# Activities Sheet 7 February

**1. Rainbow Cross**

**You will need:** a large piece of white card or paper; coloured pens; paint; glue; collage materials in colours of the rainbow

**Method:**

* Draw the shape of a large on your card
* Paint or glue collage materials on to it in the colours of the rainbow as a reminder that God is with us in the storms of life. God promises us that after every storm there will be a beautiful rainbow as a symbol of His love and care.

**2. Smartie Prayers**

**You will need:** a tube of smarties, a bowl or plate with a large rim, water

**Method:**

* What things in the world do we need God’s help with to change? Add a sweet to the plate for each suggestion, spacing them apart as much as possible.
* Add water to the plate/bowl.
* Pray as you add each smartie to the water.
* Watch as the colours slowly dissolve into patterns.
* Finish by noting that change has taken place on the plate
* Give thanks for the way God’s love can transform us.
* End with the Lord’s prayer.