

# Explore It FOR ME

SESSION  
04

## HOPE IN JESUS BRINGS ME JOY

 **Luke 24:36-53: Jesus appears to his disciples**

Here are some ideas and activities you could do on your own



### Write

**Spread the joy tags** - Cut the shape of a door tag out of paper or card. Decorate the tag e.g. write the words 'May your day be filled with sunshine' or 'Hope in Jesus brings joy' and then go hang it on a neighbour's door for them to see when they next go out.



### Sense

**Bubbles in the garden** - Make some bubble liquid: To do this mix very gently one cup of washing-up liquid with nine cups of water. (A tip: if you happen to have glycerin in the house, add one tablespoon to the mixture and it will stop the bubbles popping so fast.) Now to make the gadget: Take some string or wool, and a drinking straw. Cut the straw in half and thread the wool or string through both halves, one after the other, until you make a kind of square/circle thing. Tie the ends of the wool together and pick it up by one of the straws. The bottom straw should hang down, pulling the wool into a square/circle shape. Dip all of this in the bowl of bubble mix. Enjoy watching the bubbles of joy float up into the sky. Can you shout out some of the things you are grateful for as the bubbles disappear!?



### Read

Read a book that brings you joy, or you can read one of these  
Mr Happy - Books Read Aloud for kids (by Roger Hargreaves) <https://www.youtube.com/watch?v=RTqZ9OCR0Ok>  
Pollyanna - a story about an orphan who spreads joy wherever she goes. <http://www.gutenberg.org/ebooks/search/?query=pollyanna>



### Create

**Joy Jar** - Write something down on a piece of paper every day that has made you feel joyful. Place it in the jar. At the end of having to stay at home, you can open the jar and read all the positive things that made you happy.



### Draw

Like Jesus going up to heaven, so do balloons go up. With permission - why not go outside and with some chalk draw a large balloon. Write some words from today's lesson inside e.g. Jesus, Heaven, Ascension, Holy Spirit, Power. Or write words to show joy to people and make them smile.



### Share

**Random act of kindness** - Why not do something special this week for someone in your house.

## KIDS ALIVE ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

