***Sunday school materials 02/08/2020***

***Stewardship holiday challenge!***

***Pawprints and Footsteps.***

Hi there! It’s the school holidays and lots of people are going out and about on adventures so instead of normal sunday school materials we’re going to have a few weeks of challenges and practical activities to do as and when you might feel like it even if you are away on holiday! Or just chilling in the garden…

If you remember - Stewardship is looking after the gifts that God has given us. See if you can do any of these “good stewardship” challenges!

Look after your own body:

* Make a fruit smoothie and give your body lots of vitamins and minerals.
* Eat some fresh vegetables - locally grown (or even in your own garden) is even better as that looks after the planet too!
* Do some exercise.

Look after your own mind:

* Have a screen free day!
* Read a good book.
* Take time to be quiet and pray - Tell God all about your day.
* Write a real paper and pen letter to someone who you miss.

Look after your family:

* Tidy something up without being asked.
* Help to make a meal.
* Go a whole day without arguing. (if something happens and you want to argue, take a deep breath and decide if it really matters and is it really worth it!)

Look after the world around you:

* Go for a litter picking walk.
* Recycle.
* Donate something to a charity shop.
* Buy something from a charity shop.
* Try and go a day without using or buying plastic! (it’s really hard!)
* Plant some seeds or plants/trees.

***Good luck - there will be more to try next week! :-)***