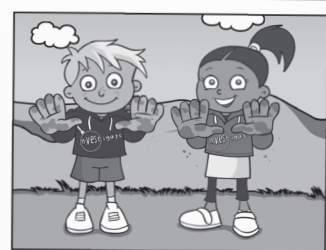
Jump Up!

You'll need: A children's mindfulness video from YouTube e.g. breathing activities.

Length of activity: 10 minutes.

Mindfulness videos

Explain to the children that different techniques can help us to relax and feel calm when we're worrying or stressed. Ask the children to sit or stand depending on your choice of video. Once the children have completed the activity, ask them how they feel. Do they feel relaxed? How might this technique help when they're feeling cross or anxious?



Get Mucky!

You'll need: Copies of Resource Sheet D (Windmill), paper straws, and push pins – one of each per child.

Length of activity: 15 minutes.



Note to leaders/parents/carers:

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Make a paper windmill

Using the template, ask the children to cut out their paper windmill and colour it in. They may also want to write things on that they like about themselves e.g. I have a great smile, I'm brilliant. Once it's coloured in, attach the holes using the push pin and then attach it to the straw. The children can blow at the windmill to make it move and to relax through breathing deeply.



Dig Deep!

You'll need:

Your Journey Bag, and a relaxing piece of Christian worship music.



Show your Walkie-talkie: Remind the children that praying to God can also help us relax. Pray with the children about their worries and ask God to help us.

Length of activity:
10 minutes.



Show your Party-blower: Play a relaxing piece of Christian worship music and ask the children to close their eyes and just listen to it.

Sharing our worries with God



Show your Bible: Read 1 Peter Ch.5:7 to the children and explain how everyone has worries sometimes, even leaders! Ask the children to think of something that's worrying them. In the Bible, it tells us that God wants us to talk to Him about our worries because He cares for us. No matter how big the worry is, God wants to hear all about it.



Recap

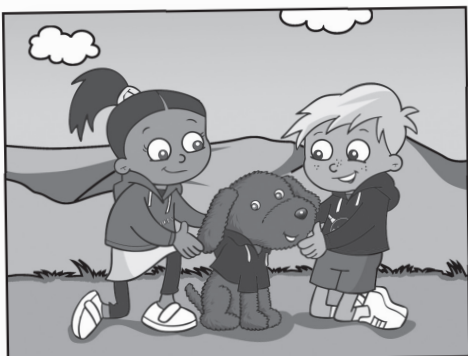
Let's tell Gabby and Barney all the ways we can look after ourselves!

Remind the children that everyone worries sometimes, even leaders! Remind them that it's ok to have worries and that we don't have to carry them on our own, God is always there to listen and help and we can pray to Him.

Why is it important to sleep?

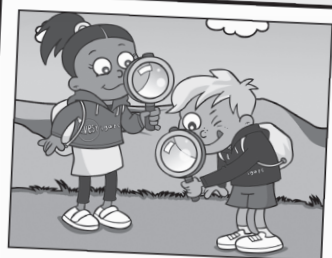
Aim:

To explore sleep and why it's important.



Explore It!

Gabby and Barney were discussing the weekend and all the exciting things they had planned. 'What plans do you have Barney?' asked Gabby. 'I'm going to a sleepover at my cousin's house, we've planned to watch a movie and go swimming the next day,' answered Barney. 'That's so exciting! It sounds like a lot, you'll need to make sure you get plenty of sleep!' said Gabby. 'How come?' wondered Barney. Barney was so thrilled about his sleepover, that he'd forgotten all about the sleeping part. Gabby explained 'If you don't get enough rest, you'll be far too tired to do all the exciting things you have planned!' Barney nodded, 'You're right! I better get some sleep now or I'll be too tired to go to the sleepover!' **Why is it important to sleep? Let's n:vestigate!**



Zoom In!

You'll need: Paper and pens.

Length of activity: 10 minutes.

Studying sleep

Explain to the children that everybody sleeps, from tiny insects to huge whales! We all need sleep to keep us healthy and allow our bodies to recover and to be able to achieve our best. Children aged five or six need between 10 and 11 hours sleep a night. Make a list with the children about why we need our sleep. Our brain needs sleep so we can remember all the things we learn, we can pay attention, we can grow, and our body can stay healthy and fight off sickness. How much time do they normally spend asleep each night?



Jump Up!

You'll need: Resource Sheet E (Sleep).

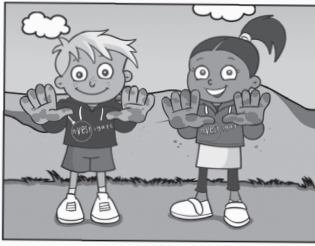
Length of activity: 10 minutes.

Note to leaders/parents/carers:

If you're doing this online share your screen with one card visible at a time and ask the children one by one what they think the answer is.

A good night's sleep

Let's have a look at what can help us sleep better. Hide the cards from Resource Sheet E (Sleep) around the room. Ask the children, one by one, to find a card and read out what the card says. Discuss whether the suggestion on the card will allow us to have a good night's sleep or a bad night's sleep.



Get Mucky!

You'll need: Two pieces of paper for each child, colouring pens/felt-tips, scissors and glue.

Length of activity: 10 minutes.

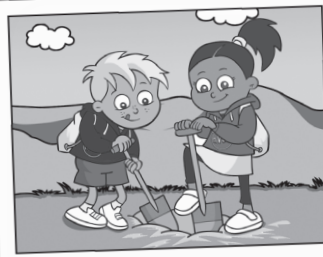
Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Time for bed

Get the children to fold one piece of paper in half, then open it and cut a rectangle out of the top left hand page. Next, they should fold it again and glue the bottom of both bits together and the right hand edges to create a sleeping bag made out of paper. They can then decorate it.

On the second piece of paper, they can draw themselves or a bear or another character large enough to fit inside the paper sleeping bag once they have been cut out and decorated.



Dig Deep!

You'll need: Your Journey Bag, and a brick or something equally as heavy.



Length of activity: 10 minutes

We need rest



Show your Bible: Ask the children to look at the brick – does it look heavy? Do they think they could lift the brick on their own? Ask if the children think they would be able to hold it out in front of them all day. They may be able to hold it for a couple of minutes but not all day! It's the same for our worries, our minds can become heavy just like the brick. Explain to the children that Jesus said 'Come to me, all you who are weary and burdened and I will give you rest.' Read Matthew Ch. 11:28-30. Explain that sharing with God, in prayer, means we can rest easily. Rest in this example can mean peace but can also mean sleep. It's important to God that we rest and sleep because it can give us a new perspective, help us slow down, and allow us to quieten our minds so we can better hear what God has to say to us.



Show your Walkie-talkie: Ask the children to pray to God to help them with any worries they may have and ask Him that they can get a good night's sleep ready for a new day.



Show your Photo: As a group are there different tips the children can share with each other about how to get to sleep. You can get some ideas at <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>.

Recap

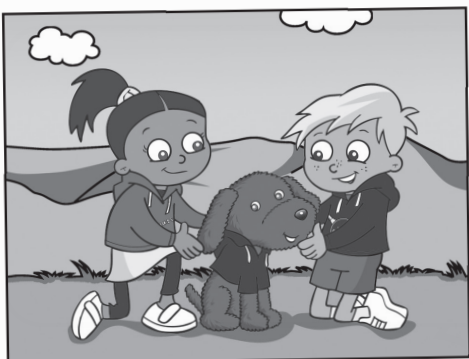
Let's tell Gabby and Barney why it's important to sleep!

Sleep helps our bodies repair and our minds stay alert. It can also help us slow down and quieten our minds so we can better hear what God has to say to us.

How does God see us?

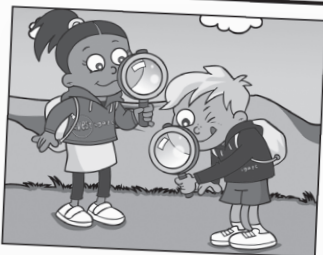
Aim:

To explore how God sees us.



Explore It!

Gabby and Barney were playing in a match for their football team. Gabby was doing lots of tricks and scored an amazing goal. 'Wow Gabby! That was amazing, you're so talented!' exclaimed Barney. 'Thanks Barney, but I couldn't have scored that goal without you! Without your dribbling skills, I'd never have made it past the other team. We all have different gifts and talents that make us unique, but together we make an amazing team!' praised Gabby. **What gifts did God give us? Let's n:vestigate!**



Zoom In!

You'll need: Props such as butter, sugar, baking powder, eggs, and flour.

Length of activity:
10 minutes

Amazing ingredients

Prepare your ingredients by wrapping them up to look like gifts. Ask the children if they like gifts. Explain that you've been given some gifts and that you'd like them to help you open them. Open each gift one by one and talk through the reactions of the children. Explain how these gifts, on their own, don't seem very interesting. But, if we look closer, we can take these ingredients and mix them together and make a delicious cake!

Explain to the children that this is a little bit like Girls' Brigade or church or another type of 'team'. Everyone has been given gifts by God to make us special and, when we meet together, we can use these gifts together as a team and do something special! God is like the baker who brings us all together.





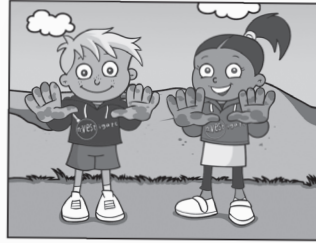
Jump Up!

You'll need: A list of personal characteristics.

Length of activity: 10 minutes.

Do this if...

Using the list of personal characteristics, tell them if they have it, they need to do an action. For example, 'If you have blue eyes, hop on one leg.' Ensure that all the children are able to join in. Explain that these are all special characteristics that God has given us and that it says in the Bible He has made us in His image. God made all of us – our feet, our head, our hands, ALL OF US!



Get Mucky!

You'll need: Copies of Resource sheet F (Person outline) – one for each child.

Length of activity: 10 minutes.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

God made all of me

Explain to the children that God loves us all and this is something to celebrate! As well as physical characteristics, He also gave us personality traits. Using the outline of the person, ask the children to draw themselves and write down characteristics that makes them special e.g. funny, kind, helpful.





Dig Deep!

You'll need:
Your Journey Bag.



Length of activity: 10 minutes.

Giving it back to God



Show your Bible: Explain to the children that God loves them and created them to be unique. It says in the Bible that we are wonderfully made by God. Read Psalm 139:13-14. Ask the children to look at the person outline from this week's Get Mucky! activity and shout out the different gifts that God has given them.



Show your Walkie-talkie: Thinking about these gifts/characteristics the children have just shared, say a prayer thanking God for them such as... Dear God, We know that you have given us all unique gifts and personalities and we want to say thank you. Help us to use these gifts to celebrate you and use them to help other people. Thank you for loving us, Amen.



Show your Party-blower: Play a children's worship song about God creating them or loving them, such as this example <https://youtu.be/4eEin85-S4Y> called God made me, and get the children to make up actions.

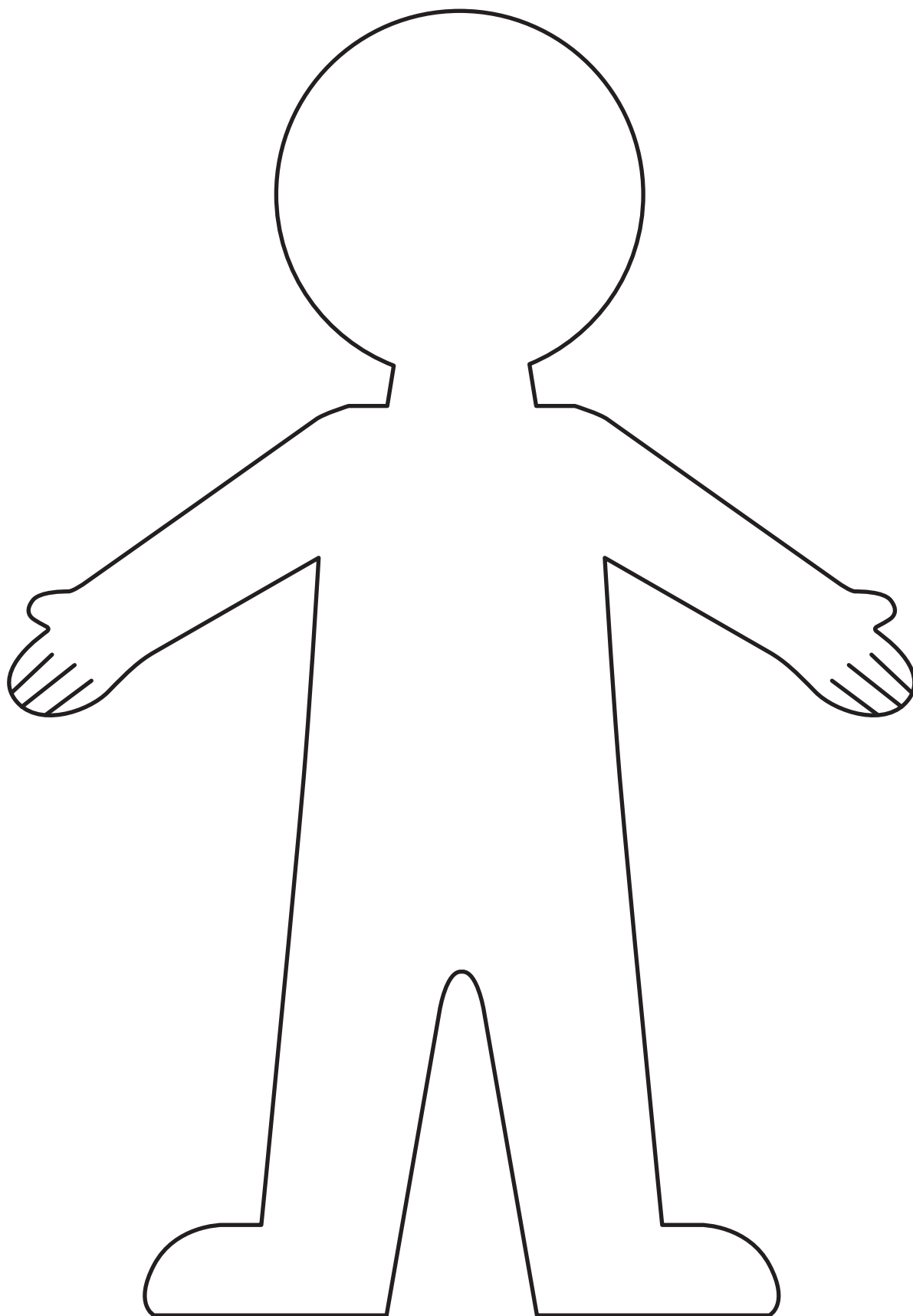


Recap

Let's tell Gabby and Barney all the different gifts that God has given us!

Remind the children that God made us all in His image and has a plan for us to use our gifts for good.

Resource Sheet A -
Sportswear



Resource Sheet B -
Wordsearch

C	S	P	R	O	U	T	S	L	N
A	H	F	Y	B	A	N	A	N	A
R	U	I	P	O	K	S	P	O	V
R	M	K	C	E	O	Y	P	E	O
O	M	J	H	K	S	A	L	P	C
T	U	C	R	S	P	R	E	A	A
L	S	B	A	L	P	E	A	R	D
E	G	G	S	D	L	K	A	G	O

1. Chickpea

2. Sprouts

3. Banana

4. Avocado

5. Apple

6. Pear

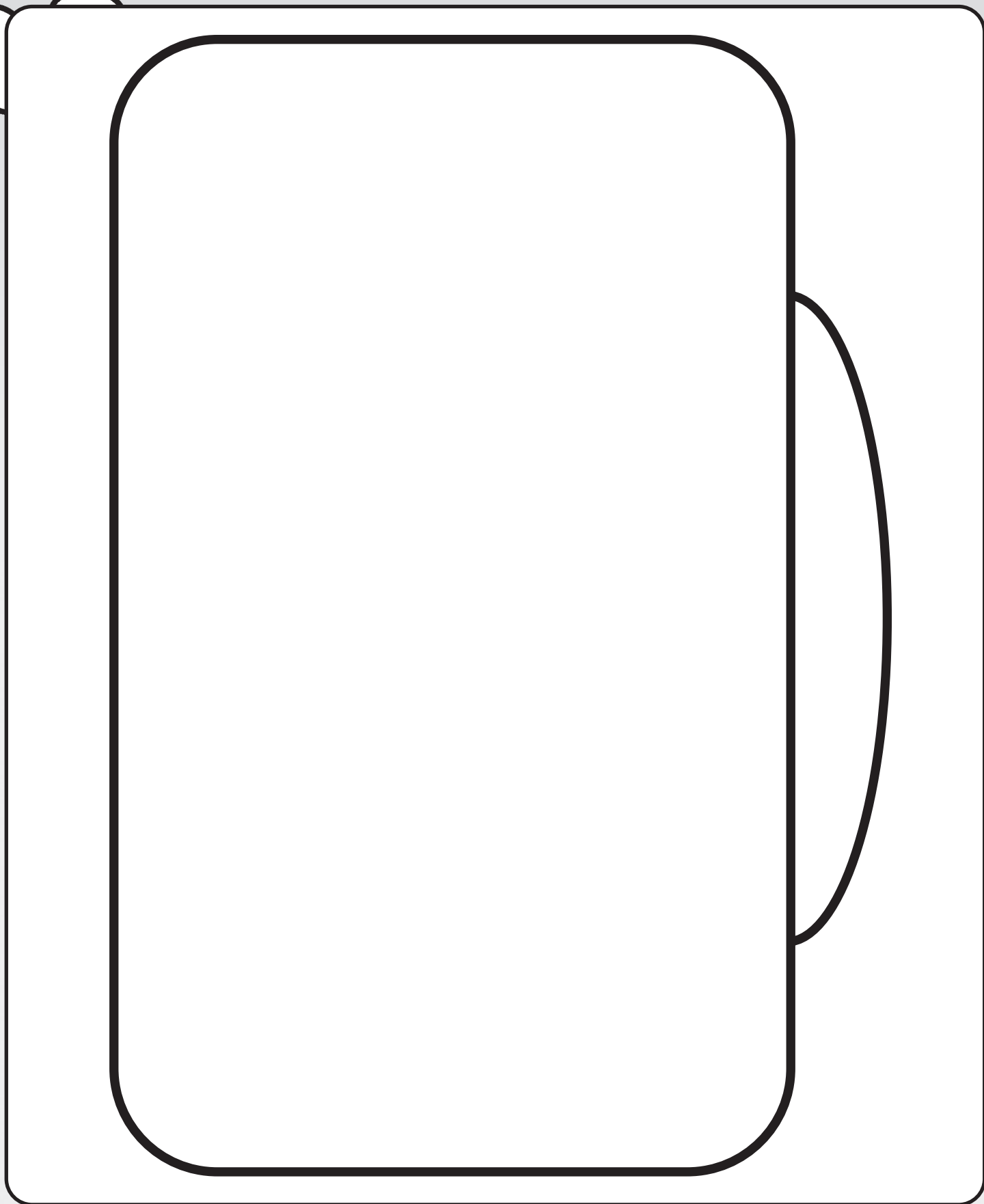
7. Eggs

8. Hummus

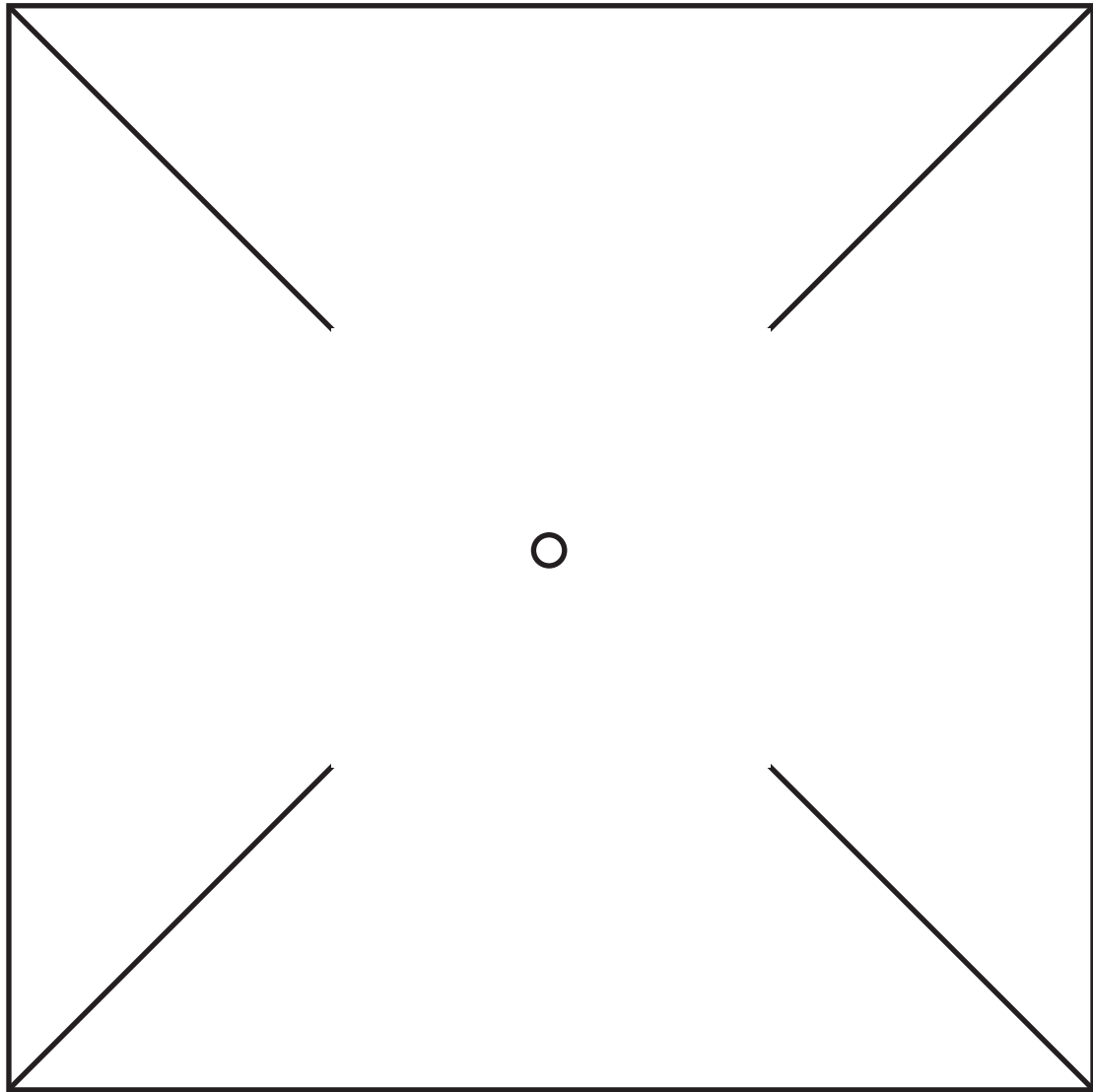
9. Grape

10. Carrot

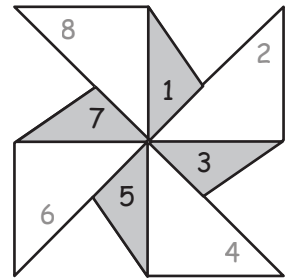
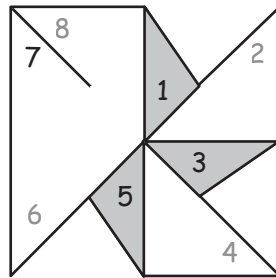
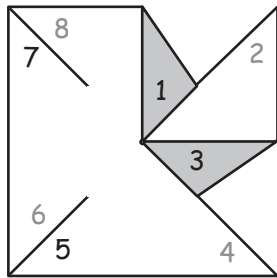
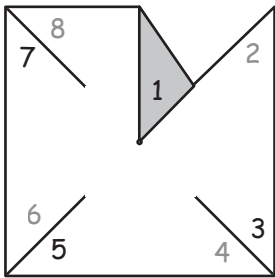
Resource Sheet C -
Packed lunch



Resource Sheet D - Windmill



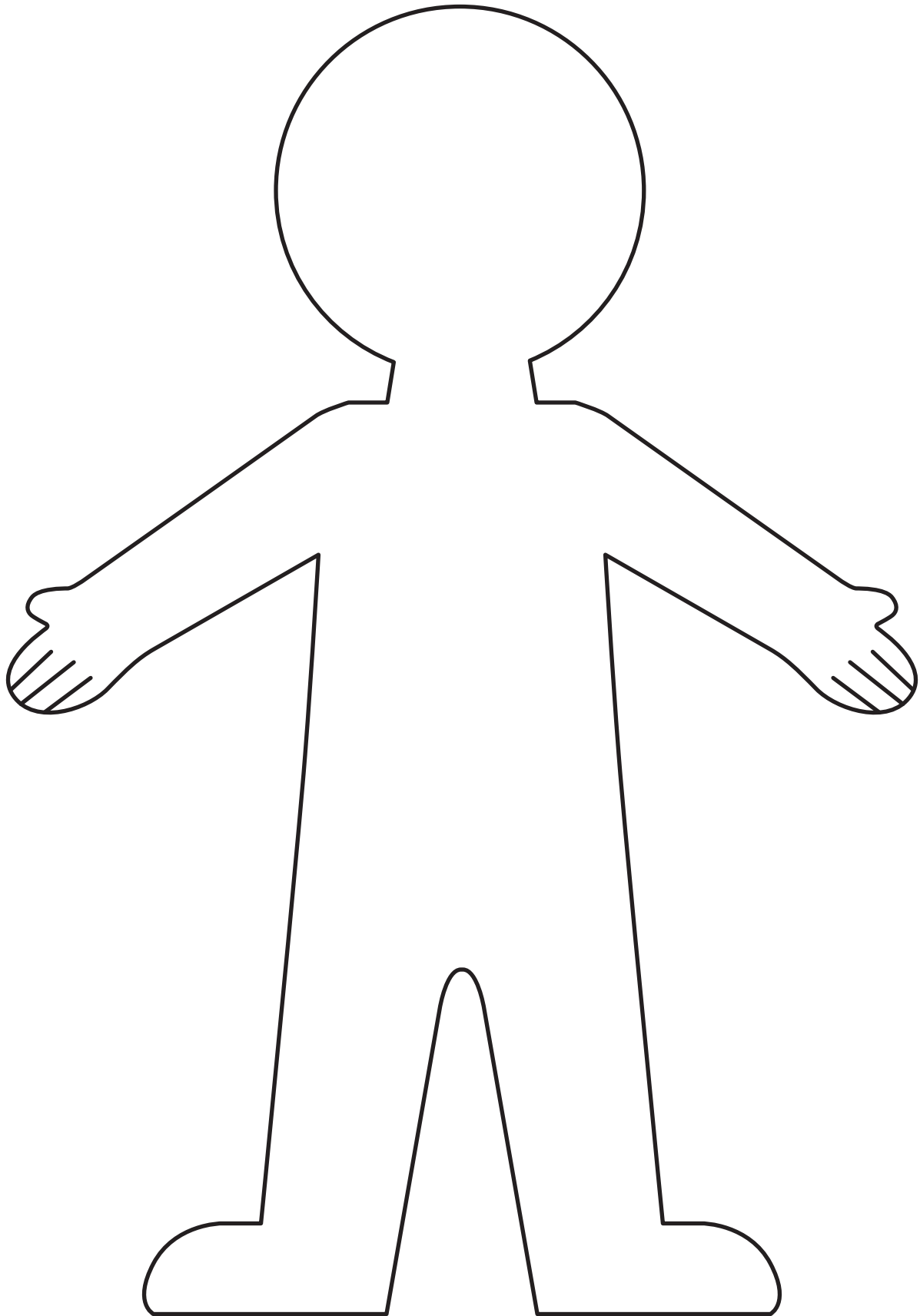
Fold 1, 3, 5 and 7 to the centre.

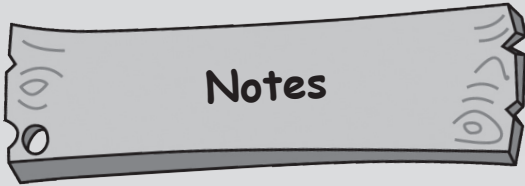


**Resource Sheet E -
Sleep**

Drink a glass of water	Drink a glass of fizzy pop
Read a book in bed	Watch TV
Run and play outside	Play video games throughout the day
Go to bed on time	Go to bed late at night
Have a dark, quiet bedroom	Have a loud, bright bedroom

Resource Sheet F -
Person outline



A large, rectangular writing area with a decorative border. The border is composed of several horizontal lines, with a small, curved tab on the left side and a larger, curved tab on the right side. The writing area is filled with horizontal lines, providing a space for notes.

Why use this n:vestigation?

This n:vestigation looks at all we need to live well. It will explore topics like physical exercise, healthy eating and self-care. It will also look at how God sees us and speak into these areas of our lives. It explores the following questions:

- Week 01 – **How do we stay active?**
- Week 02 – **How can we eat healthily?**
- Week 03 – **How can we look after ourselves?**
- Week 04 – **Why is it important to sleep?**
- Week 05 – **How does God see us?**



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