

SUNFLOWER HOPE



15 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

With a little bit of hope, tall and mighty things can grow - just like a sunflower seed.

Hand each child a sunflower seed. Ask the group if they know what it is? From this small seed, a sunflower can grow up to 2-3m tall. In fact, the world's tallest sunflower was over 9 metres long!

Hope is a little like this sunflower seed. Ask the group what they think 'Hope' means? Hope is an optimistic state of mind that is based on an expectation of positive outcomes. Like the sunflower seed, hope normally starts out small but soon grows into great things which bring joy and happiness. Ask the group what their hopes are for themselves and the world. How does having hopes for the future make them feel?

Explain that Christians place their hope in God. By placing hope in God, just like these sunflower seeds, Christians know that great things will grow and flourish for them.

'I pray that the God who gives hope will fill you with much joy and peace while you trust in him. Then your hope will overflow by the power of the Holy Spirit.' Romans 15:13

Finish by letting each child plant a sunflower seed into a pot of soil and take it home to look after and be reminded about placing their hope in God. You could have a competition to see who can grow the tallest sunflower. If running virtually, sunflower seeds will need to be distributed beforehand.



WHAT YOU'LL NEED

- Sunflower Seeds
- Soil
- Small Pot / Cup



KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please ensure hands are cleaned before and after the activity.