

FUNKY FISHES



AFTER SCHOOL PROGRAMME



FRUITS OF THE SPIRIT



INTRO



Funky fishes is the name of an after school club in one of our local schools. It aims to create a fun, lively environment to teach and develop children's understanding of the Christian faith and aspects that are relevant to their everyday life.

This after school programme focuses on the 'Fruits of the Spirit' using games, crafts, fun bible stories and songs. Each fruit of the spirit is linked to a real fruit to illustrate - pictures of these can be printed out each week and stuck on a pre-prepared tree giving the children a visual image to remember each fruit of the spirit. These pictures can then be used at the end of the programme to quiz the children and see what they have learnt. If finances permit bringing in a real piece of the fruit each week to show and taste is also a really great way to get the children involved and enthused by the topic.

This programme was used in a school hall with children aged 4 to 10 (school years reception - year five) Our group size ranged from 15 - 30 children but could easily be adapted for a smaller group. The sessions ran for an hour but can easily be adapted for shorter times by cutting out various activities.

We hope that this flexible after school programme will be of use to you and that the children thoroughly enjoy learning about 'the fruits of the spirit'.

THE SPLASH TEAM

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FRUITS OF THE SPIRIT WEEK ONE: LOVE

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Have a pre-prepared tree and explain that we are talking about the fruits of the spirit which are things that Jesus said we should try and do- they are not real fruits. Use a strawberry to introduce the first fruit - love because it is red and shaped a bit like a heart. Ask children if they have anyone who tells them they love them? Ask them if they tell anyone that they love them?

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a strawberry
- Pre-prepared windmill craft from catalogue

BIBLE STORY The Good Samaritan - Luke 10:25 - 37

In the days of Jesus there were two types of people who really didn't like one another; Israelites and Samaritans, and he told a story about how to show love to others even those who you don't like. An Israelite was going down from Jerusalem to Jericho, when some robbers jumped out at him and attacked him. They stole all of his things and hit him and threw him in a ditch. A priest, who was a friend of the man happened to be going down the same road, and when he saw the man, he ignored him and walked on. Another important man came by and he also ignored the man. Then a Samaritan came by (now remember the Samaritans don't like the Israelites.). As he passed the man in the ditch he felt really sorry for him and realised he must have been hurting quite a lot. He went over to him and began to care for him and clean all of his cuts and bruises. Then he took him to an Inn (which is like a hotel) and left him there to rest. The next day he took out two silver coins and gave them to the innkeeper. He told the innkeeper 'Look after him and when I return, I will give you money for any extra expense you may have.'

Even though the Samaritan was enemies with the man he still felt sorry for him and wanted to show love to him by looking after him. Are there people you don't like? Could you do things to help them? What about people you do like, how can you help them?

GAME Fruit Salad - go round circle naming people banana, strawberry, orange, grapes, apple leader calls out a fruit and all the fruits have to get up and try and swap places but the leader tries to get a seat too.

CRAFT Windmills - pre-prepared from catalogue

PRAYER Dear God, thank you that you love us please help us to love others too with actions as well as words Amen

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FRUITS OF THE SPIRIT WEEK TWO: JOY

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (Love) Then introduce the new fruit which Joy using a pineapple to represent it because it has a happy smell, explain that Joy is like being Happy. Ask them what makes them happy. Explain that Jesus likes to see us happy. Explain that Joy is deeper than happy, it means you are happy even when bad things happen -give examples.

BIBLE STORY Matthew 13:44

Knowing God is like finding hidden treasure. A man found some treasure buried in a field he was so happy he hid it again and then sold all of his things so he could buy the field that the treasure was in - The man in the verse got rid of all of his things so he could have the treasure even though he didn't have any of his things anymore he was still happy because he had the treasure. The treasure in the story is like Knowing that God loves us fills us with that same happiness which is joy even when we feel like we have nothing knowing that God loves us can help stay happy, sometimes it may not feel that easy but you can talk to God about things.

GAME **Variety** - A variety of games for them to enjoy - mixture of board games/active games/puzzles etc.

CRAFT **Colouring** - If they would prefer to colour than play games

PRAYER Dear God, thank you that you enjoy seeing us happy please help us to have Joy by being happy when bad things happen too Amen

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a pineapple
- Variety of games
- Colouring equipment

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FRUITS OF THE SPIRIT WEEK THREE: PEACE

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (Joy) Then introduce the new fruit which is Peace using a Starfruit because stars come out at night and that is when you are peaceful, explain that peace means you are relaxed and God's gift of Peace is there to keep us from worrying because God is there for you and doesn't want you to worry. Ask them what makes them worry. Explain that Jesus doesn't like it when we worry because it isn't a nice feeling for us. Explain that God wants to hear our worries and help us feel peaceful.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a starfruit
 - Parachute
 - Ping pong balls
 - Buckets
- Flower pots with cups attached
 - Pre cut stars
 - Glitter
 - Glue
 - Hole punch
 - Newspaper
 - Ribbon
- Dustpan and brush

BIBLE STORY Jonah and the whale

There was once a man named Jonah. He was good friends with God. One day God asked him to go to a place called Nineveh to tell the people all about him. The trouble was that the people in Nineveh were really horrible and were enemies with Jonah's people. So Jonah was really worried about going so he decided to run away. (get Jonah to run around the outside of the parachute) He joined some people on a boat to get away. (get Jonah and 3 others to sit on the middle of the parachute) They were sailing far away and suddenly there was a storm that God had created because Jonah was running away. (get children outside the parachute to shake it) The people in the boat found out that it was Jonah's fault that the storm had come. They were angry so decided to throw him out of the boat. (get Jonah to jump off the parachute) He was really scared when suddenly a big fish came and swallowed him up (get children to lift up the parachute and Jonah to go underneath it then let the parachute go down.) He was kept safe in the fish for 3 days and three nights. (get children holding the parachute to take 3 steps.) While Jonah was kept in the fish he spoke to God and God gave him his peace about the trip to Nineveh. So after the 3 days and 3 nights God opened the fish's mouth and let Jonah out. (get children to lift the parachute up and get Jonah to come out.) After receiving God's peace Jonah was not afraid anymore and went on to Nineveh to tell them all about God.

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FRUITS OF THE SPIRIT WEEK THREE: PEACE CONT.

GAME Flowerpot/ping pong ball game

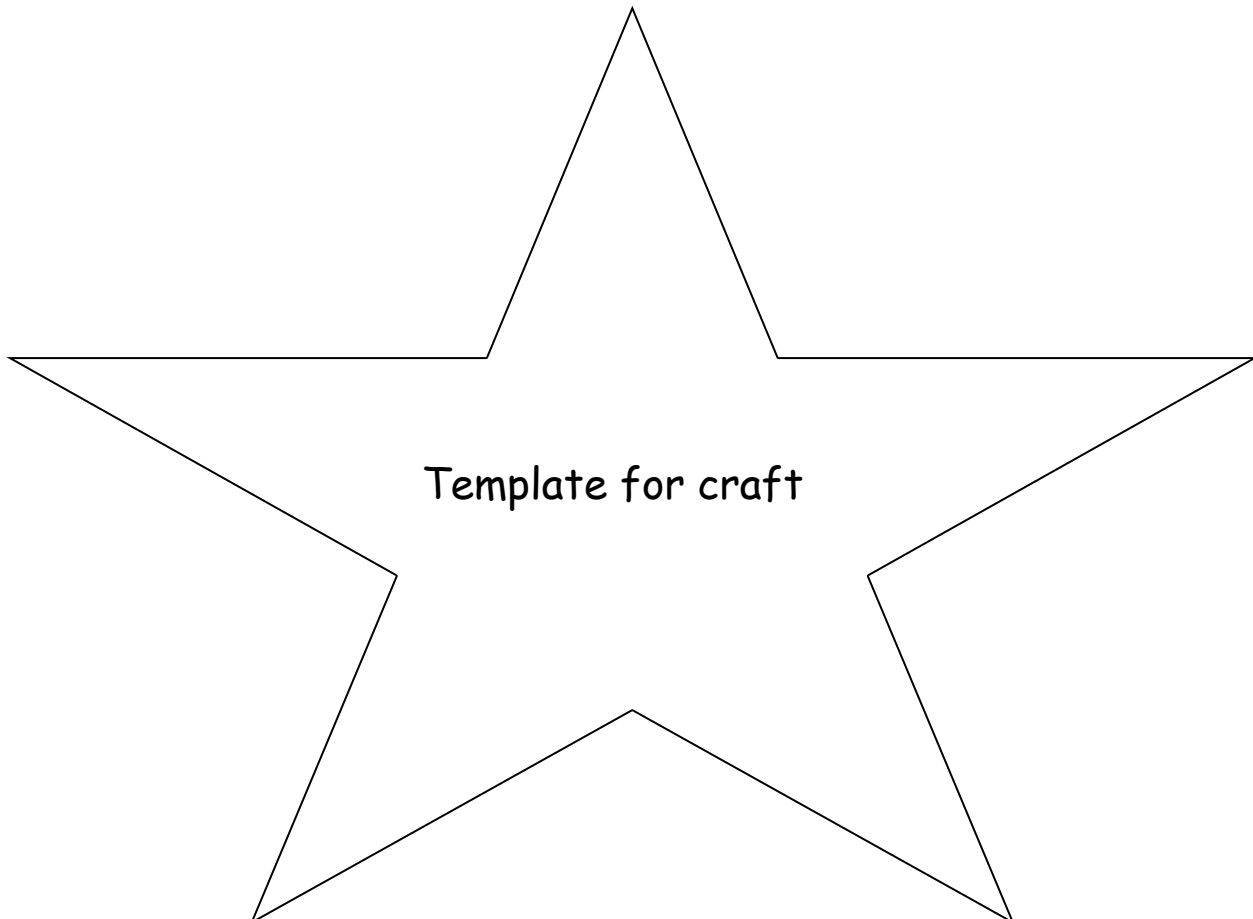
(flower pot hats with cups attached to them, each team are given a certain amount of ping pong balls. They pick up 1 ping pong ball and place it in the cup on top of their head they run down and have to get the ping pong ball into the bucket at the other end!)

CRAFT Hanging stars - Cut out star shapes and decorate with gold or silver glitter then punch a hole in top and hang with ribbon.

PRAYER Dear God, thank you that you are there for us when we need you and that there is no need to worry, Please help us to remember to talk you when we worry so that we can be given peace. Amen

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a starfruit
 - Parachute
- Ping pong balls
 - Buckets
- Flower pots with cups attached
 - Pre cut stars
 - Glitter
 - Glue
 - Hole punch
 - Newspaper
 - Ribbon
- Dustpan and brush



Template for craft

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FRUITS OF THE SPIRIT WEEK FOUR: KINDNESS

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (Peace) Then introduce the new fruit which is Kindness using a grapes because grapes are so easy to share and sharing is part of kindness, explain that kindness means you are nice to people and are happy being nice to people. How can you show kindness? Give some examples.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of grapes
- Props for story
- Badge making kits
- Felt tips

BIBLE STORY The feeding of the 5000

There was once a young boy who enjoyed listening to the stories Jesus told. There was one day when it was really hot and sunny and lots and lots and lots and lots and lots of people had come to see Jesus and listen to him speak. He spoke for a long time and people were still listening but were beginning to get hungry. Jesus saw this so asked the disciples what food there is to feed them. The disciples were shocked at this suggestion because it would have cost so much money to feed so many people. Jesus asked them to go look for some food. They did so and found the young boy in the crowd with a small lunch that his mother had given him. The small boy was happy to let the disciples take it away and share the food with everyone. I bet that boy thought he'd never get any of his food because there were so many people. The disciples took the lunch back to Jesus. There were two fish and five loaves. Jesus asked the disciples to get the people in groups of 100 so it would make it easier to give out the food. The disciples did this but didn't think all the food would be enough for everyone. Jesus took the food and prayed to God then gave it to the disciples to give it out. They began to give it out and as they did this more and more food suddenly appeared and they were able to feed everyone even the small boy. The disciples were shocked - Jesus had performed a miracle. Just think how that small boy must have felt when he saw everyone being able to eat because he was willing to share his food. The boy's kindness meant Jesus could do a miracle and make sure everyone had something to eat.

GAME **Musical friends** - music is played when the music stops they are to find a friend to shake hands with if they don't find a friend they have to sit out emphasise that they can shake hands with anyone doesn't have to be their real friend.

CRAFT **Badge making** - Decorate a badge for someone else in the group - they need to find out from the person what they like for example colours.

PRAYER Dear God, Please help us to remember to be kind to others and be happy when others are kind to us. Amen

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FRUITS OF THE SPIRIT WEEK FIVE: PATIENCE

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (Kindness) Then introduce the new fruit which is patience using a lemon because you have to eat lemons slowly because they are sour and you have to be patient, Being patient means you don't mind waiting for things. What kind of things do we have to be patient for? Give some examples.

BIBLE STORY The story of Noah

God was unhappy with the people in the world because they were doing really nasty things. God had asked Noah to build a big boat, God was happy with Noah and wanted to keep him safe along with all the animals. The only trouble was there wasn't any water anywhere at all and it hardly ever rained. Well that seems a bit silly to build a boat where there isn't any water and that's exactly what everyone thought when they saw Noah. They laughed at him and thought he was mad. But Noah trusted in God and believed that one day God will send lots of rain which will create big floods so the boat will float. Noah was really patient and continued to build the boat. Day in day out he banged and sawed and painted. When finally after Years of hard work and he had finished the boat and got the animals on the boat the rain began to start. The rain fell and fell and fell. They were in the Big boat for 40 days and 40 nights which is a long time to wait and be patient. Then suddenly the sun came out and began to dry up all the rain, but this took a long time too so he had to be patient and wait for the sun to dry it up. He did a few tests with some birds by sending them out and if they stayed away it probably meant there was some land around. But he checked it out a few times he sent a dove out who brought back an olive branch which was good news and the next time he sent the dove away the dove didn't come back which meant that Noah and his family could stop the boat and get back out on to the earth. Noah had to be very patient with lots of things but he could be because he knew God had good plans for him.

GAME **Traffic light game** - a leader chooses a colour from a traffic light and calls it out. If red the children stand still - orange the children walk slowly - green the children run round fast. If a child does the wrong action they have to sit out and help judge or call out the colours

CRAFT **Magic modelling clay** - make an animal from the ark out of the clay take it home and wait for it to dry takes 24 hours.

PRAYER Dear Lord, please help us be more patient with things and to try not to get cross when we have to wait Amen.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a lemon
- Magic modelling clay - from catalogue

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FRUITS OF THE SPIRIT WEEK SIX: FAITHFULNESS

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (patience) Then introduce the new fruit which is faithfulness using cherries because they have two on a stem together - being faithful means you stick with something for a long time even if at times it's not very nice. Example playing a musical instrument, or going to a club. Explain that it is good to be faithful and being faithful means you get good things back - you are blessed.

BIBLE STORY David and Jonathon

There was once a king, his name was Saul. He was a happy king most of the time and all the people loved him (Get child to hold up 'CHEER' sign). Then Saul became a bit ill and a young boy, David, was invited to play the harp for Saul, this made him feel lots better. ('CHEER' sign) Saul liked David and became friends with him. ('CHEER' sign) Soon after one of Saul's enemies appeared and threatened Saul. (Get another child to hold up 'OOoooo' sign) David managed to kill the enemy. ('CHEER' sign) everyone was so happy and loved David because he had saved them. This made Saul Jealous. ('OOoooo' sign) But David had made friends with Saul's son Jonathon and married Saul's daughter. ('CHEER' sign) Saul hated David so much that he wanted to kill David and he told Jonathon. ('OOoooo' sign) Jonathon told David and said he wanted to help him out. ('CHEER' sign) Jonathon helped David hide from Saul. Jonathon managed to get Saul to stop, so David was able to work for Saul again. ('CHEER' sign) David managed to defeat another of Saul's enemies which again made Saul Jealous. ('OOoooo' sign) while David was playing the harp one day Saul got a spear and threw it at David. ('OOoooo' sign) David managed to dodge it and escaped. ('CHEER' sign) Jonathon and David's wife helped David out in every way they could and kept David safe from Saul. David hid for ages in loads of different places, one place was a cave. He had found lots of people that wanted to help him kill Saul. ('OOoooo' sign) Saul went into the cave where David was hiding and all of David's people told him to go and kill Saul, but David couldn't and left him alone. When Saul left the cave David ran out and shouted after him. David explained how he could have killed him but didn't because he didn't want to harm him. Saul saw this and believed David and said he would stop trying to kill him. ('CHEER' sign)

In this story there were lots of different ways people were faithful, Jonathon and Saul's daughter were faithful to David as a wife and friend by helping him even though it was going against their father. And David was faithful to Saul even though he wanted to kill him, David could have killed Saul but didn't, this shows faithfulness.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a cherries
- Signs for bible story
 - Newspaper
 - Paper
 - Scissors
 - Pencils
 - Pens

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FRUITS OF THE SPIRIT WEEK SIX: FAITHFULNESS CONT.

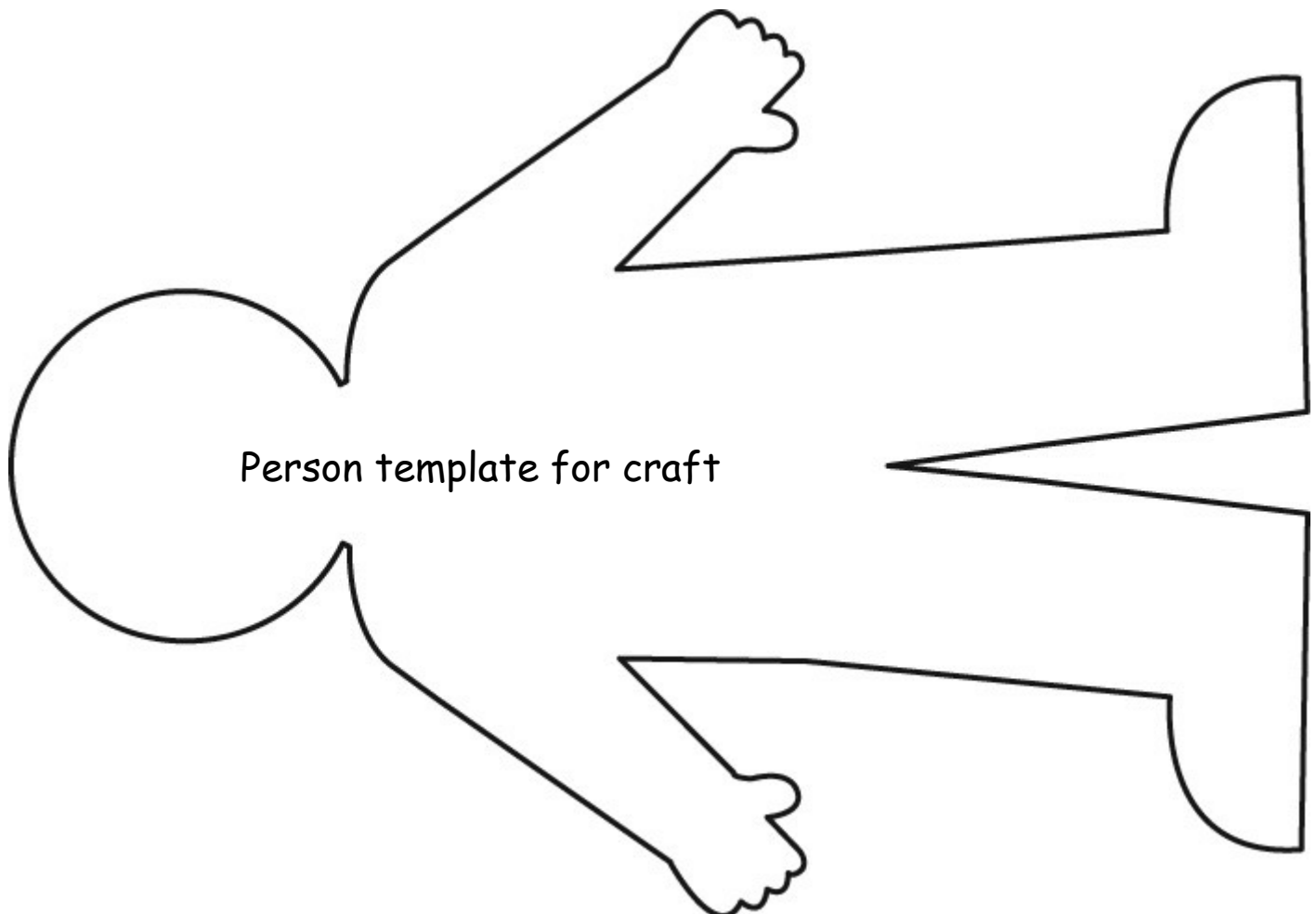
GAME **Stepping stones** - Split in to 2 teams and they have 3 sheets of newspaper and they have to get the whole team across to the other side but they aren't allowed to touch the floor.

CRAFT **Paper people** - fold a piece of paper in concertina style then draw round a template of a person making sure one side is right up against the folded edge then cut round it and unfold revealing a row of people stuck together. Then decorate.

PRAYER Dear Lord, please help us to be more faithful to things even when things are hard Amen.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of cherries
- Signs for bible story
 - Newspaper
- Several templates of person
 - Paper
 - Scissors
 - Pencils
 - Pens



Person template for craft

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FRUITS OF THE SPIRIT WEEK SEVEN: GENTLENESS

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (faithfulness) Then introduce the new fruit which is gentleness using peaches because they are very soft - Gentleness means you are kind and careful with people and things, God wants us to care for people and be gentle with animals people and nature.

BIBLE STORY The Lost Sheep

Jesus once told a story about a shepherd (which is a man who looks after sheep) he had 100 sheep that he looked after. One day the shepherd was counting his sheep when he noticed that there was one missing. He cared for the sheep that was lost so much that he left the other sheep to go find it. So we are going to go on a sheep hunt. So you have to copy everything I do and follow me. We're going on a sheep hunt we're not scared. Oh no what's this, a big field well we can't go over it and we can't go under it so we are going to have to go through it. Swish, swosh, swish, swosh! Phew I'm glad we got through that, we're going on a sheep hunt we're not scared. OH no what's this it's a swamp well we can't go over it and we can't go under it so we'll have to go through it. Squelch, squelch, squelch! Phew I'm glad we got through that, we're going on a sheep hunt we're not scared. Oh no what's this a river well we can't go over it, we can't go under so we'll have to go through it. Splish, splash, splish, splash. Phew i'm glad we got through that! Oh and look there is the sheep we've been looking for. Lets go back to the rest of the sheep. We have to go through the river splish, splash, splish, splash and the swamp, squelch, squelch, squelch, squelch and the big field, swish swosh, swish, swosh. Phew we got back safely with our sheep and they are all back together YAY!

Jesus told this story to explain about how God cares for us, he wants us to care for other people, animals and the nature. To do this we need to be gentle.

GAME **Lost animals** - give each child an animal name, they then have to make the noise of that animal and find the other people with the same animal

CRAFT **Cotton wool sheep** - Templates of sheep cut out and covered with cotton wool

PRAYER Dear Lord please help us to be more like you and gentle to the things you've made Amen.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of a peach
- Templates of sheep
- White/black card
- Cotton wool
 - Glue
- Newspaper

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FRUITS OF THE SPIRIT WEEK EIGHT: LOVE

SONG God Loves me—Doug Horley

FRUIT OF THE DAY Try and get the children to remember which fruit we were looking at last time (gentleness) Then introduce the new fruit which is goodness using an orange because it is full of good things for you. Goodness means you do good things. Do you have any rules at school? What things can you do to show goodness?

BIBLE STORY Meshach, Shadrach and Abednego

There was once a king named Nebuchadnezzar. Nebuchadnezzar made a really, really, really big statue and wanted everyone to bow down and worship it every time they heard a musical instrument play. Nebuchadnezzar said that anyone who didn't obey this law would be sent to big fire and thrown in. At this same time 3 men named Meshach, Shadrach and Abednego lived in the same country. Meshach Shadrach and Abednego believed in God and that it was wrong to bow down to anyone else than their God. This is a bit of a problem when King Nebuchadnezzar has made this new law about his gold statue. When the musical instruments played Meshach, Shadrach and Abednego did not obey king Nebuchadnezzar's rule. King Nebuchadnezzar found out that Meshach, Shadrach and Abednego didn't bow down to the statue so Nebuchadnezzar got really cross. He ordered Meshach, Shadrach and Abednego to come see him. When Meshach, Shadrach and Abednego got there King Nebuchadnezzar made the musical instruments play to make Meshach, Shadrach and Abednego bow down but they still didn't. Meshach, Shadrach and Abednego weren't scared though; they believed that God would save them. Nebuchadnezzar got even more cross and took Meshach, Shadrach and Abednego to the big fire. Nebuchadnezzar was so cross that he made the fire 7 times hotter than normal. Nebuchadnezzar put Meshach, Shadrach and Abednego in the fire. The flames were so hot that they killed the soldiers that threw Meshach, Shadrach and Abednego in to the fire. Suddenly Nebuchadnezzar jumped in surprise he asked his men 'didn't we only put 3 men in the fire?' They replied 'yes sir'. The reason King Nebuchadnezzar was so surprised was because there were in fact 4 men now standing in the fire. Nebuchadnezzar called out to Meshach, Shadrach and Abednego. Meshach, Shadrach and Abednego weren't hurt at all God had sent an angel to become and rescue them. Nebuchadnezzar was so amazed that he began to follow God too and Gave Meshach, Shadrach and Abednego a new job.

Meshach, Shadrach and Abednego did what was right and good even though they knew it was going to get them in to trouble and danger but they believed God would save them and help them.

CRAFT Fruit kebabs - bring a selection of chopped fruit and make kebabs

PRAYER Dear Lord please help us behave better and do the right things thank you that you forgive us if we don't Amen.

YOU WILL NEED:

- Cd for song
- Pre-prepared tree
- Picture of an orange
- Selection of chopped fruit
 - skewers