

FEAR & ANXIETY

WEEK 1 | CHILDREN

SESSION 3

Here is an activity to do this week, based off our 'do' video, looking at 'fear and anxiety around Coronavirus'.

DO:

On a sheet of paper write down the words "God is" on the left-hand side as many times as you can fit it.

Next to each one, write down a word that describes who God is.

Cut these up so that they are individual and then spread them round the house.

Blu-tac one to the mirror, stick one on the fridge. Have constant reminders of who God is and why we can trust Him, all over you house!