



How slooooooowly  
can you move?

Look around and see how many things you can see moving.  
Tick the box for how many you can spot:

 1-3

 4-6

 7-10

 10+

Jesus talked about a tiny mustard seed, so small that if you had it on the end of your finger you would only just be able to see it. He said that if we have faith, even this tiny, we can say to a mountain "Move!" and it would do.



I wonder how Jesus thought the mustard seed was like faith? I wonder what the mountain could be? I wonder what that might look like in your life?

Can you feel yourself breathe?

Have you ever planted a seed? What did it grow into?  
Did you see it move from a tiny seed to grow into something bigger?  
Can you draw what your seed might look like when it grows?

A drawing of a white seed packet with a green leaf symbol on it, tilted as if pouring seeds into an orange trapezoidal pot.



Can you wriggle  
like a worm?

move



Can you wiggle  
your ears?

How quickly can you move?

Can you see anything else breathing?