

LOOKING AFTER OTHERS



GET INTO THE BIBLE



20 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

Play 'Emotions Charades' - guessing all the different feelings and emotions. Then spend time thinking about how we all can look after the people around us.

To play 'Emotions Charades' write different emotions on pieces of paper. These might be happy, sad, grumpy, excited, crying, angry, confused etc. Write as many as you can and place each emotion in a bowl. With your family, take turns to pick an emotion out of the bowl and act it out. Who can guess the most correct?

In the Bible it says - "An anxious heart weighs a man down, but a kind word cheers him up." Proverbs 12 v25.

Here the Bible is telling us that we can help and support people with our words and our actions. Spend some time thinking about how we could support and help people when they are feeling different emotions. How could you help someone who was sad, lonely, angry etc? Finish with a prayer, praying for those people who might need cheering up.



WHAT YOU'LL NEED

- Pen & Paper



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video with the BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.