



VERSE OF THE DAY:



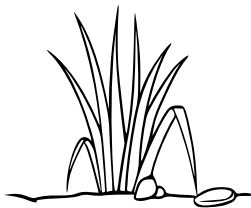
"Come to me, all who are weary
and burdened, and I will give
you rest."

— Matthew 11:28

GAME:

Still as a Stone –

Lie still on the grass or floor.
Who can stay still and quiet the
longest?



GAME

Pass the Calm –



Sit in a circle, pass a soft item (like a
feather or pebble). Only the one
holding it speaks.

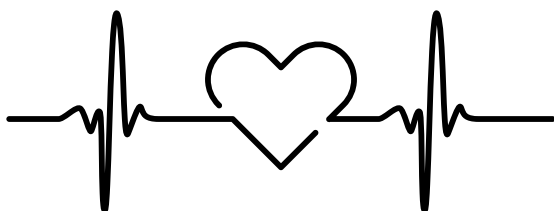
You could try to say something funny
or use the time to ask questions

SIMPLE SCIENCE

Heartbeat Discovery –

Take your pulse after jumping,
then again after lying still.

Talk about how the body slows
and heals during rest.



BIBLE PASSAGE

Genesis 2:2-3



THE GIFT OF REST

THOUGHT

God made rest part of creation — not as something optional, but essential. We are not machines. Rest helps us listen, grow, and just be. Look around and notice things that are taking a rest, the seasons remind us of a rhythm and pattern that includes rest and growth.

- I wonder why do we need rest?
- I wonder what does rest feel like to you?
- I wonder where do you feel most rested or peaceful

SILENCE

Everyone finds their own space outdoors to lie still and notice what they see, hear, and feel.

Encourage silence and journaling or drawing afterwards.



PRAYER

Dear God,

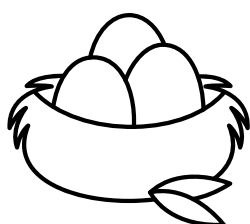
thank you for the gift of rest.
Help us to slow down, breathe deeply, and
feel your peace in our hearts.

Amen.

CRAFT

Resting Nests –

Use twigs, leaves, and feathers or strips of paper, yarn, ribbon, straws to build a mini bird nest – a symbol of shelter and rest.



CRAFT

Nature Pillows –

Fill small cloth bags with dried grass, herbs, or lavender



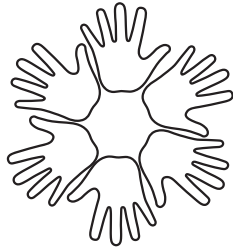


VERSE OF THE DAY:



**Psalm 46:10 –
“Be still, and know
that I am God.”**

GAME:



Stand in a circle and hold hands.
People have to move their arms in a
wave and pass it around the circle.
If a player sticks their tongue out (or
another action) the wave moves
around in the opposite direction.

GAME



Still and Storm

Have a playing area and one person gives
out actions or move around. Then shout
either STILL and everyone freezes or
STORM and everyone
wiggles/jumps/shouts.

SIMPLE SCIENCE



Float & Sink –

Gather natural objects and test if
they float or sink. Reflect on what
“holds us up.”

OR

Buy a tornado maker that
attaches between two bottles
and swirl the water around to
form the storm.

BIBLE PASSAGE

Psalm 23:2



STILL WATERS



THOUGHT

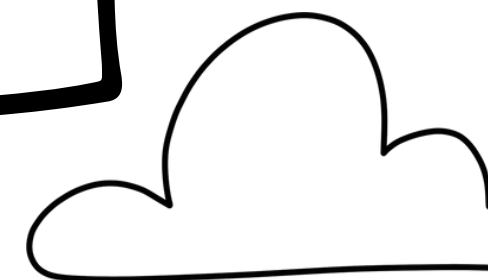
God brings us to peaceful places — sometimes inside us, sometimes in nature. Water can be rough and noisy like in a storm or on the rapids. But then we can see still water and in that we can see a reflection of ourselves. Just like sheep need still water to drink safely, we need quiet spaces to hear God's voice. Peace is not always about silence, but about feeling safe and cared for.

Wondering Questions:

- I wonder what does "stillness" mean to you?
- I wonder how does water help us rest?
- I wonder what might God say in the quiet?

SILENCE

Sit by water or a water bowl with floating petals. Watch the ripples or reflections. Encourage deep breaths and quiet prayer.



God, PRAYER

**lead us to still waters.
Fill us with calm
and wash away our worries.
May we rest in your love.**

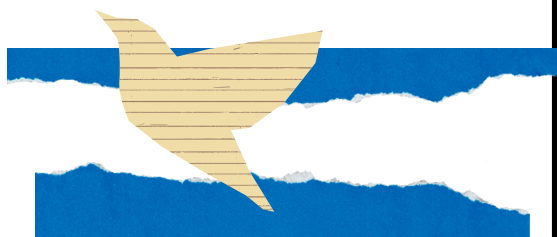


Amen.

CRAFT

Rippling Stream Collage –

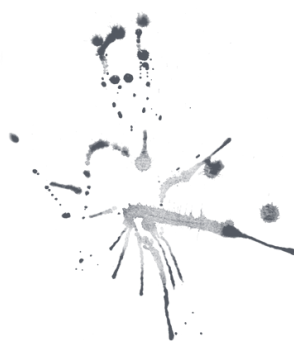
Use fabric scraps and paper to create a flowing river image. What colours would you use?



CRAFT

Water Colour Flow Art

Take a piece of paper and add some watered paint onto it (anywhere). Hold up the paper and let the paint flow across it. Add more colours or repeat as you want to.





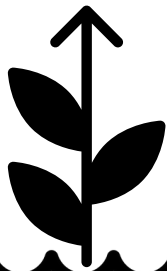
VERSE OF THE DAY:



**"Even the land must rest." –
Leviticus 25:4**

Rest or Grow – GAME:

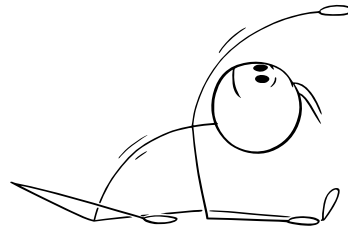
When the leader says "grow!" everyone slowly stretches; when they say "rest," everyone curls into a ball.



Silent Shapes –

Use your bodies silently to form shapes of nature (tree, bird, cloud).

One person has to try to guess what the shapes are. If they get it right, swap places.

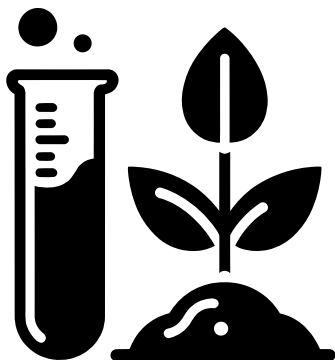


SIMPLE SCIENCE

SOIL REST TEST –

Plant seeds in "used" and "rested" soil (or water one and not the other) and compare growth.

Reflect on why nature needs breaks.



BIBLE PASSAGE

Exodus 20:10



CREATION RESTS TOO

THOUGHT



Even the earth gets tired. Soil needs time to recover. Trees drop their leaves and sleep in winter. Resting helps all things renew — including us. Everything in creation takes breaks — trees in winter, soil between crops, bees at night. God designed the world for rhythm and pause.

Wondering Questions:

- I wonder what happens to nature when it rests?
- I wonder what does rest look like in a garden or forest?
- I wonder why do you think God gave everything a Sabbath?

SILENCE

Lie on the ground and imagine being part of the earth — feel the sun, breeze, and stillness.

What do you notice when you stop?

PRAYER

Creator God,

thank you for showing us
how to rest like the trees,
the soil,
and the animals.

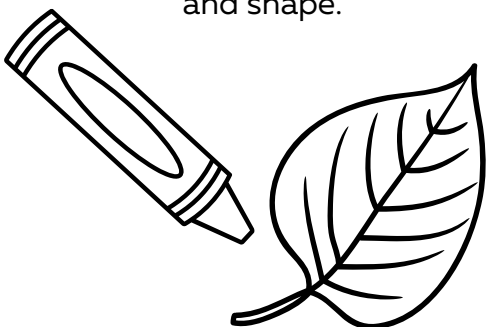
Help us listen to your rhythms.

Amen.

CRAFT

Leaf Tracing or Rubbing –

Trace leaves or use crayons to make rubbings. Focus on their texture and shape.



SOIL PAINT –

CRAFT

Mix natural pigments
(like ground charcoal,
turmeric, or dirt) to
create paintings.





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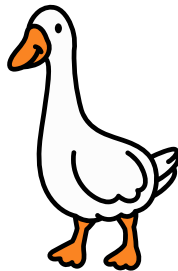
Psalm 4:8 –

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

GAME:

Drip Drip Splash
(like Duck Duck Goose with water!)

Sit in a circle and either just use words or for more fun drip some water onto people or splash them



GAME

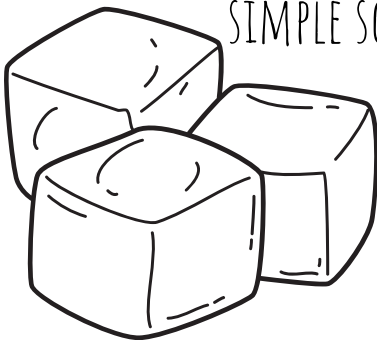
Freedom Freeze:



Like tag, but when caught, children freeze in dramatic "Red Sea parting" poses until a teammate taps them free



SIMPLE SCIENCE



Melting Ice Cubes –
Time how fast ice melts in different environments.
You could try if it is covered in leaves, just in sunlight, held in hands...

Reflect on how God brings change and calm in different situations.

BIBLE PASSAGE

John 4:14



WATER & REFRESHMENT

THOUGHT

Water is essential to life. God offers refreshment that fills not just our bodies, but our souls. Jesus often went off by himself to rest and pray. Resting with God helps us hear His voice and feel His love, even in busy times.

- I wonder why water is so important?
- I wonder when do you feel refreshed or renewed?
- I wonder what "living water" mean to you?

SILENCE

Invite children to say a quiet thank you to God for a time they felt afraid but weren't alone.

PRAYER

Jesus,

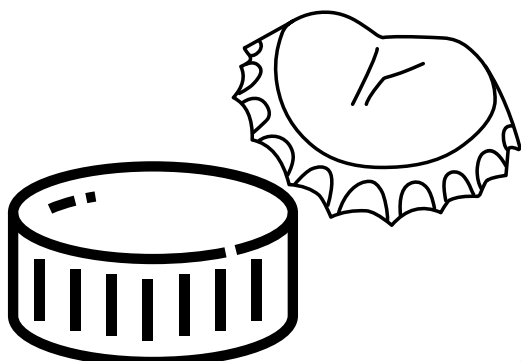
thank you that we can find peace in you.
Be with us when we are tired,
worried, or still.
May we rest in your love always.

Amen.

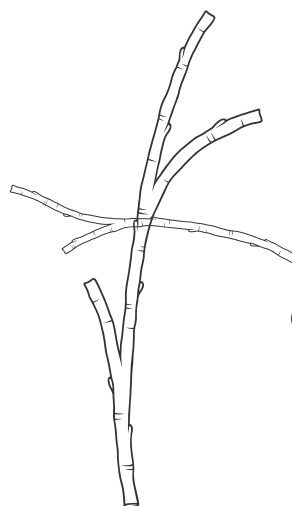
CRAFT

Bottle Cap Art –

Reuse plastic caps to create water-themed mosaic art. You can either do this as a big group or individually.



CRAFT



Nature Crosses –

Bind twigs with yarn to make a calming cross to hold or hang.