

## Guardians - Morning activities

Hi Guardians,

Welcome to Stay Awake 2021! We hope you're enjoying your day so far, and we are certainly excited to see you at lunch-time!

Stay Awake is a bit different this year as we are not allowed to meet in person. So instead we have put together a few activities for you to do while your parents/guardians are watching the main talks online.

For those of you who have been to Stay Awake before, you may remember that we usually have a bible verse which we talk about at Stay Awake. This is a verse that has been prayed about and we believe God has chosen specifically for today. This year the verse is this:

**“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not be faint.” Isaiah 40:31**

Over the course of today we will be thinking and praying about this verse and what it means to us today.

So... on that note, it's time for us to start the day! What do we always start the day with at Stay Awake?! **PRAYER.**

Find a quiet space and say this prayer in your head or out loud:

*In the name of the Father, and of the Son, and of the Holy Spirit  
Lord, I thank you for today. I thank you that you have invited me to be a part of Stay Awake online and I pray for my heart to be opened to what You have to say to me today. I pray for a greater hope in You Lord, and I pray for a renewal of my own strength. I pray for the stamina to get me through the rest of the lockdown, and so that I do not grow weary, knowing that I can rely on Your unfailing love. Amen.*



**Exciting news...** it's time to start some of your activities whilst your parents/guardians are listening to the talk.

IT'S TIME FOR A.....

# ScavenGER Hunt!

Please have a search around your home for the following objects:

1. Your favourite toy/object/game
2. An item that makes you feel strengthened and happy
3. As many chargers as you can

We will talk about these during our live session at lunchtime, and we will also have ours to show you!

## TIME TO GET CREATIVE

After you've found the items that were in the scavenger hunt, it's time to do some arts and crafts. There are a few resources that your parents/guardians have hopefully got ready for you, so we are going to spend some time do some colourings, drawings and arts and crafts.

You can make and create an eagle from the toilet roll holder that has been provided to you, or draw one if you prefer. If you don't have a copy of the instructions to make the eagle, you will be able to find them on the [www.stayawakejc.com](http://www.stayawakejc.com) website. We are going to be looking at your eagles in the lunchtime session and discussing what they mean and how they relate to the bible verse: **"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not be faint."** Isaiah 40:31



If you've finished making your eagle and the talk is still going, there are some colourings for you to fill in. If you haven't finished making your eagle, don't worry as there will be plenty of time to finish it later. And if you want a break from colouring, have a think about the bible verse and see if you can understand what it means, and whether you know who Isaiah is!

We are looking forward to seeing you in our live session kids!

God bless and see you soon, from your stream leaders, Rosie & Alice

