



Children's activity pack

Recommended for ages:
6-11 years

CAP SUNDAY

Below are some ideas to help you put together a short, easy session for children. Feel free to adapt these suggestions depending on the age and abilities of your group. The aim is to help children understand that many people in our country live in poverty today. It's unfair and leaves people lonely, but Jesus wants all of us to experience life in all its fullness.

Activity (Option 1)

 **Expected time: 5 minutes**

What you'll need

- A group of at least four children
- A large space where the children are able to run around safely

Overview

This activity will likely be familiar to you and the children in your group. The game starts with one child or group of children performing the role of 'catcher' or 'tagger' – their aim is to catch the other children by tapping them. Children who are caught must stand still, as if they're stuck in mud! They can only break free if another child (other than the 'catcher') taps their hand. However, you're going to play the game a little differently, as it should feel unfairly weighted towards the 'catcher'. This will be used as a way to demonstrate how people can find themselves unable to escape poverty and other difficult situations.

Instructions

1. Split the children into two uneven teams. One group should include just one child. Once caught, the child is 'stuck in the mud' and must stand still. Unfortunately, there will be no teammates to help them break free.
2. The game is likely to be over very quickly, which is part of the point! If you have time, you may swap the teams around and have another go.

Activity (Option 2)

 **Expected time: 5 minutes**

What you'll need

- A group of at least two children
- Something that can be used as a blindfold (e.g. a scarf)
- Objects to use as obstacles (e.g. balloons)

Overview

For this game, one child is blindfolded and must make their way through the obstacles. It's supposed to feel unfairly difficult to succeed, demonstrating how people can find themselves struggling to navigate their way through difficult situations on their own.

Instructions

1. Set up an obstacle course. Balloons are a great choice for obstacles as they are safer for the children – and can be taken home afterwards!
2. Blindfold a willing volunteer.
3. The volunteer must walk from one side of the room to the other without touching any of the obstacles on the way. Make sure you instruct them to go slowly and try to stay nearby to prevent them from falling.
4. If you have time, allow another volunteer to have a go.

Discussion

 Expected time: 5+ minutes

Overview

Encourage the children to reflect on the unfairness of the previous activity. This is an accessible way to explore the theme of poverty, particularly how it can make people feel lonely, isolated and unhappy. If you feel your group is too young to tackle this subject, you could talk about 'difficult situations' as opposed to poverty in particular.

Discussion questions

1. Do you think the game was fair? Why/why not?
2. How does playing an unfair game make you feel?
3. What could you do to make the game fair?
4. Can you think of a time where you felt lonely or like there was no one around to help you?
5. Who do you go to when you need help? How would you feel if you couldn't go to them?

Activity (Option 1)

 Expected time: 5 minutes

Overview

Choose this option **only** if you chose the previous 'Stuck in the mud' activity. This time, the children will complete the game **without** the unfair advantage being given to the team of 'catchers'. The aim is to show the value of helping someone who would otherwise be in a difficult situation.

Instructions

1. Split the children into two even teams. We recommend that you repeat the same teams as previously, but this time the child who was on their own will be joined by at least one other team member.
2. As before, when someone is caught they must stand still. Their fellow team member can set them free by tapping their hand.

Activity (Option 2)

 Expected time: 5 minutes

Overview

Choose this option **only** if you chose the previous 'Blindfold' activity. This time, the child who is blindfolded will have someone to guide them through the obstacle course, demonstrating that difficult situations are easier to handle if we have someone walking alongside us.

Instructions

1. Split the children into pairs and ask for two volunteers. As before, one child will attempt the obstacle course while wearing a blindfold.
2. This time, their partner will act as a guide. They may do this by leading them by the hand, or giving verbal instructions from the sidelines.

Discussion

 Expected time: 5 minutes

Discussion questions

- Was the game easier the first or second time around? Why?
- What do you think made the second game fairer?
- Which game did you find the most fun?

Life in all its fullness

Share the following Bible verse:



'A thief comes to steal and kill and destroy. But I came to give life – life in all its fullness.' (John 10:10, International Children's Bible)

Overview

This Bible verse starts by saying 'A thief comes to steal...' There are lots of things in life that can be like a thief. They can take away our happiness and make us feel like we're on our own.

In this country, lots and lots of people are living in what's called 'poverty'. This means their family doesn't have enough money to buy everything they need to survive, like food and heating. Poverty can be like the thief in the Bible verse. It can make people feel really unhappy, lost and alone.

But there's a second part to the verse. It says, 'I came to give life – life in all its fullness'.

Discussion question

- Who do you think is saying this verse in the Bible? Who is the 'I'?

It's Jesus! What he's saying is that he wants all of us to enjoy our lives. He wants us to be surrounded by people and things that make us feel better in difficult times, like our friends, our family, our pets or even the local playground!

Discussion question

- What are some things that make you happy?

Jesus created those things for you to enjoy, because he loves you and he wants to give you a full life. And it's the same for all of us.

Jesus doesn't want us to feel alone like *[insert name]* was in the game earlier. He gives us friends, teachers and carers who are there to help us through difficult times and bring us joy.

Jesus also doesn't want anybody to be trapped in poverty. He wants all of us to have enough to not just survive, but to thrive – to fully enjoy life and make other people happy too. That's why he brings kind people to help those who are trapped in poverty, just like *[insert name]* was there to help *[insert name]* in the second game we played.

Ending the session

Encourage the children to think about how they might include others over the next week. For example, they could invite a classmate who is playing on their own to join their game. If they see someone who needs help, they should tell a grown up.

End the session in prayer and/or encourage the group to pray in their own time – for people to enjoy full life and for nobody to be trapped in poverty.

Activity – Word search

Hidden below are ten words about Jesus and his promise to give us full life.
Can you find them all?

A	N	O	P	H	O	S	S	E	N	I	P	P	A	H
T	L	X	L	M	A	D	W	A	T	V	Y	R	I	Q
C	I	F	G	T	J	O	F	I	K	Z	U	O	F	G
G	F	R	S	N	I	P	E	S	L	E	Q	M	A	C
U	E	N	C	Z	N	Y	O	J	K	U	W	I	Z	H
C	H	V	T	D	B	E	S	W	G	F	K	S	R	G
M	G	B	T	O	V	T	F	U	L	L	C	E	J	B
Q	R	J	V	S	G	L	O	B	I	M	A	Q	Y	S
D	M	Z	C	V	J	E	M	D	Y	H	D	B	F	I
O	P	T	U	X	P	P	T	O	L	S	I	P	H	J
G	N	W	K	O	L	Q	M	H	U	O	R	N	X	L
D	X	J	H	D	I	F	U	N	E	Q	E	V	H	P
F	P	W	D	Y	N	C	Q	E	B	R	F	B	G	Y
Z	E	W	J	K	A	C	X	R	B	J	E	S	U	S
S	D	N	E	I	R	F	L	R	E	A	H	Z	X	K

JESUS

GOD

FULL

LIFE

FRIENDS

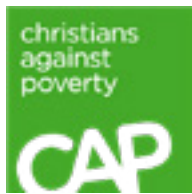
HAPPINESS

FUN

TOGETHER

PROMISE

HOPE



Youth activity pack

**Recommended for ages:
12-16 years**

CAP SUNDAY

Below are some ideas to help you put together a short, easy session for a group of young people. Feel free to adapt these suggestions depending on the age and abilities of your group. The aim is to encourage the young people to consider poverty in the UK and the impact it has on people's lives, but that Jesus wants to give us life in all its fullness.

Activity (Option 1)

 **Expected time: 10 minutes**

What you'll need

- A group of at least four young people
- A large, safe space where the group is able to run around safely

Overview

This activity will likely be familiar to you and those in your group. The game starts with one person or a group performing the role of 'catcher' or 'tagger' – their aim is to catch the others by tapping them. Those who are caught must stand still, as if they're stuck in mud! They can only break free if another player (other than the 'catcher') taps their hand.

However, you're going to play the game a little differently, as it should feel unfairly weighted towards the 'catcher'. This will be used as a way to demonstrate how people can find themselves in unfair situations.

Instructions

1. Split the group into two uneven teams. One group should include just one person. Once caught, the player is 'stuck in the mud' and must stand still. Unfortunately, there will be no teammates to help them break free.
2. The game is likely to be over very quickly, which is part of the point! If you have time, you may swap the teams around and have another go.
3. Have a quick chat about the activity. Was it a fair game? Why/why not? What could have made it fairer?
4. Now, split the group into two even teams. We recommend that you repeat the same teams as previously, but this time the person who was on their own will be joined by at least one other team member.
5. As before, when someone is caught they should stand still. Their fellow team member can set them free by tapping their hand.
6. Have a quick chat. Did the second game feel fairer than the first? Why/why not?

Activity (Option 2)

 Expected time: 5+ minutes

What you'll need

- Paper and pens, or some way to make notes

Overview

This is a great option for groups that would prefer not to run around. The aim is to get the young people to consider unfair situations that they've experienced and how it made them feel.

Instructions

1. Give the group the following prompts and encourage them to write down their thoughts privately:
 - Have you ever had an experience where a [teacher, referee, parent, sibling, game, or choose your own prompt] was unfair? What happened?
 - How did this experience make you feel?
 - What could have made the situation fairer?

Discussion

 Expected time: 5+ minutes

Overview

Now that you've got the group thinking about unfair situations, encourage them to consider how unfair life can be for those experiencing poverty. Often people become trapped in financial difficulty because of circumstances outside of their control, and can't get out because the necessary resources, support or understanding aren't available to them.

Discussion questions

- What do we mean when we talk about poverty?
- Where have you seen examples of poverty in your hometown?
- Do you think there's a world where poverty doesn't exist? What needs to change to make that possible?

Life in all its fullness

 Expected time: 5+ minutes

Share the following Bible verse:



'The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.' (John 10:10, NIV)

Overview

This Bible verse starts by saying 'The thief comes to steal...' There are lots of things in life that can be like a thief; things that can steal our happiness and make us feel like we're on our own.

But there's a second part to the verse. It says, 'I have come that they may have life, and have it to the full.' This is Jesus speaking, and what he's saying is that he wants all of us to enjoy our lives, surrounded by things that bring us joy and hope.

Discussion question

- What are some things that bring you joy?

Jesus created those things for you to enjoy, because he loves you and he wants to give you a full life. And it's the same for all of us.

Jesus doesn't want us to feel alone like *[insert name]* was in the game earlier (if option 1 was selected for the activity). He has put people around each of us to help us through difficult times.

Poverty can be like the thief in the Bible verse. It can make people feel isolated, lost and ashamed. But Jesus also doesn't want people to be trapped in poverty. He wants all of us to have enough to not just survive, but to thrive – to fully enjoy life and be a positive influence on other people too. That's why he has brought kind people and charities to help those who are trapped in poverty.

Discussion question

- Can you name a charity that helps people who are trapped in poverty?
Do you know what they do?

Christians Against Poverty is a charity that helps people who are trapped in poverty. They offer free debt help, job clubs, life skills groups and financial education courses, to equip people with the resources and support they need to escape poverty and have a full life. If you want to do your bit to fight poverty, you can sign up to receive email updates from CAP where you'll hear about ways to get involved. The website is capuk.org.

Ending the session

Encourage the group to spend some time over the next week considering those in their social circle, such as friends, family and classmates. What could they do to help someone, or just bring a bit of joy into their life? It could be as easy as walking home from school with someone who often makes the journey on their own, or helping a sibling tidy their room.

End the session in prayer and/or encourage the group to pray in their own time – for people to enjoy full life and for nobody to be trapped in poverty.



CAP SUNDAY

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