



How sloooooowly
can you move?

1-3

4-6

7-10

10+

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

- • • • • 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?



How quickly can you move?

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?



Can you wiggle
like a worm?



Can you wiggle
your ears?

move

Can you feel yourself breathe?

Can you see anything else breathing?