

Children's activity pack

**Recommended for ages:
6-11 years**

Children's session outline

We've put together some ideas for a children's service. Please feel free to adapt as needed.

Before the session

The leader should read and pray over **John 13:1-5, 12-17**.

Ice-breaker questions (examples)

- Would you rather clean someone's feet or clean public toilets?
- What's your least favourite household chore to do?
- Are your feet ticklish?

Storytelling

Begin the session by telling the story from **John 13:1-5, 12-17** in an engaging way. You can highlight the surprise and confusion of the disciples that Jesus, the King and Master, was doing a job for a servant.

Discussion

- Why was it so surprising that Jesus washed his friends' feet? Who was supposed to do that job?
- Jesus served his friends by doing something that a servant would normally do. How can we serve people who may have much less than us?
- What did Jesus say after he finished washing their feet? What did he tell them to do?

Link to poverty (optional)

Sometimes, people struggle with big worries about money and it can make them feel very sad and alone. It can also make them feel messy and uncomfortable. Jesus did a job that made his friends clean and comfortable and he wants us to do the same for others.

We can pray for them, share a smile and offer kind words.

Bible verse:

'I did this as an example for you. So you should do as I have done for you.'

John 13:15 (International Children's Bible)

Activity options

Sensory trays

Get plastic toys with feet (dolls, animals etc.), dip the feet in paint to make some foot print patterns on paper and then have a bowl of soapy water to wash the paint off the feet.

What you will need

- Plastic toys with feet (dolls, animals, etc.)
- Paint
- Paper
- Bowl of water
- Towel

Instructions

- Let the children take a toy each
- They then dip the feet in paint to make some footprint patterns on paper
- Wash the feet of the toy in a bowl of soapy water to get the paint off
- Use a towel to remove excess water

Craft idea (option 1)

(If this option is picked, it may be worth starting the craft earlier in the session, before continuing with games and discussion while you give it time to dry. Come back to finish decorating later on.)

What you will need for this activity

- Toys with feet
- Paint
- Paper
- Bowl of water
- Towel
- Coloured pencils / pens

Instructions

- Let the children take a toy each
- They then dip the feet in paint to make some footprint patterns on paper
- Wash the feet of the toy in a bowl of soapy water to get the paint off
- Use a towel to remove excess water
- Decorate the footprint outline on the paper with the colour pencils / pens after it has dried

Link to the passage

Jesus showed us that one of the best ways to love is to serve others. He washed the dirty feet of his disciples to show that he cared. We are washing the feet of the toys to practise being humble helpers like Jesus.

Craft idea (option 2)

What you will need for this activity

- Coloured paper
- White paper
- Pen
- Scissors (safe for kids, or adult to cut)
- Coloured pencils / pens

Instructions

- Draw around the feet of each child onto coloured paper
- Cut them out and stick to white paper
- Let the children decorate their foot outline and add the Bible verse

Game options

Feet cleaning relay (option 1)

What you will need for this game

- Two or more drawn outlines of a foot (depending on how many teams)
- Something to represent dirt (counters, raisins, cereal, etc.)

Instructions

- Split the group into two teams (or more if you have a large group)
- Place the foot outlines at the front of the room and get the children to line up at the back in their teams
- Cover each foot outline with an equal amount of 'dirt'
- One child from each team should run to the front, remove one piece of 'dirt' from their team's foot outline and then run back
- When they get back, they can high five or tag the next person in line who will then run to the front and remove another piece of 'dirt'

How to end the game

- Either the team that 'cleans the foot' by removing all the 'dirt' first wins or
- Give an allotted time (such as two minutes) to remove as much 'dirt' as possible – the team with the least amount of 'dirt' left after the time is up is the winner

Link to the passage

Just like your team worked together to clean the foot, Jesus wants us to work together to help those around us who may not have enough money to buy food, or who may be feeling lonely because they don't have friends to play with.

Feet washing (a variation of 'Captain's coming') (option 2)

Instructions

- Show the children the following actions and get them to practise them. Tell them, 'when I say':
 - **'Stinky feet'**, you have to hold your nose with one hand and waft your hand in front of your face with the other
 - **'Fetch the soap'**, you have to run to the left hand side of the room
 - **'Fetch the water'**, you have to run to the right hand side of the room
 - **'Wash the feet'**, you have to get down on your hands and knees and pretend you're washing someone's feet
 - **'Peter'**, you have to stand with your arms and legs stretched like a starfish, ready for Jesus to wash all of you!
- Get the children to practise the actions and then call out the instructions in a random order

How to end the game (optional)

- You may decide to watch for those who either do the wrong actions or don't do them quickly – those children are 'out'. Continue the game until you have one winner left.

Bible verse memorisation activities

Disappearing effect (option 1)

What you will need for this activity

- Whiteboard
- Whiteboard pen

Instructions

- Draw a large foot shape on the whiteboard and write the Bible verse in the middle.
- Get the children to read the Bible verse and then choose a word to wipe off (make a link to washing the feet to make them clean).
- Remove one word, then get the group to read the verse again. Can they remember the word that is missing?

- Continue removing a word at a time and repeat the verse until the foot is 'clean' and the children can recite the verse without it being written down.

Card shuffle (option 2)

What you will need for this activity

- Little cards or white paper to split into small rectangular cards
- Pen

Instructions

Write different instructions (examples below) on individual cards. Shuffle them and place them face down. Get the children to take it in turns to choose a card and then get the whole group to follow the instructions on the card.

- Say the verse in a whisper
- Say the verse in a loud voice
- Say the verse super quickly
- Say the verse in slow motion
- Say the verse in a robotic voice
- Say the verse in a low pitched voice
- Say the verse in a high pitched voice
- Say the verse while wiggling your legs
- Say the verse while wiggling your arms
- Say the verse while hopping on one foot

Ending the session

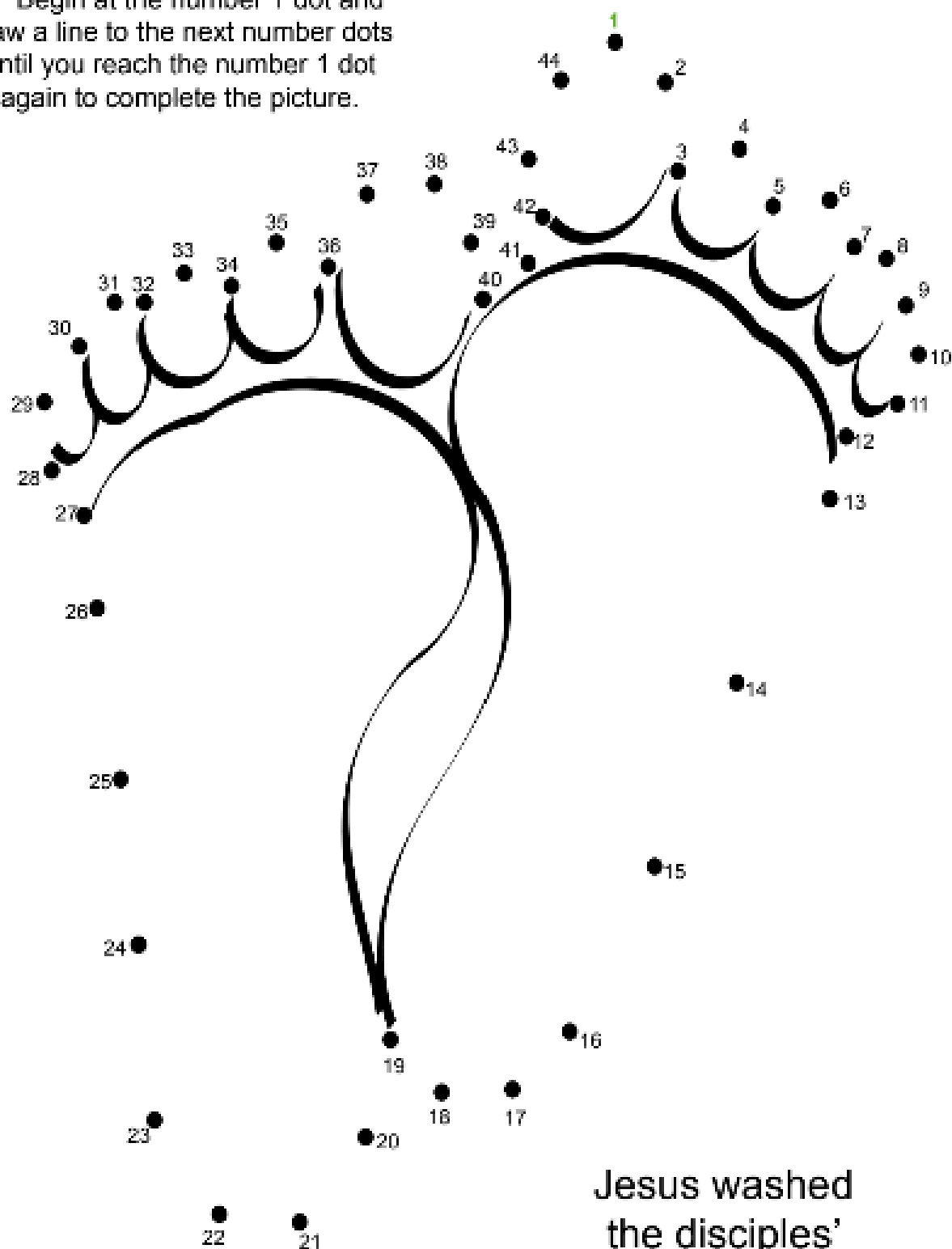
Encourage the children to think about how they can practise putting others first in the coming week and beyond. For example, they might:

- Help set the table
- Share a toy or book
- Say a prayer for someone

End the session in prayer or encourage the group to pray in their own time.

Activity – Connect the dots

Begin at the number 1 dot and draw a line to the next number dots until you reach the number 1 dot again to complete the picture.



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