

# RESOURCES 4 HOME

Welcome to our special edition of Resources4U now rebranded as Resources4Home! It is usually our aim to equip GB leaders with resources and ideas to use with the girls in their GB company, but this edition is for parents, grandparents, carers etc. to use at home while GB companies cannot meet! We have packed this magazine full of creative prayer ideas; games to play inside the house; craft and baking ideas; useful websites and daily challenges to use during this time of social distancing. So, if you need some ideas for keeping your girls entertained, keep reading...

# Creative Prayer Ideas



## Prayer jars

You will need: an empty jar, several lollipop sticks, colouring pencils/felt tips or paints

Allow your girls to colour or paint the lollipop sticks in three different colours. One colour will represent people, one colour will represent places and one colour will represent things. For example, on the lollipop sticks that might be coloured blue, encourage your girl/s to think of all the people that they wish to pray for ie. Family/friends, and write one person on each blue lollipop stick. Then if your 'place' lollipop sticks are red, ask your girl/s to write a different country or place on each of the red lollipop sticks. With the remaining lollipop sticks ask your girl/s to write down other things to pray for eg. The virus pandemic, school, joy etc. Once all the lollipop sticks are made and put in a jar, each morning or evening encourage your girl/s to pick one of each colour of lollipop stick at random and let them pray for one person, one place and one thing each day.

## People I'm praying for...

You will need: coloured paper, white paper, pens, scissors, glue

Encourage your girl/s to draw around both of their hands onto coloured paper (keeping hands separate and fingers spread out). Then ask them to cut around both handprints. On each of the fingers ask them to write a person they can pray for, until they have 10 people written down. Then cut a square out of white paper and write 'People I am praying for' onto it. Finally, stick the two handprints together by putting the white square in between them (as shown in the picture). Use this tool to help your girl/s focus on the people who they can be praying for at this time.

## Make prayer part of your

## everyday routine!

It is so important that our girls realise that prayer doesn't have to be just before they go to bed or first thing in the morning. While you have them at home for an extended period of time why not get them into the habit of weaving prayers into their everyday routine? Some suggestions include: a wake-up prayer where the girls can thank God for a new day and ask for His help throughout the rest of the day, a meal-time prayer which they can say before breakfast, lunch and dinner and a prayer to say while they're washing their hands.

## Fruit of the Spirit Prayer

You will need: nine different pieces of fruit/ pictures of fruit, sticky labels/post-its or squares of paper and tape

Talk to your girl/s about the Fruit of the Spirit, as found in Galatians 5: 22-23. Have each of the nine pieces of fruit represent a different characteristic in the Fruit of the Spirit. Each day choose a fruit and encourage your girl/s to pray that God would help them to display that characteristic for His glory.

## Praying for the world

You will need: a globe/atlas/map from the internet

Each day encourage your girl/s to either choose a country that they want to pray for or pick a country at random (by spinning the globe or pointing to the map with eyes closed). Before they pray you could help them do some research about their chosen country. Maybe focus on some of the struggles the country faces/ how Christians are treated in the country/ how the virus is affecting the country. NB: Depending on the age of your girl/s, it is important to be sensitive about what information is shared with them. However, if they wanted to pray for countries where Christians are persecuted, visit

[www.opendoorsuk.org](http://www.opendoorsuk.org) and check out their World Watch List.

## Family prayers

During this time it would be lovely if everyone in your household could pray together as a family. For younger girls or girls with SEND (Special Educational Needs and Disabilities) a really nice idea is to sit in a circle, place one hand out flat in front of you, say a prayer and then 'blow the prayer' across the circle to another family member. You can be as creative as you want with this... you might all pray out loud all at the same time, or pray to the person on your left or right, or simply hold hands while one person prays and squeeze the hand of the next family member to let them know it is their turn.

## He collects our tears

You will need: a small bottle with a little water in it or wet stones

Psalm 56: 8 tells us that God knows all our sorrows and collects all our tears in a bottle. At this uncertain time your girl/s may be feeling anxious, worried or upset. When they are, you could use this prayer idea to remind them that they are not alone, that God is in control and that He cares so deeply about them that He collects their tears. Encourage them to hold the bottle of water, to remember this truth and to pray that God would take away their fear and worry as they hand it over to Him (at this point encourage them to set the bottle down). For girl/s who have SEND and who enjoy more sensory activities, you could instead wet some large stones or rocks and get them to hold and squeeze them as they pray.

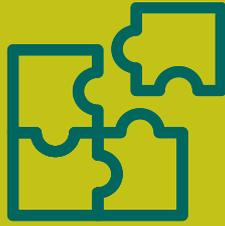
## Sweetie prayers

You will need: Skittles or other sweets of assorted colours

Before you begin, designate each colour of Skittle/sweet to a particular type of prayer eg. red Skittles could be for thankfulness, yellow could be for saying sorry, purple could be for people. Then encourage your girl/s to take a small handful of sweets from the bag without looking. Ask your girl/s to pray for things based on what sweets they have in their hand ie. If they have 2 reds, 3 yellows and 1 purple they will give thanks for 2 things, say sorry to God for 3 things and pray for 1 person.



# Games



## Treasure Hunt

If you happen to have a little more time on your hands (possibly when the kids go to bed) why not get creative and organise a treasure hunt for your girl/s to do around the house? There are a number of ways you could do this: you could give clues for different rooms of the house or for different objects around the house, having each clue lead on to the next. Alternatively, you could simply hide chocolate coins, wrapped sweets or Easter eggs around the house and get your girl/s to go in search of them. You could even draw a map of your house and allow your girl/s to get into character of being a real treasure hunter for the day! Finally, make use of things you might already have in the house... hide post-its with clues or tie wool/string to different door handles so that your girl/s can follow a trail through the house!

## Guess the Sound

This is a simple, yet effective game to encourage your girl/s to be using their senses, even when they are stuck inside. All you will need is a blindfold for the players and different things from around the house that can make sounds. The aim of the game is for your girl/s to identify the object you are holding by its sound. Some suggestions for sounds are: a stapler, a spoon hitting off a glass, tablets/sweets in a container, tearing paper, putting a lid on a saucepan etc. You could also adapt this game by playing animal sounds from your phone, or have a 'guess the song' version!

This game can be adapted to 'Guess the taste' where you blindfold your girl/s and get them to guess something by tasting it. Or 'Guess the touch' with some suggestions being: rice, cooked spaghetti, seeds, fruit, toys, feathers, flowers, cereal, scarf, spoon etc.

## Freeze

For this game play some music in your house that your girl/s can dance along to. Once you stop the music, the girl/s must freeze in position based on what you call out. For example, you could pause the music and shout out 'animals' and try to guess what animal the girl/s have frozen as. Other suggestions include: emotions, letters, plants.

## Word Whiz

For this game all you need is a dictionary or an online dictionary to hand. Find a word that you don't think your girl/s will know the meaning of and get them to write down either serious or silly definitions for the word. You could then switch around the roles and let them test you with words you mightn't know!

## Build a Fort

A fun game, for just about any age, is building a fort in your house! Allow your girl/s to be creative in using tables, chairs, pillows, cushions, blankets, empty cardboard boxes etc.

## Memory Game

For this game you will need to prepare a tray full of random objects. These objects could be anything from a drawing pin to a small toy, a salt-shaker to a button. Arrange around 20/25 objects spaced out on the tray and cover it with a tea towel or something else that will keep it hidden. Give your girl/s a blank piece of paper. Then ask them to come and look at the tray and try to memorise the objects that are on it and in what position they are on it. (Give them a specific amount of time to do this eg. 20 seconds.) Encourage your girl/s to then try and draw the

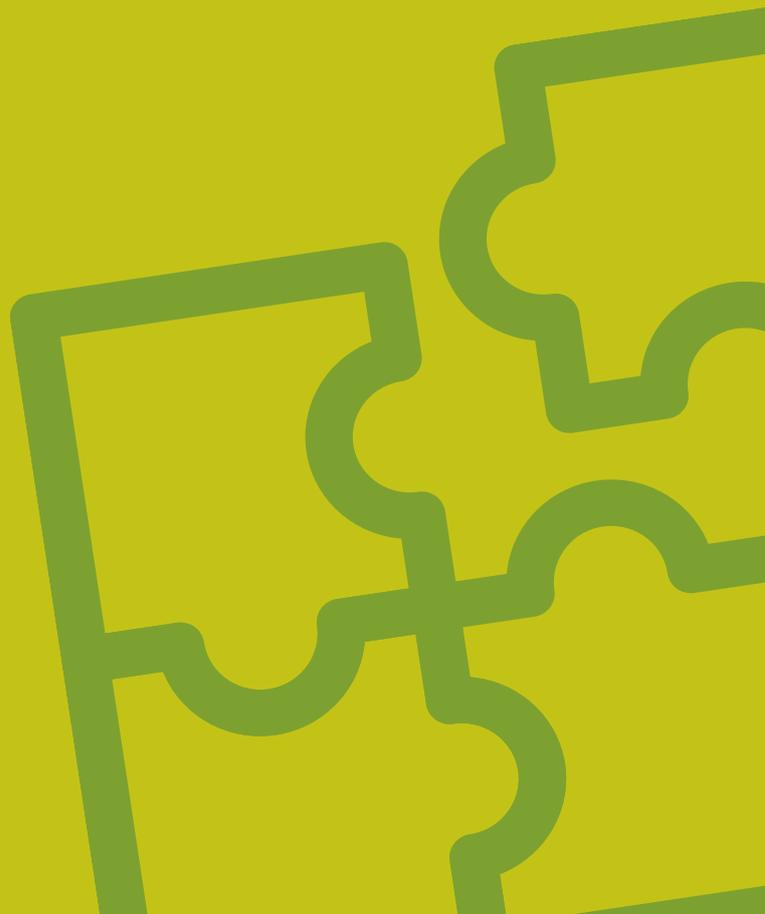
tray and its contents from memory.

## Indoor Basketball

There are a few ways you could create an indoor basketball game in your house. You could use a bin and rolled up pieces of paper and get the girls to 'shoot at the basket' from different distances. You could also use a laundry basket and rolled up socks or bouncy balls and hula hoops- whatever you have at your disposal! For scoring, you could take it in turns to see who misses first or award different points for different distances.

## Keep up the Balloon

If you have balloons in your house, a very simple game that kids (and adults alike!) love to play is 'keep up the balloon'. The aim of the game is simply to keep the balloon in the air and not to let it hit the ground. You can add different dimensions to this game by only allowing your girl/s to keep it up with their feet or knees, or by adding obstacles that they must avoid whilst keeping it up. You could also use the balloon for other games such as balancing the balloon on your nose, how far can you throw the balloon etc.



# Baking



## Little toffee apple cake



### Ingredients:

- 3 tsp sunflower oil
- 1 large apple
- 1 egg
- 1 tsp vanilla extract
- 110g self-raising flour
- 50g golden caster sugar
- 3 soft toffees

### Method:

1. Preheat the oven to 190C/170C fan/ gas 5.
2. Prepare a small loaf tin by brushing with a little oil.
3. Peel the skin off the apple, remove the core and cut into quarters.
4. Grate the apple into a bowl.
5. Break the egg into a bowl, add the grated apple, the three tsp of oil and the vanilla extract. Mix all together well.
6. Add the flour and sugar and stir well. The mixture should be quite stiff but make sure you keep stirring until all the flour is mixed in.

7. Scrape the mixture into the loaf tin and push three toffees into the mixture in a row.
8. Bake in the oven for 30-40 minutes before taking it out to cool.

Recipe adapted from BBC Good Food

## Popcorn Bark



### Ingredients:

- 200g milk chocolate
- 200g white chocolate
- 60g popcorn (sweet or toffee would be best)

### Method:

1. Using baking parchment, line a 20x30cm baking tray.
  2. Melt the milk chocolate and the white chocolate in separate bowls.
  3. Allow both to cool very slightly and then pour the majority of both chocolates onto the baking tray.
  4. Swirl both together using a spoon.
  5. Sprinkle the popcorn over the top and then drizzle the rest of the chocolate over it.
  6. Chill until set.
- Recipe adapted from BBC Good Food

## Rice Krispie Hearts



### Ingredients:

6 cups Rice Krispies  
40 marshmallows  
¼ cup of butter  
2 cups of melted white chocolate  
Sprinkles  
Red/Pink food colouring

### Method:

1. Begin by melting some butter in a pan and adding in the marshmallows. Stir until melted.
2. Remove from the heat and pour over the Rice Krispies. Stir until well combined.
3. Pour the mixture onto a tray that is lined with baking parchment.
4. Press the mixture out flat to even thickness (around ¾ inch thick).
5. Let the mixture cool. Cut into hearts with either a heart-shaped cookie cutter or just a knife.
6. Then it is time to decorate! Melt the white chocolate and add a little of the food colouring to make it pink.
7. Dip the hearts into the chocolate until half the heart is covered (as shown in the picture) and then cover with sprinkles.
8. Leave to set.

Recipe adapted from <https://happy-homeschoolnest.com>

## Easy Blueberry Muffins



### Ingredients:

2 cups of self-raising flour  
¼ cup of olive oil or softened butter  
¼ cup of sugar  
1 egg  
1 cup of milk  
½ cup of blueberries

### Method:

1. Preheat the oven to 180C/ 160C fan/ gas 4.
2. Place bun cases/ mini muffin cases into a muffin tin.
3. Mix together all of the above ingredients (except the blueberries) together in a bowl.
4. Add the blueberries and gently stir in.
5. Fill your bun cases with the muffin mix.
6. Bake the muffins. Mini muffins should take around 8-10 minutes and normal size muffins will take around 15-20 minutes. Bake until golden brown and there should be bounce back when you touch them on the top.

Recipe adapted from [www.myboredtoddler.com](http://www.myboredtoddler.com)



## Cinnamon Apple Crisps



### Ingredients:

3 large apples (sweet)

Ground cinnamon

### Method:

1. Line two baking trays with baking parchment. Put one oven rack in the upper third of your oven and one in the bottom third. Preheat the oven to 200C/ 180C fan/ gas 6.
2. Wash the apples, core them and slice horizontally into 1/8 inch- thick slices.
3. Arrange the apple slices in a single layer on the prepared baking sheets. Sprinkle the cinnamon over the apple slices.
4. Bake for 1 hour in the upper and lower thirds of the oven. Remove the baking trays and switch their position in the oven on the upper and lower racks. Continue baking for 1 to 1 ½ additional hours, until a single apple chip removed from the oven is crisp when set out at room temperature for 2 to 3 minutes.
5. Once you are happy with the crispness, turn off the oven and let the apples sit in the oven for 1 hour as it cools down to crisp further.

Recipe adapted from [www.wellplated.com](http://www.wellplated.com)

## No bake Oreo Cake Pops



### Ingredients:

24 Oreo cookies

115g cream cheese

140g melted chocolate (white, milk or both)

Sprinkles

### Method:

1. Put the Oreos into a food processor.
2. Add the Oreo crumbs to the cream cheese and using your hands, thoroughly mix together.
3. Roll the mixture into 1 inch thick balls and stick a lollipop stick (or kebab skewer) into them.
4. Melt the chocolate in a bowl and dip the balls into the chocolate one by one.
5. Sprinkle to decorate and refrigerate the balls until the chocolate sets.

Recipes adapted from [www.jocooks.com](http://www.jocooks.com)

## Banana Macaroons



### Ingredients:

- 2 (very ripe) bananas
- 125g desiccated coconut
- 100g dark chocolate

### Method:

1. Preheat the oven to 180C/ 160C fan/ gas 4.
2. Peel and mash the bananas.
3. Using your hands, mix the desiccated coconut into the bananas.
4. Prepare a baking tray by lining with baking parchment.
5. Take a heaped tablespoon of mixture, roll into a ball and then flatten onto the baking tray.
6. Bake for 15 minutes until they start to turn golden.
7. Leave them to cool and melt the chocolate.
8. Dip the macaroons half way into the chocolate and place on greaseproof paper to cool.

Recipe adapted from [www.nestandglow.com](http://www.nestandglow.com)

## No Bake Cookie Balls



### Ingredients:

- 4 cups of oats
- 8 tbsp honey
- 1 cup creamy peanut butter
- 4 tsp vanilla extract
- 4 tsp chia seeds
- 1 cup of M&Ms

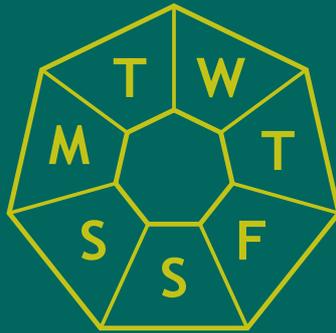
### Method:

1. Combine all of the ingredients in a large bowl.
2. Roll the mixture into small balls.
3. Store in the fridge for up to 2 weeks.

Recipe adapted from [www.5dinner1hour.com](http://www.5dinner1hour.com)



# Daily Challenges



Sometimes you just need something to keep your girl/s entertained for a few minutes! Below we have created a list of 'daily challenges' for this purpose and to keep your girl/s feeling challenged and stretched. We have given you enough ideas for a whole month but feel free to come up with your own also!

**1. Dance routine** - put on some music and allow your girl/s to come up with their own dance routine. You could even record it for them and allow them to watch it back!

**2. Favourite song** - challenge your girl/s to perform a verse or chorus of their favourite song. Record it and share it with others in your family to make them smile!

**3. Alphabet find** - ask your girl/s to find something in the house that begins with the same letter as their name. Alternatively, throughout the day shout out a random letter and see if they can find an object that begins with that letter.

**4. Draw it** - allow the girls to draw what they want to be when they grow up and then explain to you what is included in their drawing.

**5. The things I love about...** - choose a member of your family (maybe yourself or a sibling or a grandparent) and encourage your girl to list three things they love about that person.

**6. Build it** - help your girl/s to build a fort out of tables, chairs, pillows, cushions, blankets etc.

**7. Washing hands** - create a video of your girl/s washing their hands for 20 seconds whilst singing a song that let them know they have washed long enough.

**8. Exercise** - encourage your girl/s to complete a fitness related challenge (you will know what is suitable for their fitness level and age). It could be 10 press ups or 10 jumping jacks or a 30 second plank.

**9. Help with dishes** - ask your girl/s to help with the dishes after one of your meals.

**10. Sort the socks** - separate lots of pairs of socks and mix them up on a pile on the floor. Give your girl/s a set amount of time and challenge them to match up all the pairs of socks before the time runs out.

**11. Make it** - challenge the girls to make a piece of jewellery with items they find around the house.

**12. Spell it** - create a 'spelling bee' challenge for your girl/s, asking them to spell certain words that get progressively harder until they spell something wrong.

**13. Count backwards** - depending on the age of your girl/s, ask them to count backwards from 5 or 10 or 100. If this is still too simple, encourage them to try saying the alphabet from Z to A.

**14. Tongue twister** - look up some tongue twisters online and encourage your girl/s to attempt them. Again, recording this could be fun!

**15. Draw it** - challenge the girls to draw their own house or maybe even their dream house!

**16. Build it** - allow the girls to get creative by creating a robot or structure from recyclable materials in the house.

**17. Today I am thankful**

**for...** - challenge the girls to list five things they are thankful for today!

**18. Style an outfit** - allow your girl/s to hunt through their own wardrobe (or maybe even yours!) and put together their own outfit. They could then maybe do a fashion show runway walk for those in the house.

**19. Learn about** - ask the girls to use today to learn about a particular country or maybe an event in history. Help them by researching on the internet or in books that you may have.

**20. Draw it** - challenge your girls to draw their favourite Disney princess or cartoon character. You could maybe even have the other people in your house guess who they have drawn.

**21. Sort the sweets** - if you have Skittles, or other sweets of assorted colours, put them into a bowl with lots of empty bowls around it. Give your girl/s a set amount of time and challenge them to separate the sweets into their colours before the time runs out!

**22. Spread the joy** - ask the girls to create a card for someone in the house with an encouraging note or picture.

**23. New dance move** - challenge your girl/s to master a new dance move.

**24. Alphabet find 2.0** - today, encourage your girl/s to find objects in your house beginning with EVERY letter of the alphabet.

**25. Tidy/Clean** - challenge your girls to clean their room or help with tidying another area of the house. Put some music on and turn this into a fun activity!

**26. Donate** - why not use this time to talk to your girls about being generous and giving to others? Maybe you could ask them if there is an organisation or charity they would like to donate to and do this with them online.

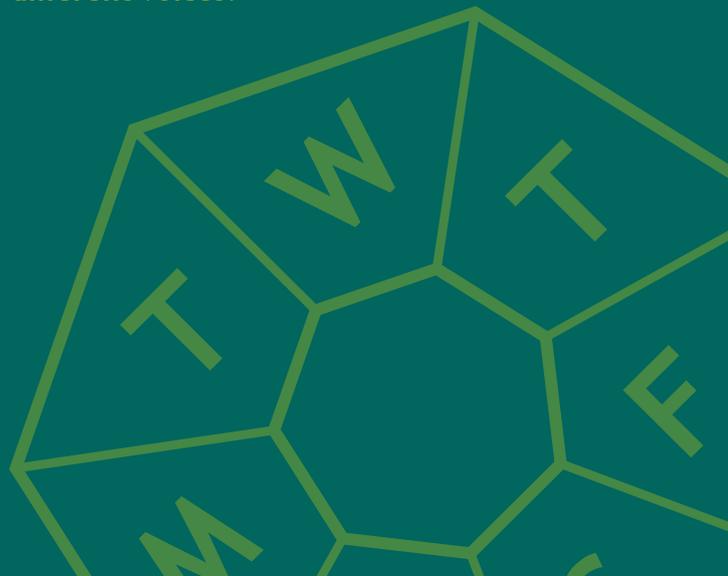
**27. The things that make me happy...** - encourage your girls to share with you five things that make them happy!

**28. Exercise** - use today as another opportunity to get your girls exercising. You could encourage them to do squats or wall sits for 30 seconds.

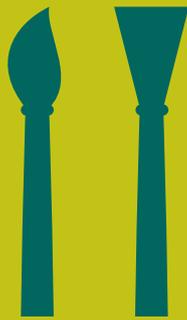
**29. Bible verse** - challenge your girl/s to memorise a bible verse. Choose one that will encourage and strengthen their faith at this time.

**30. Design it** - give your girl/s a blank sheet of paper and challenge them to design their dream dress or their dream outfit.

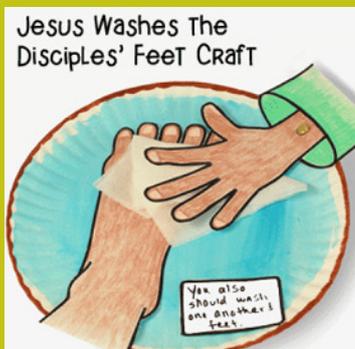
**31. Speak it** - encourage your girl/s to learn or recite a poem; they could even try doing it in different voices!



# Crafts



## Jesus washes the disciples' feet



### You will need:

- Paper plate
- Card or thick paper
- Paints/colouring pens
- A wipe/tissue
- Paper fastener (split pin)

Draw a foot on the paper plate, colour or paint it and put blue all around it as if the foot is in water. On a separate piece of card draw a hand and wrist and stick a wipe/tissue to the under side while you colour the top side. Attach the hand to the plate with the split pin in such a way that the hand can swivel back and forward as if wiping the foot.

This story can be found in the Bible in John 13: 1-17. Read through this story with your girl/s before or after doing this craft. Explain to them that when Jesus did this He was setting an example for us (v 14-15). Encourage your girl/s to think about how they can serve other people.

Craft adapted from [www.daniellesplace.com](http://www.daniellesplace.com)

## The 10 Commandments



### You will need:

- 10 Lollipop sticks
- Card/thick paper
- Colouring pens

The 10 commandments were given by God to Moses and can be found in both Exodus 20 and Deuteronomy 5. Sometimes the language can be a little confusing for younger girls so below is a simplified list to use. Encourage your girl/s to draw a giant number 1 and then a giant number 2 etc. and to write each commandment inside the number. Then stick the numbers on to the lollipop sticks as shown in the picture.

- 1) No other gods besides God
- 2) No idols, worship God only
- 3) Always treat God's name with respect
- 4) Have one day each week to rest and focus on God
- 5) Obey your parents
- 6) Don't hurt others with actions or words
- 7) Keep your promises to others
- 8) Don't steal from others
- 9) Always tell the truth
- 10) Don't be jealous of others

Craft adapted from [www.teacherspayteachers.com](http://www.teacherspayteachers.com)

# I'm doing the work of Jesus



## You will need:

Different colours of card/blank card and colouring pens or paint  
Scissors  
Glue  
String

If your girl/s enjoy practical work and building etc. this is a lovely craft to get them to focus on some of the characteristics of Jesus. The aim is to make what looks like a tool belt. So, firstly help your girl/s to draw different tools such as a hammer, a screwdriver, a spanner etc. on the different coloured card and cut these out. On each tool encourage your girl/s to write a different way they can 'do the work of Jesus' eg. show compassion, forgive, love others, use kind words. This is a great time to see what their opinion on Jesus is and to share with them some of the characteristics we see of Jesus displayed in the gospels. When they have done this stick the tools onto another piece of card (as shown in the picture) and attach a string so that your girl/s can actually wear it around their waist.

Craft adapted from [www.etsy.com](http://www.etsy.com)

# Follow me



## You will need:

2 lollipop sticks  
String  
Paper  
Colouring pens  
Net (net that you buy fruit in etc. would be perfect!)  
Scissors & glue

To begin, encourage your girl/s to draw a few men and a few fish and colour them in and cut them out. On one lollipop stick get them to write 'Follow me, and I will make you' and on the other stick 'fishers of men. Matthew 4:19' Attach the two lollipop sticks to the net, sticking the men in the net and using the string as a handle (as shown in the picture). This image of 'fishers of men' might be a little confusing for younger girls to understand, so explain the following to them: Jesus was asking some fishermen to come and follow Him, to be like Him and to serve Him. These men were used to gathering fish in their nets but Jesus wanted to give them a new mission- to gather people who would also love, serve and follow Jesus. Just like our GB motto says we want to be girls who 'Seek, Serve and Follow Christ' but we should also be like these 'fishers of men' and share the good news about Jesus to all of our friends so that they too can know Him!

Craft adapted from [www.orientaltrading.com](http://www.orientaltrading.com)

## Zacchaeus in the tree



### You will need:

- Coloured card/paper or blank card & paint
- Colouring pens
- Scissors
- Glue
- Green tissue paper

As shown in the picture, encourage your girl/s to make a tree with the coloured card and tissue paper and to draw a 'Zacchaeus' and stick him in the tree. The story of Zacchaeus can be found in the Bible in Luke 19: 1-10 and there are many lessons your girl/s can learn from this story! Talk to them about the fact that Zacchaeus was so excited to see Jesus he was willing to do whatever it took- even climbing a tree- to get a glimpse of Him! Are they willing to seek Jesus no matter what it takes? Zacchaeus was a sinner, just like us, but he accepted Jesus' invitation and invited Him in to his home. Link this to the fact that it is the most important thing we can do in life when we invite Jesus into our heart! Finally, when Zacchaeus met with Jesus he was changed for the better! How can we let Jesus change us for the better?

Craft adapted from [www.pinterest.com](http://www.pinterest.com) (Bible Craft for the Letter Z)

## My Favourite Bible Character...



Copy the template above or alternatively draw a similar template that your girl/s can use. Encourage them to think about their favourite bible character, how they see God use them and what they can learn from that character!

Craft adapted from [www.orientaltrading.com](http://www.orientaltrading.com)

## Make time for Jesus



### You will need:

- Blank paper and coloured paper
- Pens
- Scissors
- Glue
- Double sided sticky tape, or velcro

Cut a circle from the blank paper and draw on the hands and numbers to make it look like a watch face. Then draw and cut out a 'watch strap' from the coloured paper and stick the two together. Somewhere on the watch write 'Make time for Jesus'. Finally, put either the double-sided sticky tape or velcro at either end of the watch so that it can be attached to

your wrist.

Use the time whilst making this craft to discuss with your girl/s the importance of making time for Jesus in our lives. We shouldn't only think about Him on Sundays or at GB but we should be making time for Him everyday! Chat through some ways they could do this by reading their Bible, praying, worshipping through music etc.

Craft adapted from [www.biblefunforkids.com](http://www.biblefunforkids.com)

## Easter Good News Plates



### You will need:

- Paper plate
- Coloured card/paper (yellow & black) or blank paper and paint
- Paint or felt tips

On a piece of yellow card/paper, draw around your hand. Decorate the paper plate as you like (see picture for examples) and once dry, stick the yellow hand in the centre of the plate. Then cut a cross out of the black paper and stick it on top of the hand. Finally, write 'He is risen' at the bottom of the plate.

As we approach Easter, make sure that your girl/s know the true Easter story and aren't focused only on the chocolate, eggs and bunnies! In this uncertain time, we have such good news to share with them about Jesus' sacrifice for us and how He rose again, and how because of those two facts we have the promise of Salvation from sin and the joy of eternal life with God! There is a great video on YouTube that tells the Easter story through animation. In YouTube search 'The Story of Easter (Jesus' sacrifice)' by Saddleback Kids.

Craft adapted from [www.pinterest.com](http://www.pinterest.com) (Uploaded by Jen Hartsfield)



# Websites & other resources



## Websites

### [www.twinkl.co.uk](http://www.twinkl.co.uk)

This website provides a comprehensive selection of educational materials that you can use with your girls at home! There is also a wealth of resources for children with Special Educational Needs and Disabilities under the 'SEND' tab, including picture cards and daily schedules.

### [www.shiningbrightstar.weebly.com](http://www.shiningbrightstar.weebly.com)

This is such a useful hub with lists of other wonderful websites and resources, as well as links to dance/drama videos and other fun ways to keep your girls fit and healthy!

**[www.crossroadskidsclub.net](http://www.crossroadskidsclub.net)** This website provides you with a library of faith-based videos and music videos that will entertain your younger girls for hours.

**[www.adventurebible.com](http://www.adventurebible.com)** On this website the truth and power of God's Word comes alive with a wealth of helpful Bible study aids and fun Bible activities for children. Girls can learn Bible trivia with crosswords and word searches and dig into Scripture with Bible reading plans, memory verses, and devotions for kids.

**[www.truthforkids.com](http://www.truthforkids.com)** On this website I recommend looking at their Bible-based craft ideas (which you can find in a menu at the left-hand side under 'Crafts-Free Downloads').

### [www.ministry-to-children.com/sunday-school-crafts](http://www.ministry-to-children.com/sunday-school-crafts)

This website has crafts related to every bible story you can think of! If your girls are creative, check out this site for ways to keep them entertained, while reinforcing a biblical truth or reminding them of a bible story.

### [www.412teens.org](http://www.412teens.org)

For teenage girls this website is a fantastic resource of different articles that will relate directly to their lives and answer some of their big questions.

### [www.gbni.co.uk/youthblog](http://www.gbni.co.uk/youthblog)

GBNI also have a Youth Blog which will be updated a few times each week during this time. These blogs are usually ideal for Senior/Brigader age and cover a wide variety of topics.

### [www.thebighouse.org.uk](http://www.thebighouse.org.uk)

The Big House is a charity which seeks to help all young people know that there is no difficult day, no dark experience that God cannot bring hope and life into! They also have a blog that Seniors/Brigaders would really enjoy which can be found on this website!

**[www.autismni.org/educational-resources.html](http://www.autismni.org/educational-resources.html)** Autism NI have put together an educational resource kit which includes social stories, learning plans, routine charts, ebooks and audios for children of all ages.

[www.autismni.org/anxiety-resource-pack.html](http://www.autismni.org/anxiety-resource-pack.html)

Autism NI have also created an 'Anxiety Resource Pack' which includes the Body Outline chart, the 5 Point Scale, the Sticky Slimy Thoughts chart and a list of coping tools that individuals can choose from.

## YouTube

[www.youtube.com/unitekids](http://www.youtube.com/unitekids)

Child Evangelism Fellowship have created this YouTube channel full of videos to help children engage with the Bible. There are bible stories, songs, memory verses etc. all of which your girls will love!

### Gateway Kids Worship

If you search for Gateway Kids Worship on YouTube there are lots of videos of worship songs with dances/actions that your girls can follow along with.

### Hillsong Kids

The Hillsong Kids YouTube channel has songs and quick videos, as well as full Sunday Church services specifically tailored to kids!

### Seeds of Courage

This YouTube channel teaches Bible verses to songs and is great for Family Worship Time!

## Podcasts

**Kids Corner Terrene Episodes** - This half hour adventure for kids (aged 6-12) follows Lizarardo (Liz) and his reptile friends in the little town of Terrene. With the help of their parents and other grown up lizards like Grandpa Anole and Granny Gecko, they wrestle with the challenges and drama of childhood, finding real answers in the Bible.

**Faith in Kids Podcast 4 kids** - Join Ed, Jam and friends as they discuss the true Easter story in fun and creative ways through 13 podcast episodes aimed at kids!

**Faith in Kids Parents Podcast** - The Faith in Kids podcast is all about helping families

raise children in the Christian faith.

## GBNI Podcasts

The GBNI podcasts can be found on the GBNI website (<https://gbni.co.uk/podcasts>). There are currently two uploaded but more will be coming over the next few weeks!

## Apps

### The D6 Family App

This app is based on Deuteronomy 6 and is a great resource for families to grow in faith together.

### PSALMS App

This app was produced by Summer Madness and has 30 devotions, based on the Psalms. This would be a great app for Seniors/ Brigaders to continue what they have been learning in Scripture class this year. It cannot be found on the app store, but the link is on the Summer Madness Instagram account: @summermadnessinsta

### Superbook Kids Bible App

This kid's Bible app brings the Bible to life for the entire family with a full Bible, videos, images and engaging interactive games.

### God for Kids: Family Bible App

This app includes four fun adventures for kids (ideal for 5-8 year olds). Help your girl/s to explore God's character with interactive puzzles, games and thought-provoking questions.

### Thrive Studies

This devotional app is ideal for teenage girls from new believers right through to mature Christians. It is intended to be used in a small group setting, so why not bring siblings together to do a family devotional or encourage your girl/s to have a virtual small group study with their friends via Skype or zoom.

### Minted Truth

This app allows teenage girls to easily study the Bible, anytime and anywhere! It provides Christ-centered devotionals in the hopes of girls encountering the Lord's presence and experiencing biblical community.

# Ideas for Seniors/ Brigaders

It is important that our teenage girls find creative ways to stay connected to God and others during this uncertain time. So we have listed below some ways to help them achieve this:

## Devotional Resources

A few weeks ago GEMS produced a devotional resource to continue on from the Scripture course for this year. Your girl/s may possibly have received these from their Captain before their GB Company was closed. Remind them of this book and encourage them to use it as a weekly devotional. For those who didn't get a chance to get these books, we have uploaded the resource onto our GBNI website. You can find this at [gbni.co.uk/leaders/resources/scripture-resources](http://gbni.co.uk/leaders/resources/scripture-resources). Summer Madness have also produced an online Psalms Devotion resource which can be found on their Instagram page @summermadnessinsta.

## Bible Journaling

As part of their Scripture Course your girl/s will have been learning about Bible journaling and getting creative as they tried some journaling for themselves. Particularly for girls who like drawing, colouring and painting, this is a great way for them to engage with their Bible! Encourage your girl/s to look back through their Scripture Course journals for ideas on how to Bible journal around a passage or key verse. If they don't have their journals at home or they didn't do the GBNI Scripture Course, there are loads of websites and Instagram accounts that they can go to for inspiration! Tell them to check out this online blog: [www.thenivbible.com/blog/how-to-](http://www.thenivbible.com/blog/how-to-)

[bible-journal/](#) or to follow @creativeretreat on Instagram. Encourage your girls to have a daily quiet/ devotional/ bible reading time. Maybe Bible journaling won't be their thing but instead they could keep a written journal of what God is speaking to them about, or maybe they could discuss it with you, their siblings or their friends. It is just so important that your girl/s are immersing themselves in God's word at this uncertain time rather than in social media or news articles!

## Stay Connected!

Connections and human interactions are so important to people of all ages and especially your teenage girls. Although they cannot be with their friends physically, encourage them to stay connected in other ways. We are so blessed to live in a time and place where technology means we can connect with others virtually. Your girls could use WhatsApp or Facebook video calls, apps like Marco Polo or Houseparty, or even online forums such as Zoom to stay connected. NB: it is important to determine which of these are appropriate given your girl's age.

## Online Resources

Churches, ministries and Christian organisations are all taking this opportunity to connect with people online- so make sure your girl/s are making the most of the incredible amount of online resources now available to them to help their relationship with Jesus grow. As a family could you watch the online service being broadcast

by your church/a local church on Sunday mornings. Your girl/s could also watch other church services from right across the world! YouTube is also full of recorded sermons/ Christian conferences and events/ worship songs/ devotionals etc. for your girls to watch. For older girls, encourage them to be careful with their social media intake.

Maybe they should take this time to clear out some negative accounts that they follow and instead follow, for example, some Instagram accounts like @desiringgod . There are also lots of Podcasts of sermons, interviews, devotionals etc. on Apple and Android devices- maybe your church even has one! Encourage your older girls to search for these and find one they like. Podcasts are great to listen to while out walking!

## Keep busy!

Alongside their school work and their quiet time, it is important for our teenage girl/s to keep themselves busy, particularly in the evenings, so that they don't spend all of their time on Netflix or social media! Here are just a few ideas to keep them occupied in the evenings:

Encourage them to stay connected with friends in a way that doesn't involve technology. Could they write a letter to their friends, post them a little care package or simply send an encouraging note to a couple of people they haven't spoken to in a while?

Maybe they could start writing in a diary or journal about what they have achieved that day, or each morning they could list three or four things they are thankful for and three or four things they will pray about throughout the day.

Some of the baking recipes in this resource might be a little simple for your older girl/s but encourage them to develop their baking skills with recipe books you have in the house or with recipes they find online!

Encourage them to use this time to start a new hobby that they have never had the time to before! Maybe they could learn a new

language, practice calligraphy or go back to learning that musical instrument they had given up on.

Remind them how important it is to keep exercising, even when stuck inside! YouTube has so many fitness/work-out videos (such as Joe Wicks PE lessons) and other types of exercise videos such as Zumba and dance workouts. Encourage them to find one that they enjoy and spend some time each day doing one of these videos.

Finally, could they be involved in helping with chores around the house? Encourage them to think about how they can serve and bless the family as a whole by helping with cleaning and tidying etc.

Ideas for  
Seniors/  
Brigaders