



# Muddy Church 40 Moments

  Jump in puddles


Be still

Go on a bug hunt 

Have a picnic outside 


 Giggle for a minute


Clear out some clutter 


Pause 

Do something for a neighbour 

Go on a sound safari

Write a prayer on the path in chalk 


Do a rain painting 

Post a card to someone 

Discover 10 different colour and shaped leaves and thread them to make a garland 

Encourage someone

Don't use screens for the day 


Set a timer and go for a wander. When the timer goes off stop and look around you (you could take a photo) 


Stack & balance some rocks 


See how many nests you can discover


Be silent


Read a story outside 

Rain race - Choose which raindrop will win the race down the window 

Make a mini den 


Close your eyes for 3 minutes. 

Toast marshmallows 

Make a maze with sticks 

Go on a smell trail 


Chase a butterfly 

Go for a backwards walk 


Send a 'Thank You' note 


Plant some seeds 

Make a bird feeder

Paint a picture for the window 

Press some flowers 

Discover the name of a tree of plant 

What shapes can you see in the clouds? 

Listen 

Help someone 

FIND 5 FLYING THINGS

Recycle something 

# 40 Bags

For each day give a bag to bless someone or fill a bag to recycle. It can be a bag of any size, you may have a bag of sweets or fruit to share with someone or a bag for the charity shop or items to recycle.

