

Children and youth Mother's Day 2019



'Because of you...'

This material is adaptable for groups in all school years. Each section contains a number of options, so you can make sure your session suits your group.

Many of the activities and discussions can be adapted slightly to have a more obvious focus on mothers and Mothers' Day if that's appropriate, depending on the participants in your group. The session plan is more focussed on significant women in children's lives and sharing love - this is to make sure that fostered or adopted children and young people in groups don't feel singled out or embarrassed.

Bible verse:

Romans 12:10-13 Love in Action

Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality.

Session aim:

To help the children to consider what love is and how love can be shown. To help the children consider why love is important. To encourage the children to think about how the women in their lives show them love and to consider how they too can show people love. To encourage the children to think about what it can mean to put others first and to prepare to do this themselves. To facilitate thanksgiving to God for the women in their lives as well as a practical demonstration of thanks through a card, balloon or picture.

This session is split up into sections:

- Introduction/Welcome (3 game options)
- Introduce scripture/Theme
- Unpacking the Bible through activity and discussion (2 options)
- Response Activity (3 options)
- Prayer (3 options)

Introduction/Welcome: (three game options)

Game option 1: Female cartoon characters

Whole group game: Play this game like charades and get one or two children to come to the front and act out the character (without using speech or sounds). All of the other children can look at the pictures and try to guess which character they are acting out.

Small group or pairs game: Find images of each character and print and cut out the actions and picture for the children to match.

Actions:

- Fiona from Shrek
 - o Hands either side of your face, clawed and shout, making as ugly face as possible
- Elsa from Frozen
 - o Sweep your arms up in the air
- Jessie from Toy Story 2 and 3
 - o Riding on a horse with one arm in the air
- Skye from Paw Patrol
 - o Putting goggles on
- Belle from Beauty and the Beast
 - o Reading a book
- Elastigirl from The Incredibles
 - o Stretching out your arms and legs as much as you can
- Lisa Simpson from The Simpsons
 - o Playing a saxophone

Game option 2: Hidden hearts

Hide cut out heart shapes around the room and ask the children to find as many as they can. They could do this individually or in groups.

Game option 3: Convince me you are

Get the children to stand up. The leader will say 'convince me you are' and the children will need to act this out using body actions and sound. You may choose to note who convinces you the most or you may just enjoy the children's acting.

Convince me you are:

- Decorating the house for a party
- Rescuing someone ball that is caught in a tree
- Showing someone how to ride a bike
- Pegging up the washing outside on a very windy day
- Putting away the shopping with one minute to go until your favourite tv programme
- Walking around in the dark in a power cut to find a torch
- Picking lots of flowers to make a big bunch of flowers to give away

Summary: these are all kind acts that people can do to show love.

Introduce scripture/theme:

This is an opportunity for you to introduce the scripture to your group. You may wish to share a short talk at this point or have a group discussion to share what they understand from the verse.

You could ask the children to consider writing a version using words that are a bit more familiar to them or you could simplify it for them. An example you could use is below:

- Love Others
- Put other people first
- Be enthusiastic and passionate for God and serving Him.
- Be joyful and have hope, be patient in hard times, and keep praying.
- Share with God's people who are in need and welcome others.
- Areas for inclusion could be what is love? Why do we love? How do we show our love?

Unpacking the Bible: (two options, use one or both)

Option 1: Be devoted to one another in love

Resources: Pre-cut heart shapes, pens, large piece of paper/lining paper, glue or string.

Activity:

Use pre-cut heart shapes and ask the children to write on them how people show their love to them. (You can choose how much focus you place on mothers showing love depending on your group). This can be done individually, in small groups or as one group. Prompts could include: What kind things do people do to show they love you? What helpful things do people do to show they love you? What generous things do people do to show they love you? What caring things do people do to show they love you?

Have the outline of a female adult on some large lining paper. As a group think together about which women love you. Acknowledge that it is Mother's Day today so it might be that for some of people in the group it is their mum who shows their love through doing some of the kind, loving, generous or helpful things that we have thought of. Not everyone's mum will do these things so we are going to think about some of the women that we know who also love us. This might be a teacher, a family member, a neighbour, a club leader or someone from church. The leader reads one heart out at a time (e.g. helps me with my homework) and asks the group to share the name of a woman who does this (e.g. Jane my Teaching assistant, Mum, Gran, Hannah my sister). Write the names of the women inside the outline on the paper until all the hearts have been read out. For each heart there could be any number of names shared and written down. The hearts can be stuck around the outside of the person shape or be attached by string around the outside.

Take a moment to reflect on how many women love the children in the group.

Discussion:

God places many different women who love us in our lives. They all show their love in different ways. It is good to be thankful and let these women know what a difference they make to our lives. Discuss how some of these acts have impacted the children's lives. For example: Jane helping a child with homework means that the child can keep up with their work and their friends don't tease them.

Option 2: Honour one another above yourselves: Putting others first

Activity:

Read a number of pairs of statements out. Statement A and Statement B. As the children to choose which one they would rather do and go to the left of the room for statement A and the right of the room for statement B.

Would you rather?

- a) Give away your last sweet
- b) Use some of your own money to buy someone else some sweets

- a) Miss playtime to help someone with their homework
- b) Spend playtime looking after a new person

- a) Play your friend's choice of game every day for a week
- b) Watch someone else's choice of tv programme for a week

- a) Set the dinner table
- b) Do the washing up

- a) Have a dinner that you don't really like because it is someone else's favourite
- b) Help cook your favourite dinner for everyone in your house

- a) Teach someone to do something you can do, like ride a bike, write their name, do a card trick
- b) Invite someone to join you at a club you attend or church

Discussion:

The Bible tells us to put others first before ourselves. The choices in the game were things we could do to put someone else first. Some of them seemed like fun things to do and some of them not so fun. Some of them seemed easy and some of them hard. Discuss which ones might be hardest to do. Think as a group about how each of the children could put someone else first this week. Ask the group to consider why it is good to put someone else first? The actions of the women we spoke about in activity 2 make a difference to our lives. We can make a difference to other people's lives.

Response activity: (three options)

Response activity 1: Thank you cards

Resources: Card, felt pens, pens and stickers/craft resources to decorate. You could use the printable 'Because of you...' cards with the Mother's Day 2019 resources.

Make Thank you cards to thank some of the important women in the children's lives. Ask each child to choose one person and acknowledge one way that they show them love. On the front use the phrase 'because of you' and then ask the children to write or draw how their life is impacted. In the inside ask the children to write or draw what they are thankful for.

E.g. Front: 'Because of you I can do my work and don't get bullied.'

Inside: 'Dear Jane, Thank you for helping me with my homework.'

For younger children you could pre-write 'because of you' and 'thank you' onto the cards. These can be decorated with craft supplies.

Response activity 2: Because of YOU

There will be lots of people who could say because of YOU – because of something good that you have done to show your love.

Spread out the sentences below written in speech bubbles and ask the children to choose one that they think someone else may have said because of something nice they said or did. Ask them to share what they did and with whom.

- I felt happy (e.g. I think Jack at school felt happy when I gave him my books to read when I had finished them).
- I felt special
- I had fun
- I felt better
- I was not on my own
- I learnt something new
- I could do something that I couldn't do on my own
- I went somewhere new
- I felt excited
- I had an adventure
- I played a new game
- I met a new friend

Response activity 3: What can you do?

Ask the group what are you good at? Write a list. Discuss how they could use the things to be kind to or help someone else?

Resources: Pen, strips of paper.

Get the children to design a voucher to give to someone offering to use their gift to bless them. Or, get the children to think about and share who has helped them to become good at this activity. E.g. because of my cousin I am good at football. This may be because their cousin always

plays football with them when they are together and bought them a football. On a balloon get the child to write in felt pen 'because of *name* I am good at *activity*'. They can take this balloon home and use it to remind them to say thank – you to God for this person. Alternatively the children could write onto cut out people shapes which you could prepare or buy in advance.

Prayer: (three options)

Prayer option 1: Mother's Day spoken prayer

You could all read this prayer together or you could ask one or two people to read it out. You'll find a PDF of this in the additional resources that you could print out to share or it's on the PowerPoint

Prayer option 2: Prayer people

Resources: People outline templates, pens/pencils

Print out (and cut out if you want to) the people outline templates (or you can buy packs of these to use!) enough for one each

Ask everyone to write inside the person outline the names of women who have cared for and helped them. As they write the names down, encourage them to thank God for those women. You could make space at the front everyone to come and stick up the people, as a continued act of thanking God, but also as reminder to everyone of the many women we remember and honour on Mother's Day.

Prayer option 3: Prayer flowers

Resources: Flower templates, pens/pencils

Print out (and cut out or have scissors there for them to cut their own) the flower templates. If you wanted to, the children could also decorate the flowers by colouring them or sticking tissue paper.

Ask everyone to write in each petal the names of women who have cared for and helped them. As they write the names down, encourage them to thank God for those women. Have a vase at the front and ask people to come and place their flowers in the vase

- The vase could be a drawn vase that people stick the flowers into
- If you have a creative congregation/the time and space, you could get people to stick florists wire or green pipe cleaners along the stem of the flower to help them stand.

You could keep the vase of flowers on display as a reminder of the women we are thankful for.

I felt happy

I felt special

I had fun

I felt better

**I was not on
my own**

**I learnt to do
something
new**

**I could do
something
that I couldn't
do on my own**

**I went
something
new**

I felt excited

**I had an
adventure**

**I played a
new game**

**I met a new
friend**

Children and youth Mother's Day 2019



Mother's Day prayer

Lord God, we celebrate all the women in our lives who have helped shape us. We are thankful for the women you put around us who inspire, invest and love us through the highs and the lows of our lives.

We pray for each other and recognise that some of our mothers and mother figures have caused us pain. Where we are feeling hurt, pour out your comfort, love and restoration.

We thank you for the mother figures that help us through our struggles and share our tears.

We thank you for the mother figures who laugh with us and share in our joy.

We thank you for the mother figures who journey with us through our lives and don't give up on us.

We thank you for the mother figures who are teachers, youth workers, parents, grandparents, social workers, carers and friends who bring us life. We recognise that because of these women we have become who we are today.

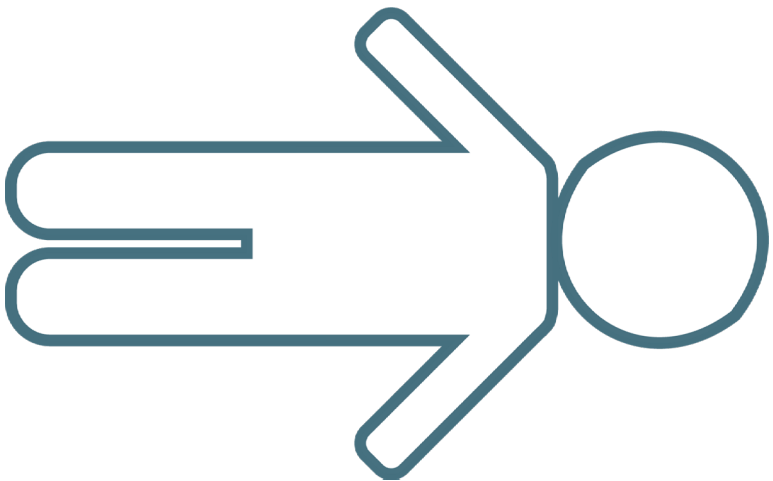
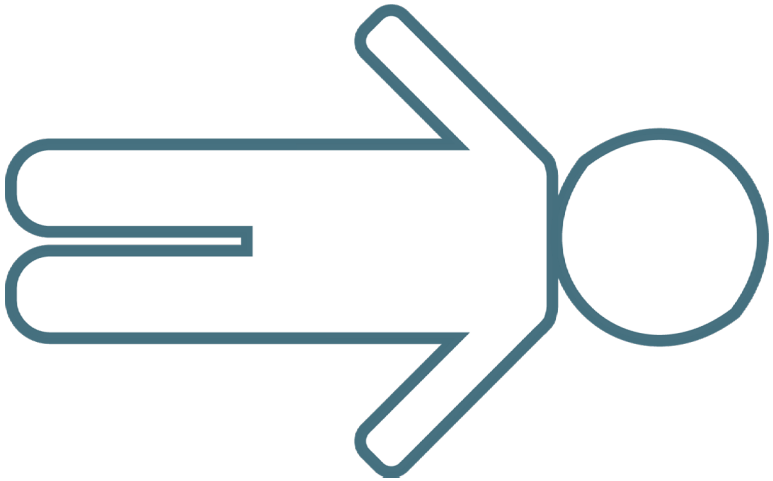
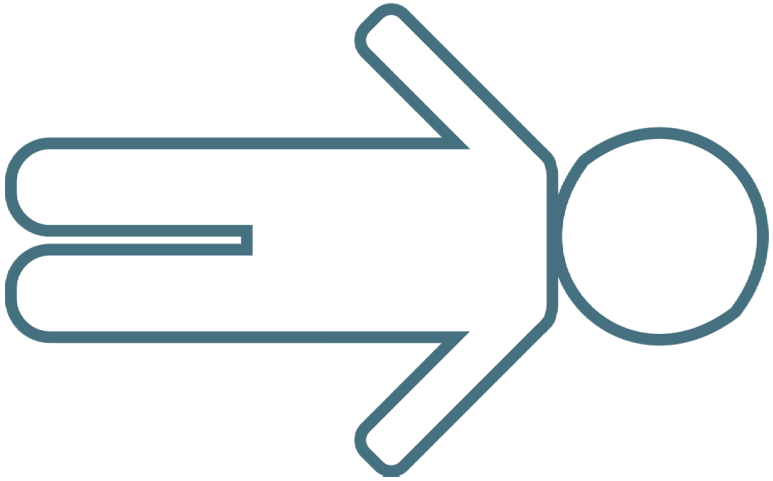
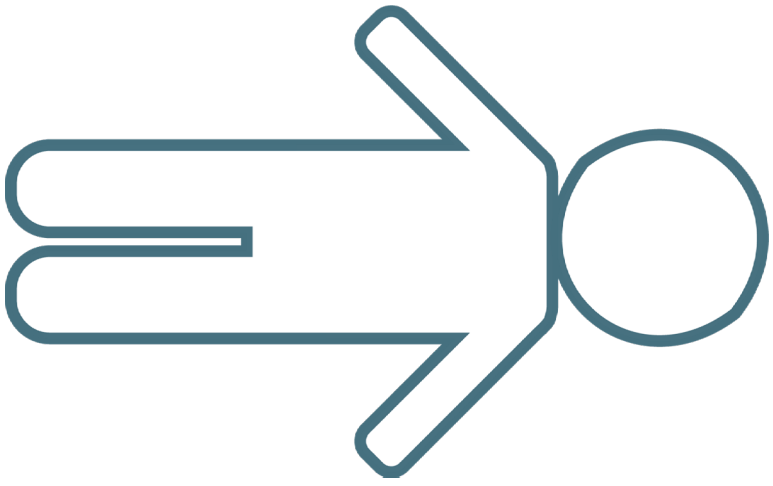
We pray that we would be reminded today that it is you who has worked through these beautiful people to show us your love, compassion and discipline.

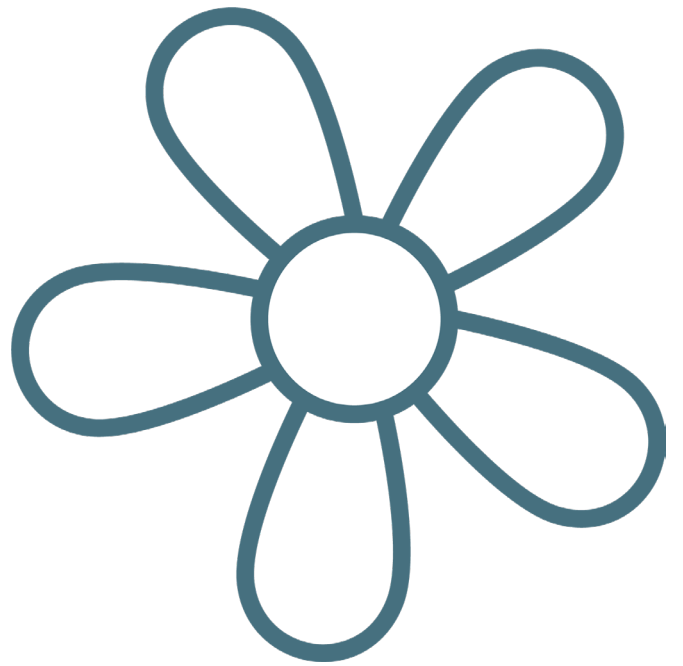
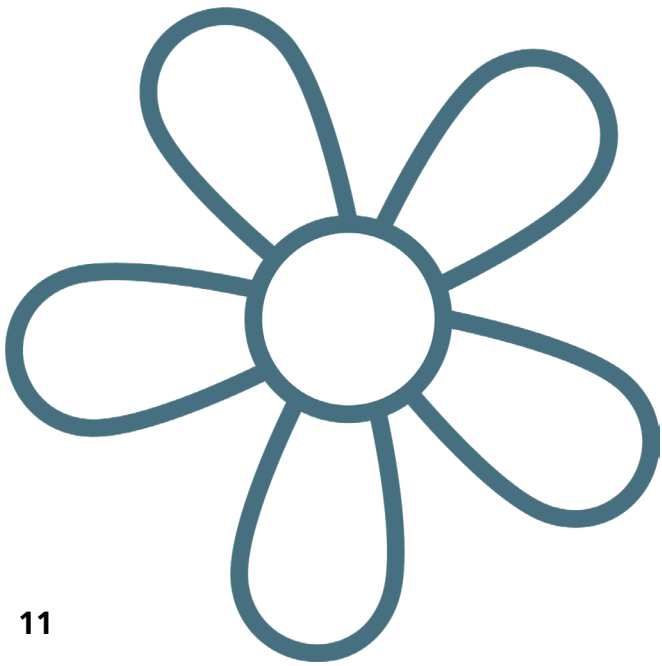
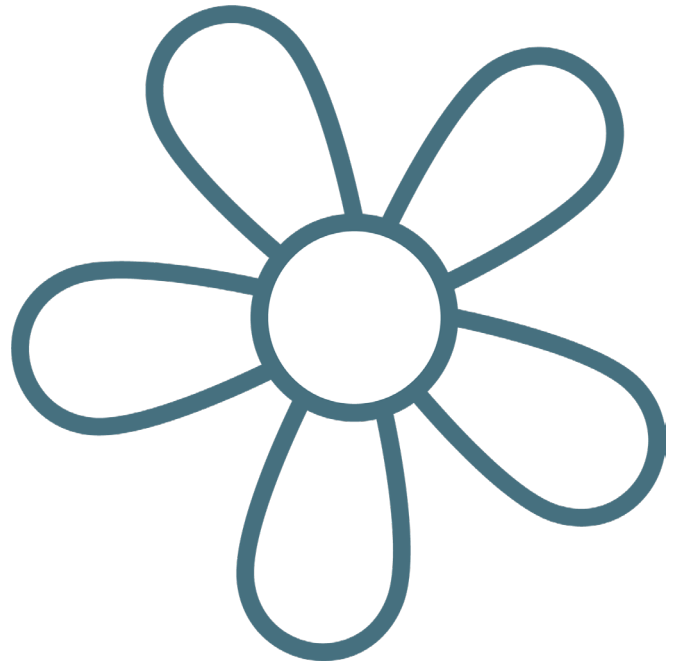
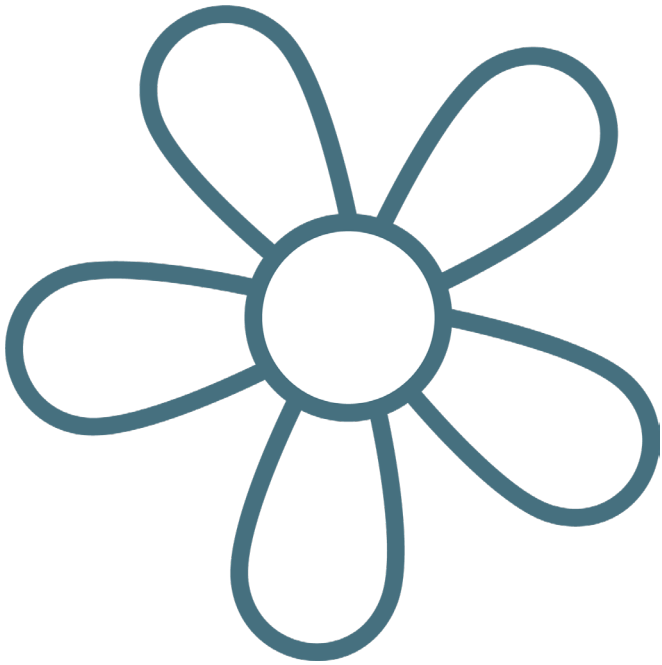
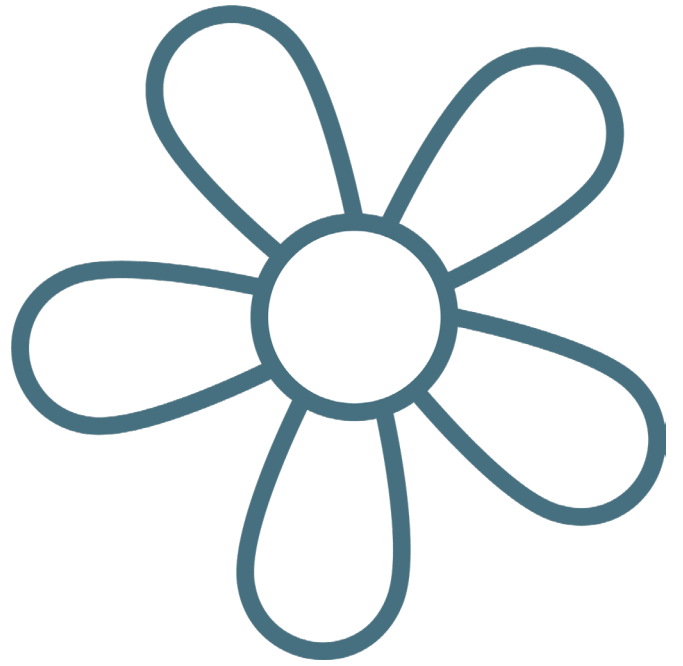
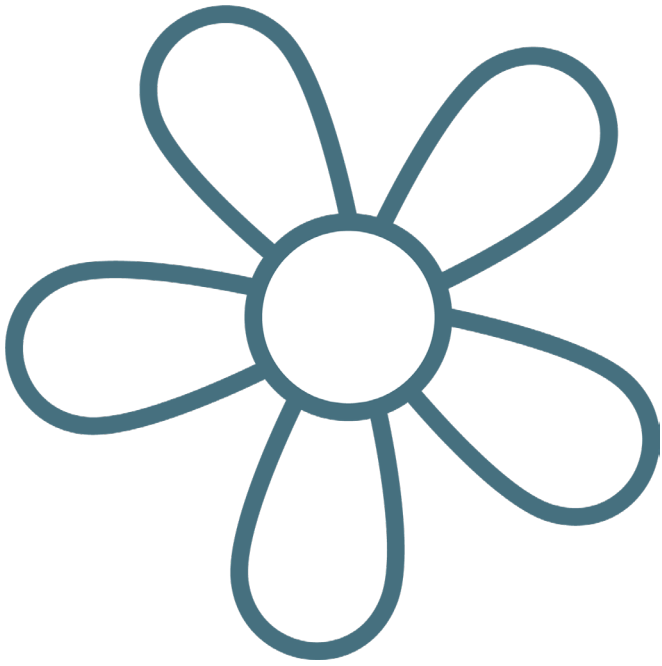
We pray for children and young people who need mother and father figures to step into their lives, particularly those waiting for an adoptive or foster family.

We ask for you to guide and challenge us to follow your word and love others with devotion, joy, hope, patience and faithfulness.

We thank you that you are our perfect parent, giving us all the opportunity to be your children and to know your incomparable and unfailing love.

Amen.





BECAUSE
OF YOU



BECAUSE
OF YOU



BECAUSE
OF YOU



BECAUSE
OF YOU

