



Make a Cress head

1. **Boil the eggs until they're hard boiled. Take the tops off gently. You can eat the boiled eggs - try them with toast soldiers - ...**
2. **Draw a face on the egg shells or yoghurt pots using felt tips or paints.**
3. **When the paint has dried, wet some kitchen roll and put it in the bottom of the egg shells or yoghurt pots.**
4. **Wet some cotton wool and put it on top of the kitchen paper. Make sure there is a gap between the cotton wool and the top of the egg shells or yoghurt ...**
5. **Put some cress seeds on the cotton wool and press them down gently.**

Prayer

One of the good things that Pauls talks about growing is our unity. This means being together.

When we are not together physically with our church, family, or friends we can still be connected to them and God through prayer.

Think of someone you would like to pray for and write their name here:

Write something you about them:

Now ask God to look after them this week...or use your own words.



Draw or paint 4 people

- the first is kind
- the second is joyful
- the third is lovely
- the forth is noble

Or draw something to give to someone that will bring them Joy! think of a person and then think about the things they like to do....