

Easter Moments for Junior Church

You are invited to spend a few moments each day during Holy Week to connect with each other, and with God.

Monday

Can you find the following reminders of the Easter story around your home?

Bread, cup, something red, a nail or pin, 2 sticks, perfume, spices, something empty, a torn fabric, something dead, something alive, something spherical, white cloth, something new.

When you have found them put them somewhere in your home where you'll see them often. Each time you walk past them or look at them pause, and remember what Jesus did for us.

Tuesday

Over the years, we have made our own Easter gardens to remind of of everything that Easter is to us. Today, when you are outside, have a conscious look for some things that might belong in an Easter garden. You could make a garden on a plate (as in the picture), in your garden or somewhere else! Or, just notice these things when you are out and point them out to each other.

You could find flowers, moss, sticks and soil to represent the garden of Gethsemane, sand or gravel to represent the path that Jesus took, wood to represent the cross, a stone to represent the stone that rolled the tomb away, something empty to represent the empty tomb, white cloth to represent the cloth that was left in the tomb.



Wednesday

Find two sticks and place them together at right angles to make a cross shape. Tie it together if you like so that it holds.

Touch each corner of the cross in touch each of the four corners,

1. In Christ I am loved
2. In Christ I am held
3. In Christ I belong
4. In Christ I am strong



turn. As you say:

Thursday

Today we think about Jesus' last supper, when he took bread and broke it, and wine and drank it, and asked us to do this in his remembrance.

Choose one meal today to think about what you eat. You could choose a meal with bread and grape juice or wine to remember the last supper - or just what you are having. You could do this by video link with another family, or a friend.

Describe the taste, feel the texture. What do you smell? Think about where the food came from, who worked to get to to your plate. Be mindful of the water, soil, and other elements that were part of its creation as you sit down to eat whatever you are eating. You can reflect on the cultural traditions that brought you this food, the recipes generously shared from friends, or brought from a distant place and time to be a handed down in the family.

When we pause to consider all of the people involved in the meal that has arrived on your plate, from the loved ones (and yourself) who prepared it, to those who stocked the shelves, to those who planted and harvested the raw ingredients, to those who supported them, it is hard to not feel both grateful and interconnected.

Friday

Jesus died on the cross the curtain in the temple tore in two. This was predicted in the Bible and showed everyone that something great and new had happened.

Take some pieces of paper, kitchen roll, or fabric, and tear them up. As you do this, think about things that you have lost, disappointments, and things that have made you sad. If you have some string or ribbon, a cane or stick, wrap each piece of paper or fabric around it, equally spaced apart. You can then hang the string up in your home or hold it when you want to pray or just be still. You could write a particular prayer on each piece of paper/fabric if you like, for example family, schools, NHS, food providers, vulnerable people, those who are lonely, etc.

Saturday

We have eggs at easter to remind us of the empty tomb after Jesus came back to life? Hold an egg, or something a similar shape in your hand, and think about what this means for you and for other people.

If you want you could do this experiment with eggs. You'll need one hard boiled egg and one uncooked one.

Mark the eggs 1 & 2 with a marker. Weigh them. Is one heavier? Put both eggs in water. Do they float or sink? Do you notice any difference in how they sit in water? While they are in water, try and spin them. Do they have differently? Take them out of water and place them on a smooth surface, Spin each of them and then stop them with your finger. How do they behave? Decide which you think is hard boiled then crack it on your head!!

Whether hard boiled or raw the eggs should weigh about the same. They should both sink in water but the hard boiled one lies on its side. This is because the small amount of air inside the egg is free to move around in the raw egg so goes to the top. The raw egg does not spin as easily under water. On a smooth surface both eggs spin easily but the hard boiled egg will stop when it is touched. The difference is that one is a solid while one is a fluid. When the raw egg spins, only the shell stops, not the egg inside.

Sunday

Look for as many things as you can find that are alive. This is why we celebrate Easter - it's so much more about life than death. Make butterflies with your two hands and say thank you for the life that you have and for life all around you.