



THE BLACKBURN
DIOCESAN BOARD
OF EDUCATION

FOLLOW THE SON

Episodes 1-8

ADDITIONAL ACTIVITIES

WELCOME!

Thank you for downloading this e-book!

This activity book is designed to be used alongside the Follow the Son Podcast. This resource for children aged 3-7 years old, is completely free to use, and is designed to be done at home or in small groups.

Follow the Son's aim is to help children get into the practice of starting and ending their day with God. There are 2 episodes per Bible story, a morning and an evening one.

The morning episodes are to get you up and ready for they day ahead! They have an interactive game, an engaging story from the Bible and a time of prayer.

The evening episodes are for bedtime. They are reflective and very easy to listen to - you could even fall asleep to them!

The activities in this booklet were originally sent out to people subscribed to our podcast e-mail newsletter as the episodes were released. Now that the first run of Follow the Son has finished, we have collected them all in this booklet and made them available to download.

Follow the Son will return for a second run in the future, so if you would like to be kept informed of new episodes as they are released and get the activities before anyone else, please consider subscribing to our e-mail newsletter. You can do that by [clicking here](#).



**YOU CAN LISTEN TO
FOLLOW THE SON
ON ALL MAJOR
PODCASTING APPS**

**FOLLOW
THE SON**



CONTENTS



Here is an overview of the activities in this e-book.
We have listed which activities go with each set of episodes below. There are 3 activities for each set.

EPISODE 1 - CREATION

Family tree | Create a creature | Nature scavenger hunt

EPISODE 2 - NOAH

Matching game | Find the animals | Bird feeder

EPISODE 3 - EXODUS

Picture timeline | Pharaoh's Nemes | Counting to ten

EPISODE 4 - DANIEL & THE LIONS

Spot the difference | Right or wrong? | Outdoor prayer den

EPISODE 5 - JESUS HEALS A PARALYSED MAN

Paper friends chain | Gingerbread house | Prayer walk

EPISODE 6 - WISE & FOOLISH BUILDERS

Weather chart | House building | Move to the music

EPISODE 7 - JESUS CALMS THE STORM

Paper boats | Calming playdough | Sink or float

EPISODE 8 - THE EASTER STORY

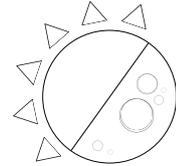
Rolling game | Planting | Make a cross

BOOKMARKS



Here are some very special Follow the Son bookmarks for you to use in your own Bible so you can find the weeks story easily. There are even some blank ones for you to colour in!

FOLLOW THE SON



FOLLOW THE SON

FOLLOW THE SON RHYME

From when we get up to when we sleep, each day is a gift from You we keep.
Good or bad until the day is done, whatever happens we will follow God's Son.

Bedtime Prayer

Father God,
We thank you that
each day is a good gift
from you.
We thank you for the
good things that have
happened today.
We give to you the bad
things that have
happened today.
Please help us to give
you any sadness,
worry or anger we
have felt today.
Thank you for being
with us all day and
when we fall asleep.
In Jesus name we
pray.
Amen.

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Amen.

MY FAMILY TREE

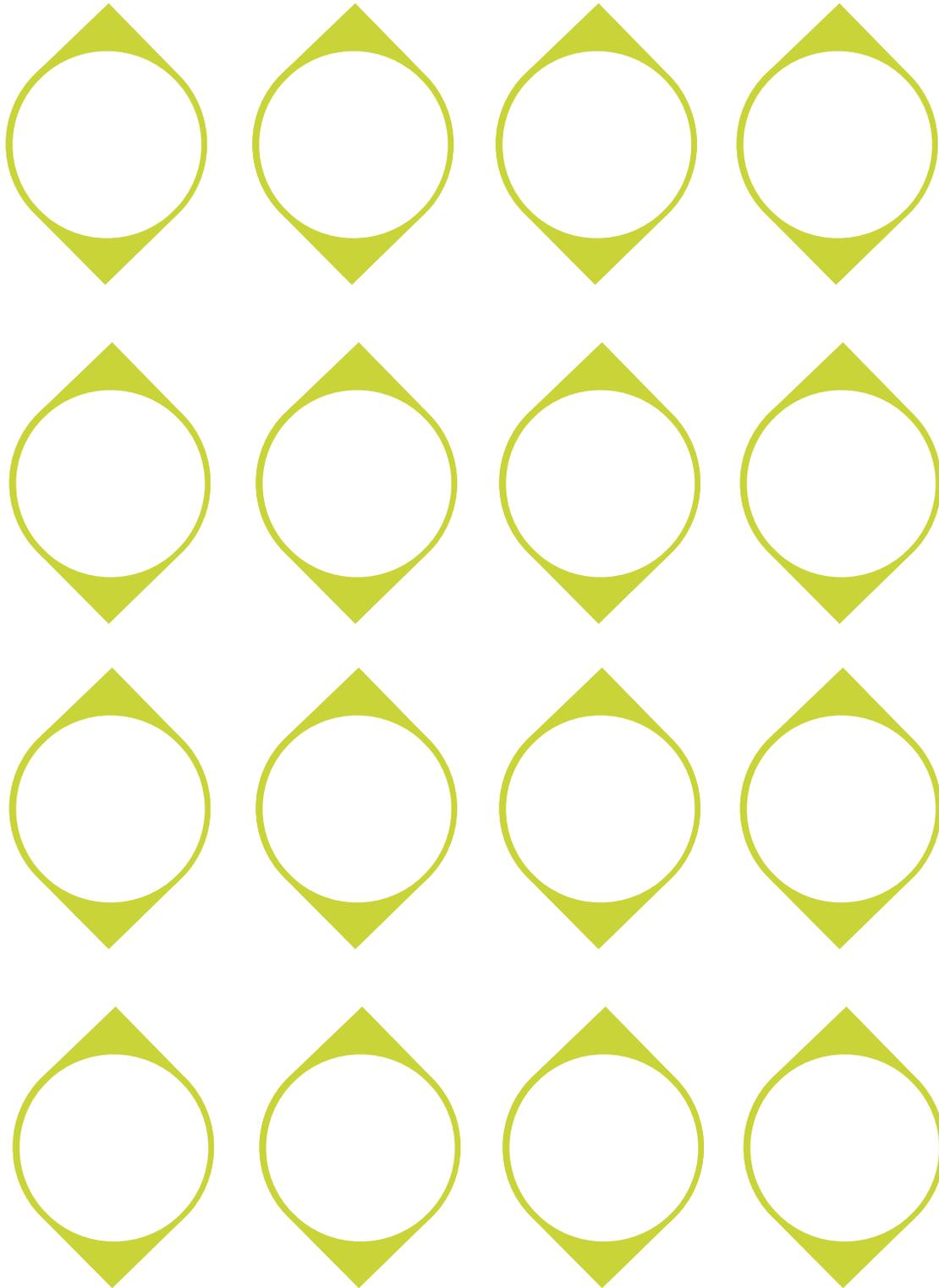
Draw or cut and stick pictures of your family in the leaves of your family tree. God created all of them and you too! This is just one of the trees that make up God's family.



MY FAMILY TREE



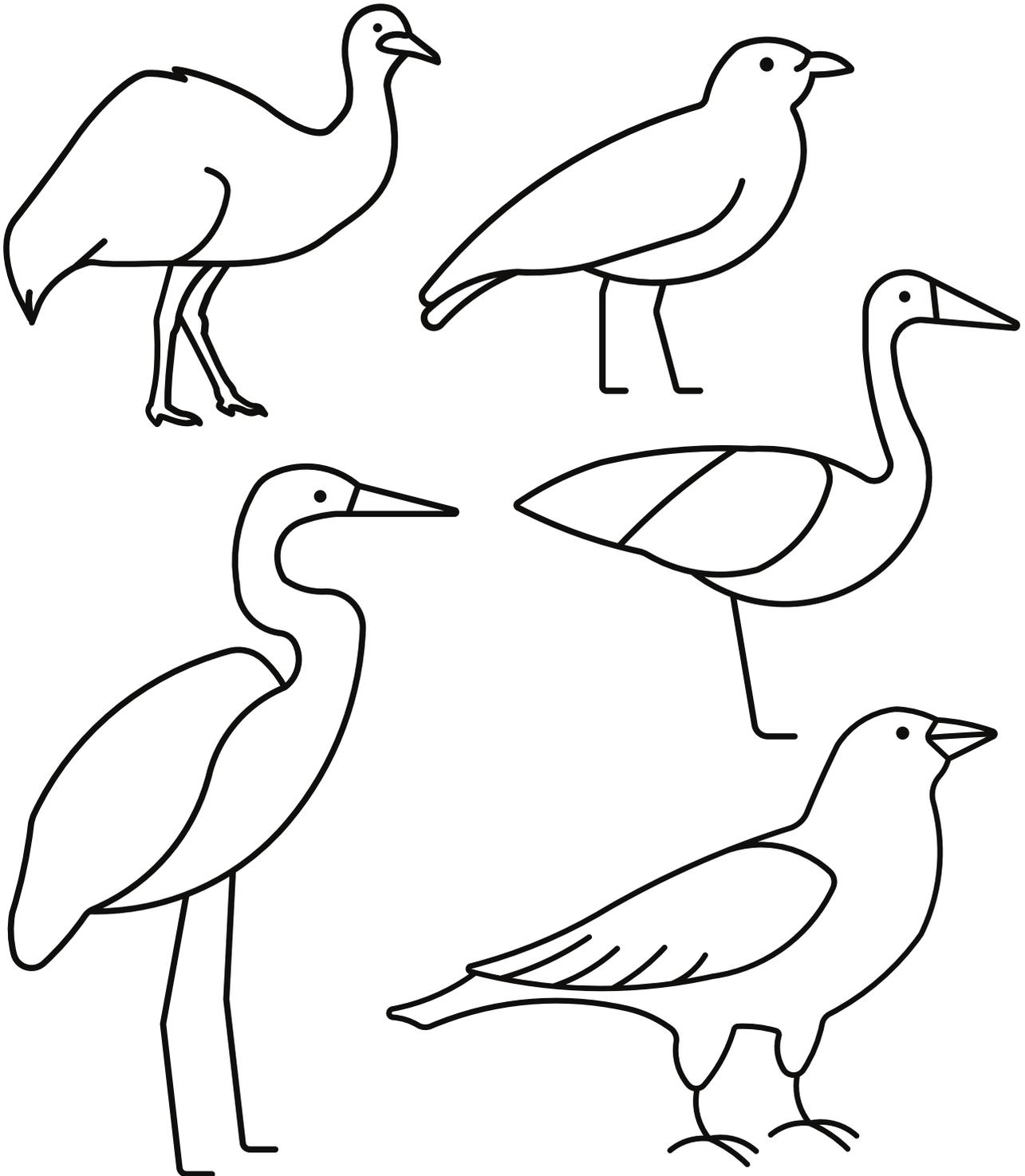
Here are some extra leaves if you have an extra big family!



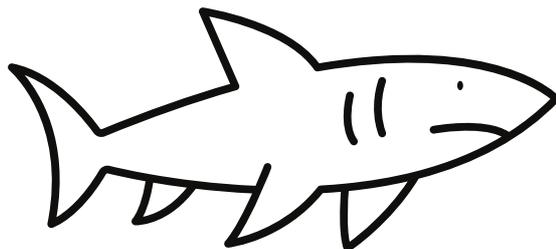
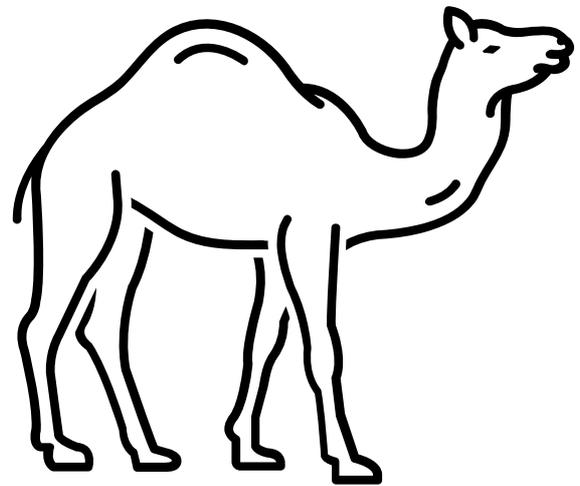
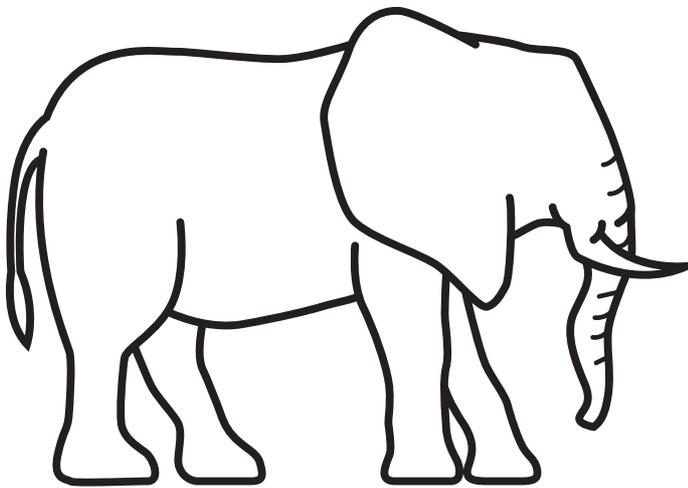
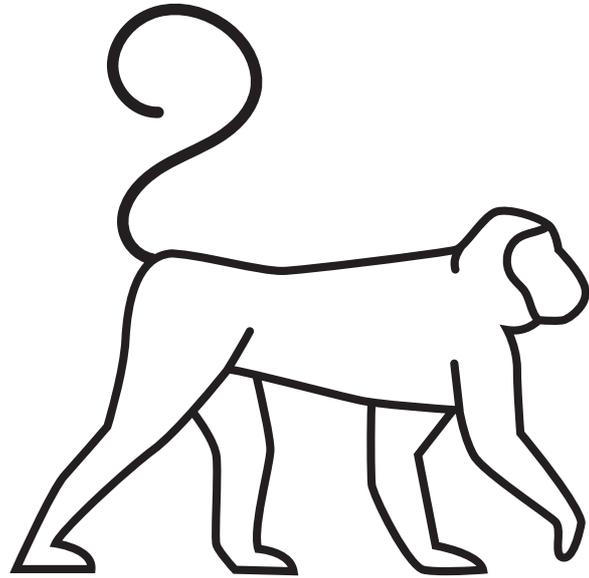
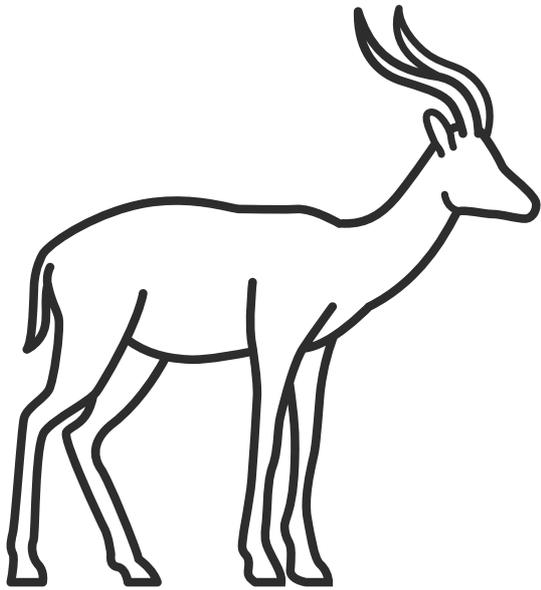
CREATE YOUR OWN CREATURE



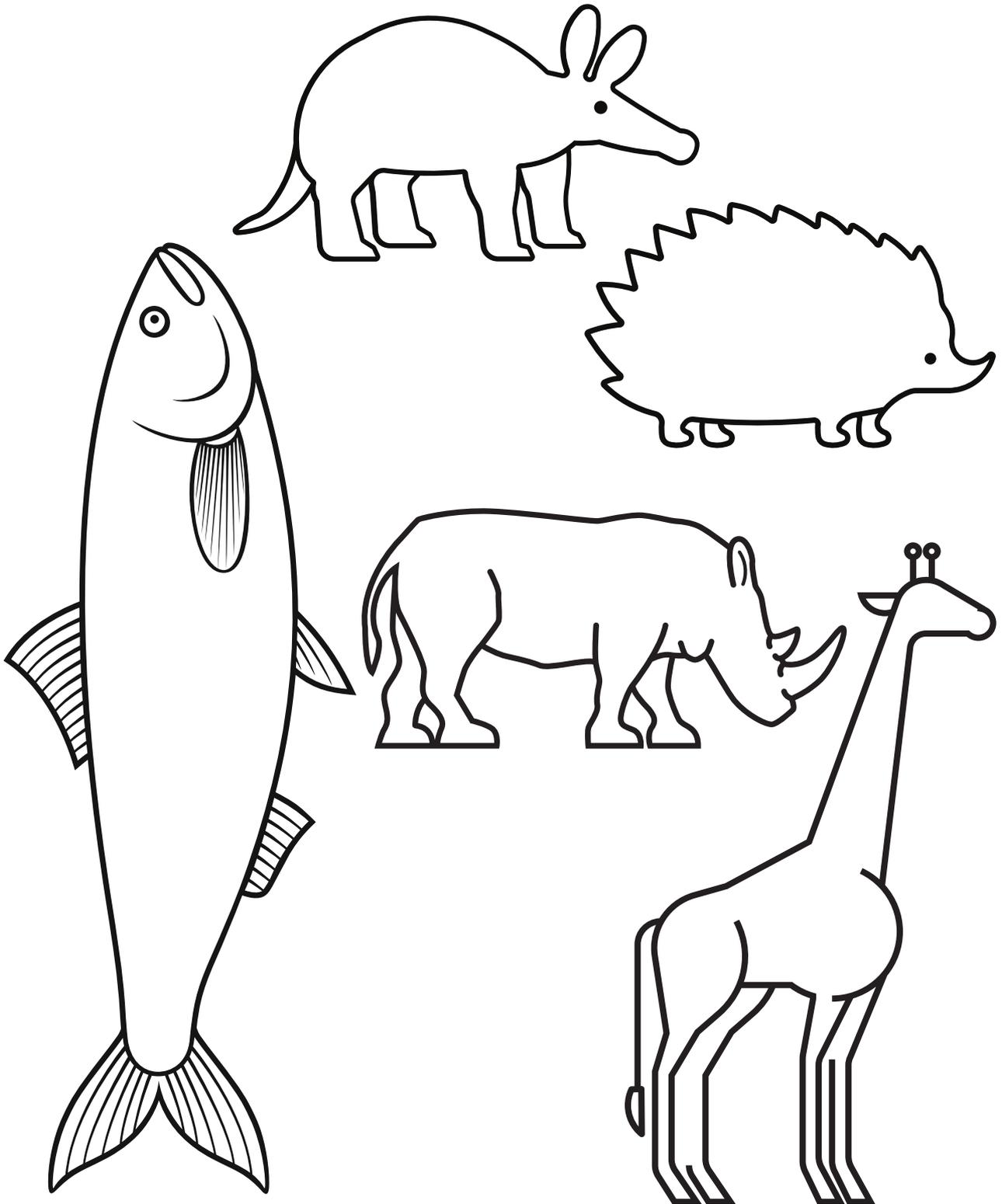
Cut off different animal parts and make your own creature just like Sarah did in the episode. You can even make yours while she is making hers!



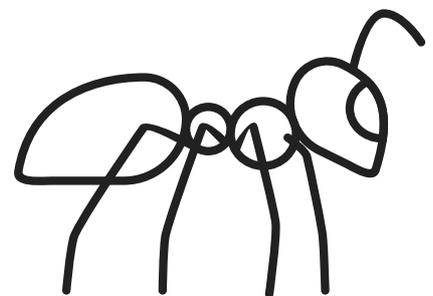
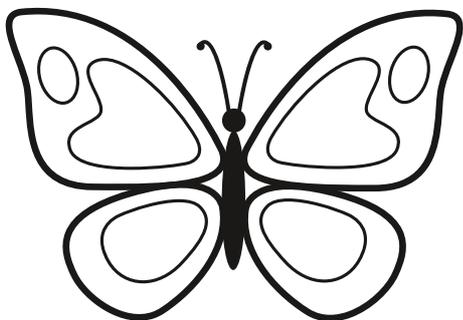
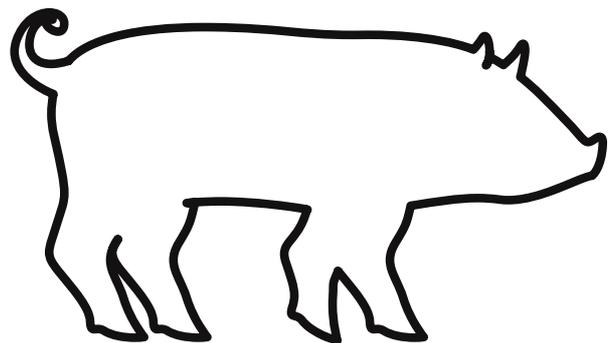
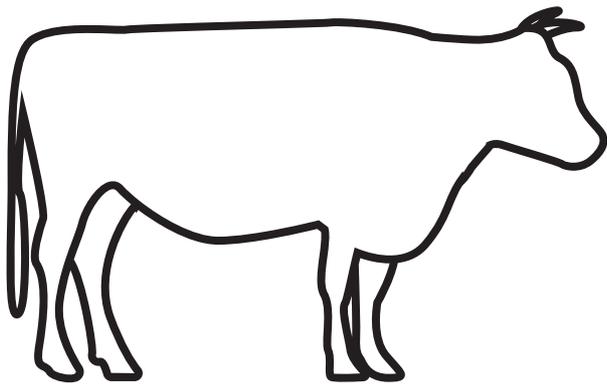
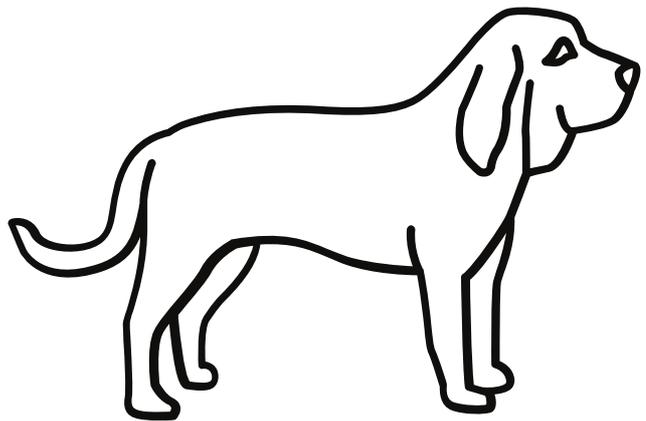
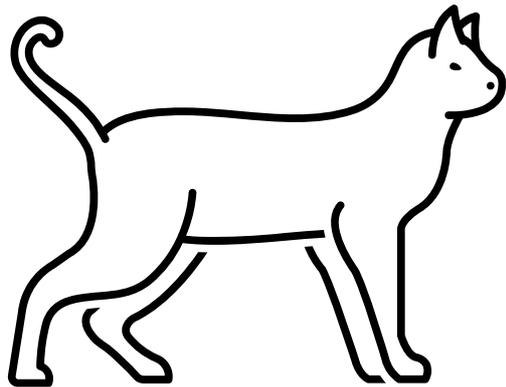
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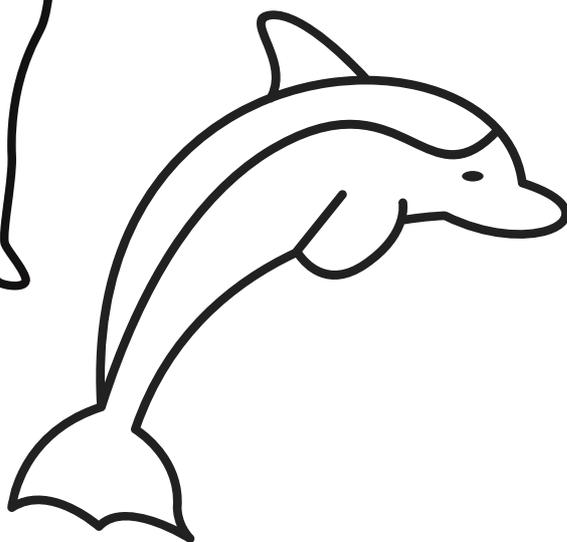
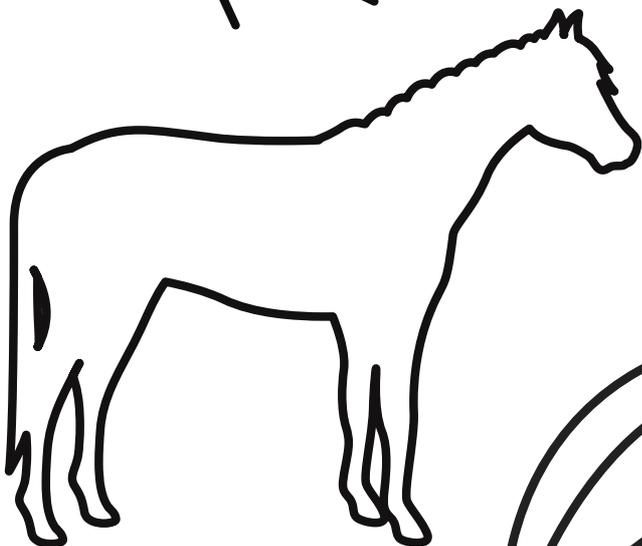
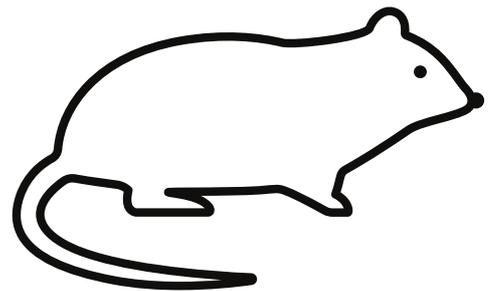
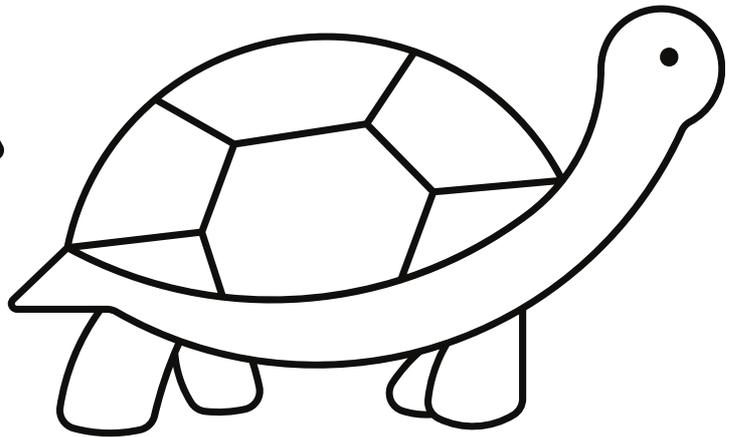
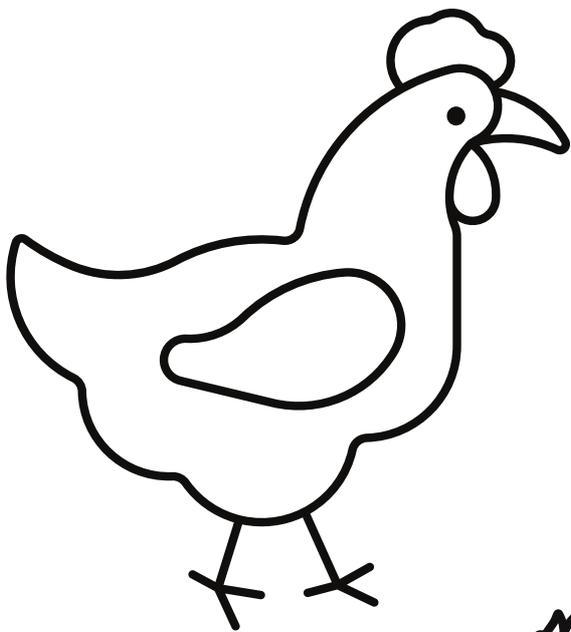
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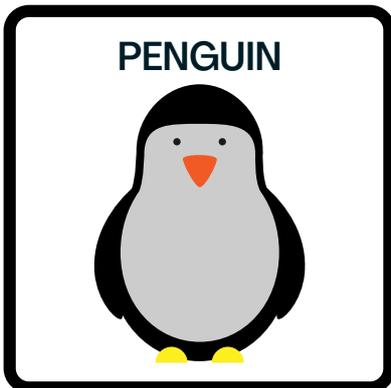
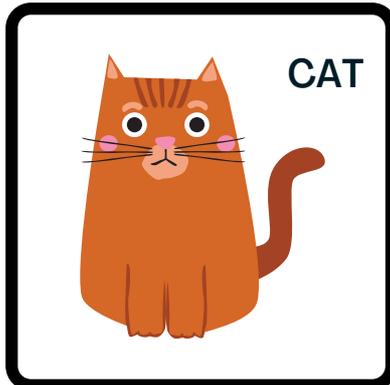
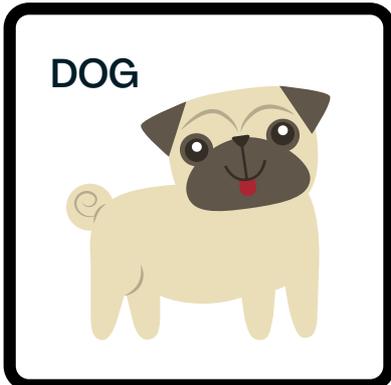
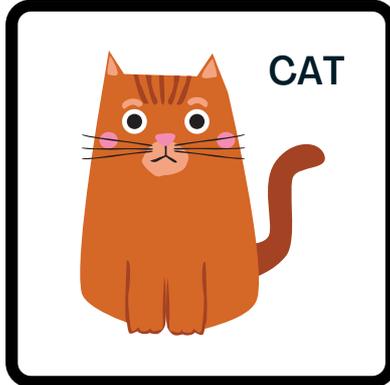
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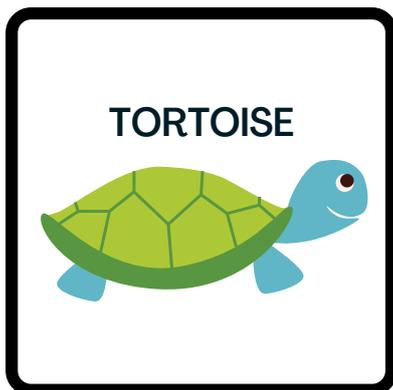
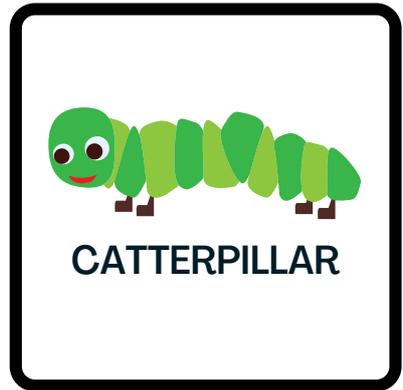
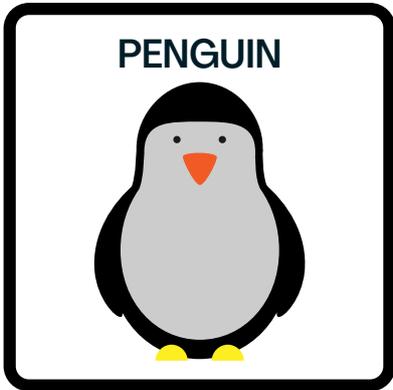
MATCHING GAME



Cut out these animal cards, put them face down and mix them up. Then take it in turns to turn 2 over to try and match them. Try saying the name of the animals as you go.



MATCHING GAME



FIND THE ANIMALS



How many pairs of animals can you find outside Noah's Ark?
Can you spot Noah as well? You can print out the page or
just look on a screen. Can you find everything in the list?



Ants

Rhinos

Elephants

Goats

Noah

Dogs

Zebras

Monkeys

Cats

Butterflies

Sparrows

Doves

Flamingos

Donkeys

Love Birds

Bulls

Antelopes

Sheep

Bees

BIRD FEEDER



Let's make a fun, fruity bird-feeder to hang outside in our garden to feed the birds God made. You will need an adult to help you with some of the steps.

You will need...

Birdseed
An apple or orange
Gelatine
Garden twine or string
Some screws

Method

First, bring Water to a boil, add your gelatine and stir until completely dissolved.

Mix the birdseed with the dissolved gelatine until it is fully combined.

Cut the apples or oranges in half (if it's an apple, do it length ways) and hollow out the insides with a spoon.



Once the centre of the fruit is hollowed out, fill each piece with birdseed mixture. Then pop them on a tray or baking sheet and put them in the fridge for 1-2 hours, or until firm.

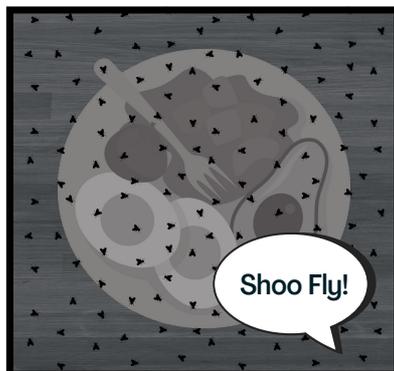
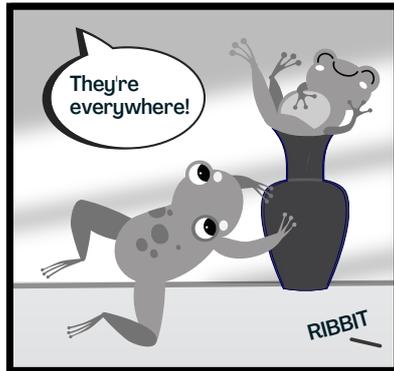
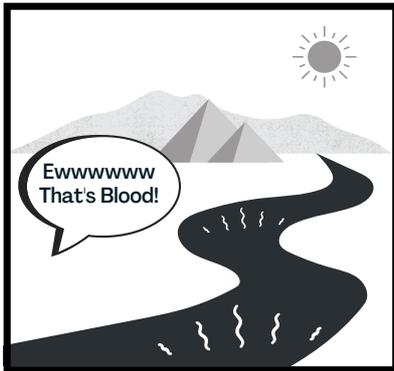
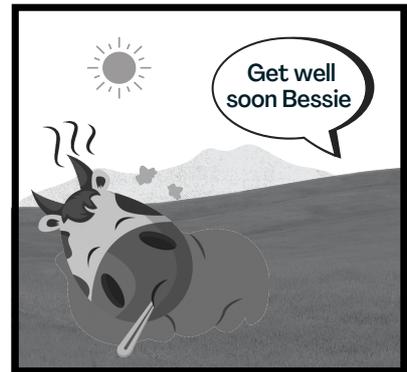
Once set, insert a screw into the top of each piece of fruit so you can tie a piece of twine to it.

Hang your fruity bird feeders on a tree or somewhere outside for the birds to enjoy!

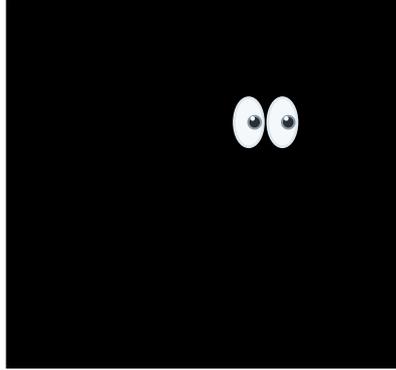
PICTURE TIMELINE



In our story, we tried to learn the order of the plagues. Here are some pictures of the Exodus story, use them to make a timeline of the story to help you remember. You can even do it along with the podcast playing.



PICTURE TIMELINE



Answers: Building, Pharaoh says no, Plague of Blood, Plague of Gnats, Plague of Flies, Plague on Livestock, Plague of Boils, Plague of Hail, Plague of Locusts, Plague of Darkness, Plague of the Firstborn, Pharaoh says go, The people leave Egypt.

PHARAOH'S NEMES



Pharaoh wore a special kind of headwear called a Nemes. Cut out and colour the different parts of Pharaoh's Nemes and then follow the instructions below to put it together so you can wear it.

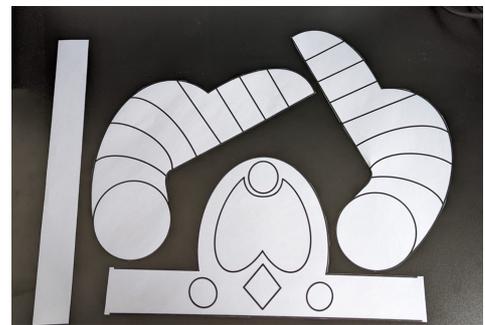
You will need

A Printer, Scissors, Glue or Sticky Tape, Colouring Pencils/Pens or paint

Method

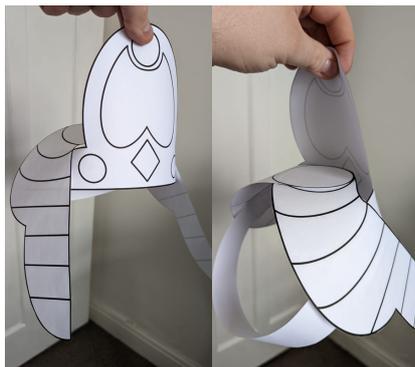
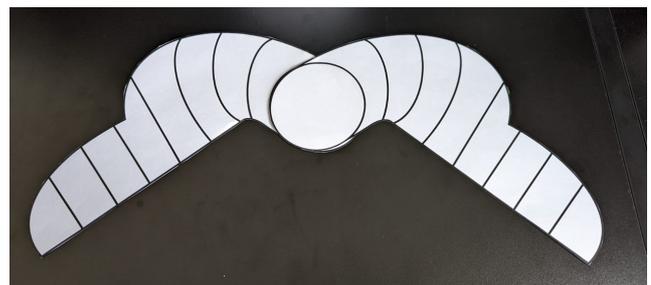
Print off the sheets and start to add colour to the different parts of the Nemes. If you're using paint, leave it to dry before the next part.

Cut out the coloured pieces, you may need an adult to help you with this.



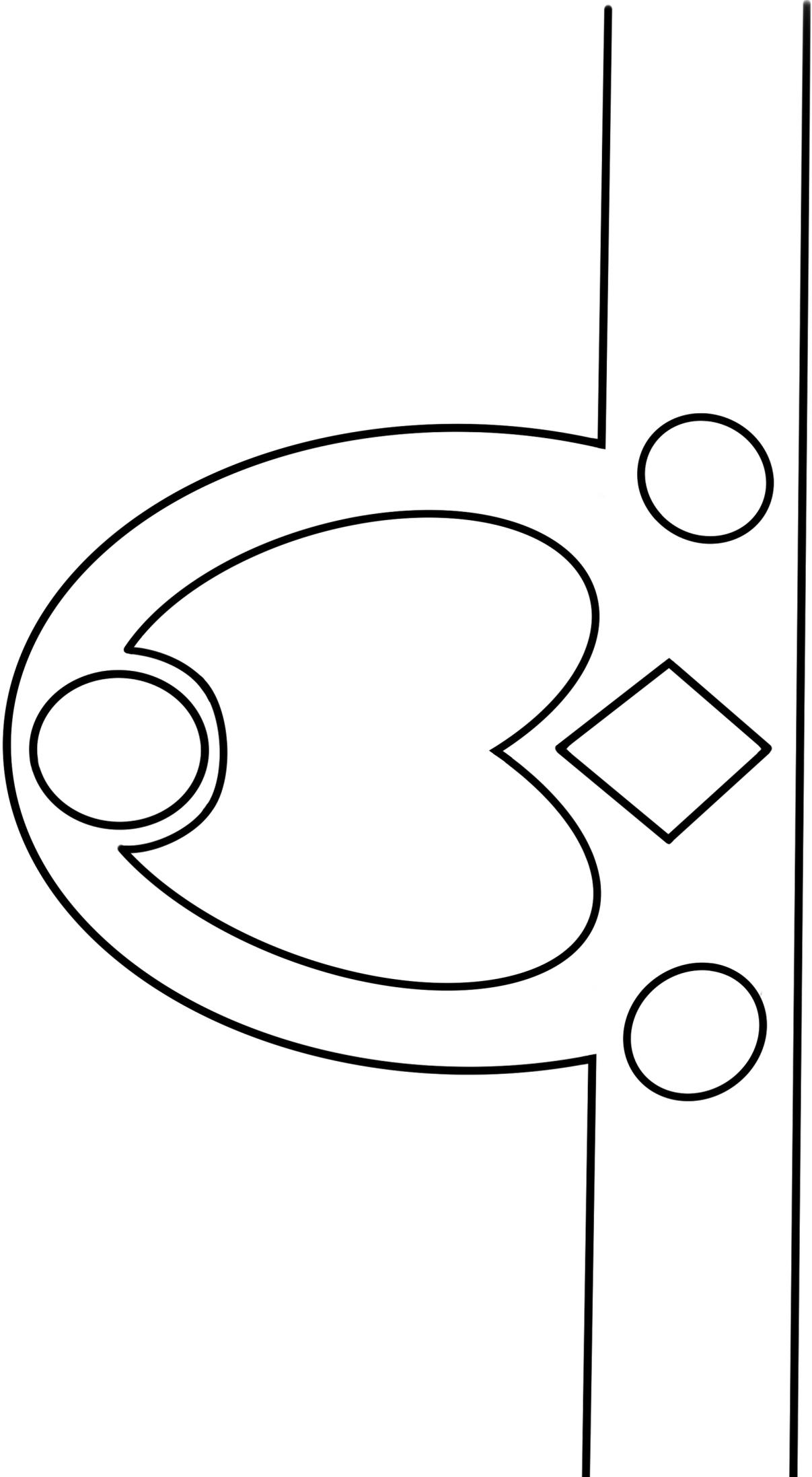
Fold the headband around your head to work out the size. When you've found the right place, get an adult to help you stick the band together to make a circle. If it isn't big enough, you can use an extra strip of paper to make it bigger.

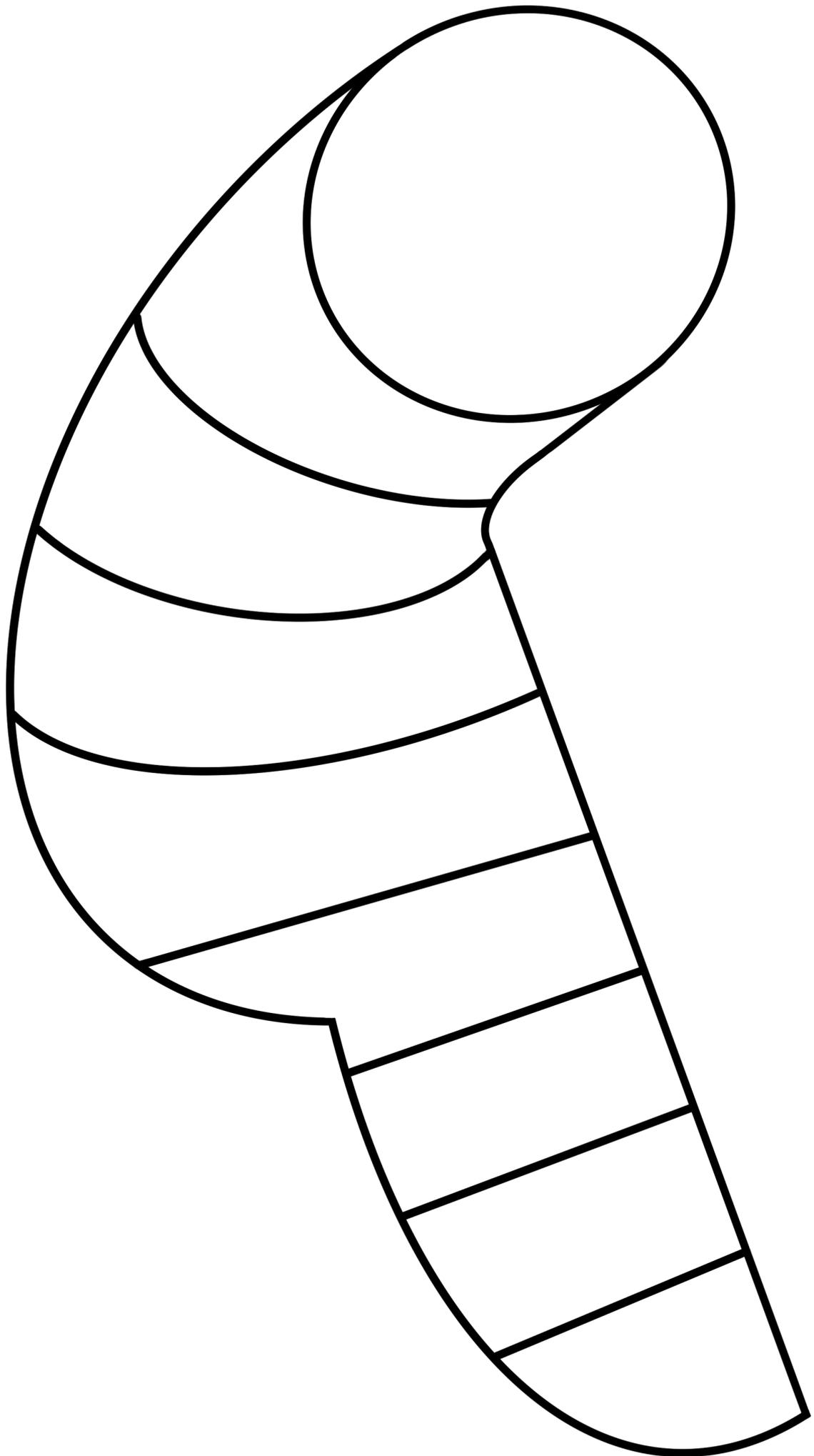
Get an adult to help you stick the 2 side pieces together. Stick one of the circles on top of the other circle. It will look a bit like a bird's wings when done.

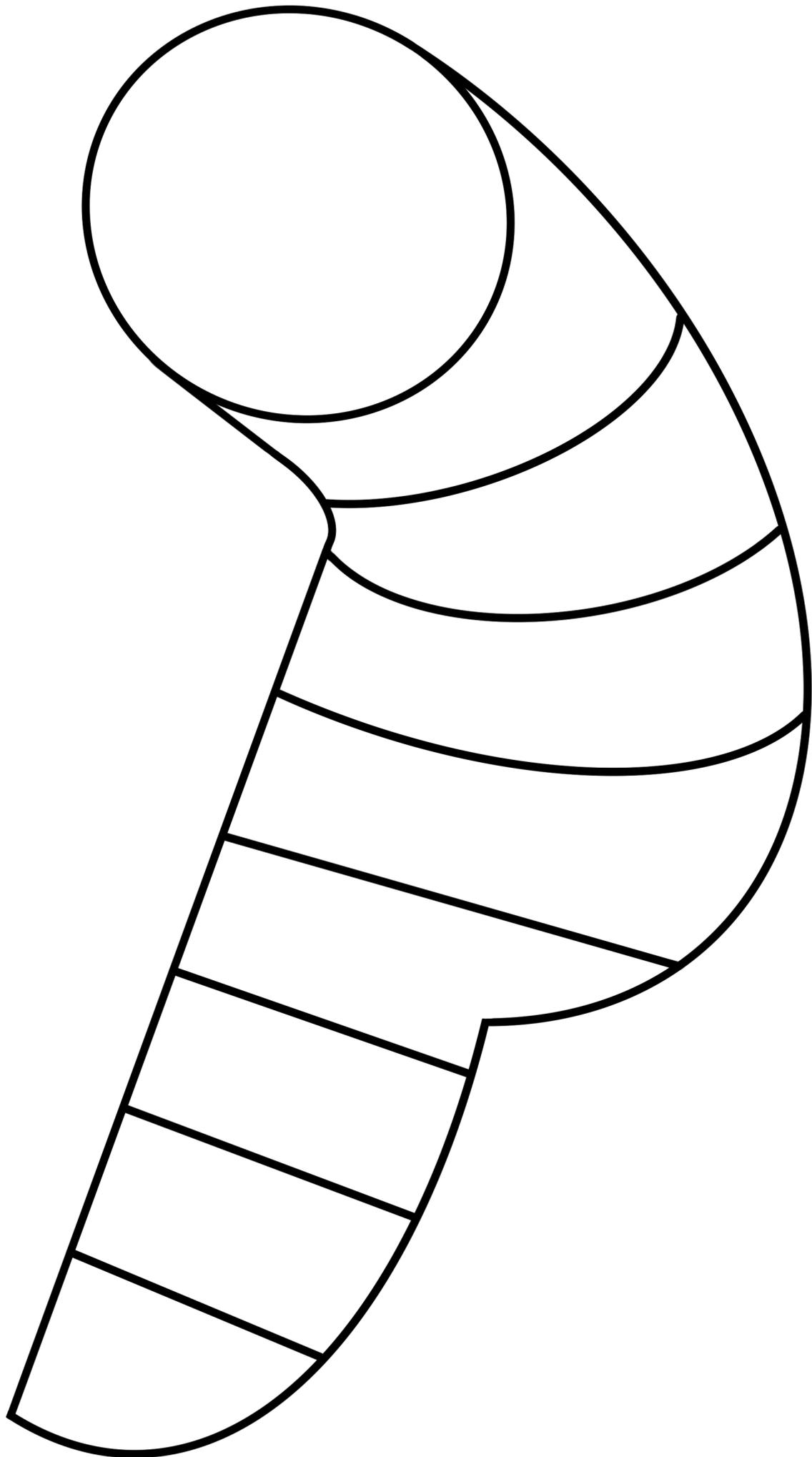


Put the headband on your head. Ask an adult to drape the sides over your head so that the circular part rests on top of your head. Add some glue to where the headband meets the side pieces and leave to dry.

Enjoy your finished Pharaoh's Nemes!







COUNTING TO TEN



In the Exodus story, God sent ten plagues to Egypt. Take a walk outside in your local area and see if you can count to ten, ten times! We've put 10 pictures below, see if you can count 10 of each on your walk outside!



CARS



DOORS



BIRDS



TREES



LAMP POSTS



PEOPLE

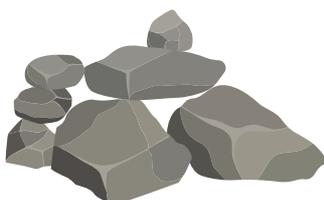


ANIMALS

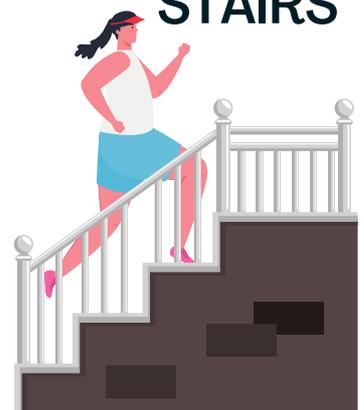
SIGNS



STAIRS



STONES



SPOT THE DIFFERENCE



Here is Daniel in the lion's den with the angel who was sent by God to shut the mouths of the lions. There are 2 pictures but one has some things missing. See if you can spot all the missing things from the second picture (Hint 7).



SPOT THE DIFFERENCE



Here are the answers, did you get them all?



- Left lion's ear missing
- Top lion is missing
- Stripe on Daniel's trousers missing
- Middle lion's hair missing
- Skeleton is missing
- Angel's wings missing
- Right lion's tail missing

RIGHT OR WRONG?



Daniel made the right choice even when things were hard for him. I wonder if we would do the same thing? Here is a story about someone called Benjamin. Have a read through and then there are some questions to talk about afterwards.

Story

Benjamin woke up on Tuesday morning and started to get ready for the day. He washed his face, brushed his teeth and combed his hair. He put on his school uniform and then he heard something from downstairs.

"Come and get your breakfast Benjamin" his mum shouted.

Benjamin ran downstairs and followed the lovely smell to the kitchen.

"Come and eat your chocolate pancakes" mum said pointing to the table. My favourite Benjamin thought. He sat up at the table and gobbled them up. YUM!

Benjamin's mum put his lunchbox down in front of him. Benjamin looks inside. Sandwich, check, crisps, check, apple, check, chocolate bar...MISSING! His favourite lunch item was nowhere to be seen.

"Mum, you forgot my chocolate bar" Benjamin said.

"No I didn't Benjamin, you've already had chocolate in your pancakes today. You don't want to eat too much of that." his mum replied. "Come and get your coat on, we'll be late otherwise."

She walked out of the kitchen towards the door. Benjamin got down from the table and saw the chocolate bars in the cupboard.

Benjamin had a choice, should he take one or should he go without a chocolate bar today? Choices, choices.

Benjamin quickly grabbed a chocolate bar from the cupboard and put it in his pocket. He normally had a chocolate bar in his lunch so he thought it would be fine.

Benjamin joined his mum at the door. Shoes on, school bag grabbed, coat on, we're ready to go.

On the short walk to school, Benjamin saw his friend on the other side of the road.

"Michael! Michael!" Benjamin shouted.

RIGHT OR WRONG?



Story cont...

Michael looked back and waved. Benjamin ran to the crossing to catch up. He presses the button but it's taking a very long time for the lights to change and Michael was getting even further away.

Should he wait or should he try to cross the road quickly to catch his friend? Choices, choices.

Benjamin has a quick look at the road, left and then right, and even though the green man wasn't showing, he ran across the road.

"BENJAMIN!" he heard his mum shout. He stopped and turned around.

"What have we said about crossing roads?" she asked.

Benjamin remembered that he should wait for the green man, even if it looked clear of traffic, and to walk and not run. He was distracted by wanting to catch up with his friend.

When they got to the gates, Benjamin said goodbye to his mum and went into school.

At breaktime, Michael came over to play with Benjamin but Benjamin remembered that Michael hadn't waited for him outside of school.

Benjamin had a choice, should he forget about what happened earlier or should he let Michael know how it felt to be ignored? Choices, choices.

"I'm not playing with you today Michael" and Benjamin ran off somewhere else leaving Michael feeling sad. That'll show him Benjamin thought to himself.

Later on at lunchtime, Benjamin was sat in the hall about to eat his packed lunch. He spots Michael coming towards his table looking cross.

All of a sudden Michael runs up to Benjamin and grabbed his lunchbox from in front of him and threw it onto the floor.

Benjamin has a choice to make. Should he do something nasty back to Michael, or should he try to make friends again? After all, he was mean to him at breaktime. Choices, choices.

"I'm sorry for being mean to you Michael, I was upset." Benjamin said as he picked up his sandwiches from the floor.

"I just wanted to play with you like we always do" Michael replied.

RIGHT OR WRONG?



Story cont...

Benjamin put his lunch back on the table. His sandwiches were squished, his crisps were in bits and his apple was bruised. It did look very sad. At least he had the chocolate bar in his pocket.

He took it out of his pocket and looked at it and then looked at Michael.

"Friends again?" Benjamin asked as he held out the chocolate bar in front of Michael.

"Friends again!" Michael replied and said thank you as he took the chocolate from Benjamin.

They both sat down at the table and ate their lunch. They were friends again and enjoyed the rest of their day at school.

Questions

At breakfast time, was Benjamin right or wrong to take the chocolate bar from the cupboard? Why?

On the way to school, was Benjamin right or wrong to cross the road like he did? Why?

At breaktime, was Benjamin right or wrong to leave Michael out? Why?

At lunchtime, was Benjamin right or wrong in the way he reacted to Michael's actions? Why?

What would you have done for each of these choices?

OUTDOOR PRAYER DEN



In our story today we heard about Daniel who would regularly kneel at the upstairs window of his house to pray. This was probably a place where Daniel could pray without getting distracted by other things.

We'd like to invite you to create a special place that you can use to pray! How about creating an outdoor prayer den – you could do this using natural materials by making a frame with sticks and then covering it with dried leaves, twigs or grass.



Alternatively, tie a length of paracord between two trees, hang a waterproof tarpaulin over the cord and peg it out, or pitch a tent! See if you can use your prayer den to get into good habits of talking to God often like Daniel did.

And if you don't have a space outside, you can always make one inside! Perhaps there's space in your bedroom or a cosy corner where you can make a small space where you can talk to God.



PAPER FRIENDS CHAIN



The paralysed man from our story today had some really good friends who took him to see Jesus and didn't let anything get in their way!

We've made a printable template to make a paper chain of friends. You can colour them in or even paint them to look like your own friends to remind you how important it is to look out for and support your friends.

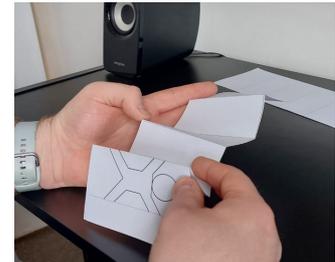
Instructions



Print out the sheet on the following page or get a blank piece of paper and divide it in 2 equal parts lengthways, then draw on the person shape at one side to replicate our template.



Fold along the dotted lines backwards and then forwards again, like you're making a fan. Make sure the person outline is visible at the top once you have finished.



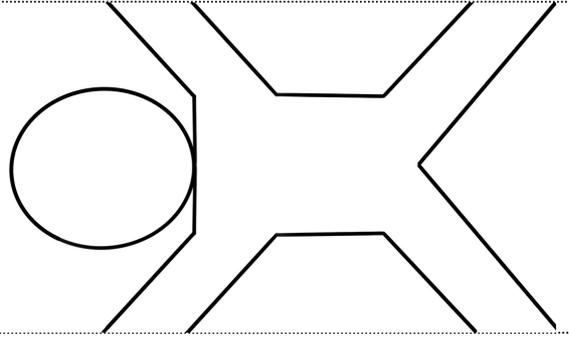
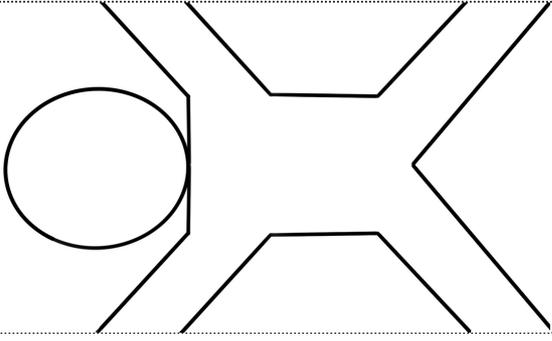
Cut out the person making sure you leave the edges connected at the folded sides.



When you have cut out the person, open the fan out all of the friends you have made in a chain. They should all be holding hands!



Decorate your people to look like your friends and as you're doing this, say thank you to God for all of the people who love and support you.



GINGERBREAD HOUSE



Make a gingerbread house with a flat roof. This can be as simple as five square pieces of gingerbread (four for the walls and one for the flat roof) fixed together with icing.

Use your creation to re-enact the story of Jesus healing the paralysed man. You can have fun breaking the roof of your gingerbread house at the appropriate moment!

Ingredients

250g unsalted butter
200g brown sugar (dark if possible)
7 tbsp golden syrup
600g plain flour
2 tsp bicarbonate of soda
5 tsp ground ginger
1 tsp cinnamon
500g icing sugar

Directions

Heat the oven to 200°C/180°C fan/ gas 6. Melt the butter, sugar and syrup in a pan. Mix the flour, bicarbonate of soda and ground ginger into a large bowl, then stir in the butter mixture to make a stiff dough. Add a splash of water if it doesn't come together.

Cut out a template for your walls using some cardboard from a cereal box. About 15cm x 15cm will do although you may have to adjust based on the size of your baking trays.

Line your baking sheets with baking paper and roll out the dough until it is flat and the height of around two £1 coins. Bake for 12 minutes or until firm and just a little darker around the edges.

Use your cardboard template and a knife to carefully cut out 5 equal squares plus a few smaller ones for doors and windows if you have some left over. It will still be quite hot so get an adult to do this. When you have your separate pieces, leave to cool. They will become firm.

Mix the icing sugar with enough water to make a thick, smooth icing. Put plenty of icing along the sides of the ginger bread pieces and stick the sides and roof together to make a cube shape. You can use a spoon or a piping bag to do this. Stick on your smaller squares for doors and windows and decorate with whatever sweet things you like!



PRAYER WALK



The paralysed man's friends had such a firm faith in Jesus that they were willing to carry him through the town and even dig through a roof so their friend could see Jesus.

Let's follow in the friend's example and walk around our local area with faith as well, by praying to God for the things we see.

When you're on your prayer walk, look out for different places. Here are some ideas...

If you pass a police, fire or ambulance station on your walk, you could pray that God would help the people who work there to keep us safe.

If you pass a school, you could pray that God would help the teachers to look after and teach their pupils everything they need to know.

If you pass a food bank, you could pray for all the people that need to use it, asking that God would comfort them and provide everything they need.



If you pass a shop, you could give thanks to God for all the food He has given us to eat.

If you pass or walk through a park , you could thank God for His creation, for all the plants that give us food and air to breathe, and all the animals.

When you're on your prayer walk, look carefully at everything around you and think what you could pray for or give thanks to God for.

WEATHER CHART



Print out this weather chart and the cards on the following pages. Track the weather this week by putting the cards in the boxes next to each day.

WEATHER THIS WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



SUNNY



RAINY



SUNNY



RAINY



SUNNY



RAINY



SUNNY



RAINY



SUNNY



RAINY



SUNNY



RAINY



SUNNY



RAINY



CLOUDY



CLOUDY



CLOUDY



CLOUDY



CLOUDY



CLOUDY



CLOUDY



SNOWY



SNOWY



SNOWY



SNOWY



SNOWY



SNOWY



SNOWY



STORMY



STORMY



STORMY



STORMY



FOGGY



FOGGY



FOGGY



FOGGY



HOT



HOT



HOT



HOT



COLD



COLD



COLD



COLD

HOUSE BUILDING



The builders built their houses in different ways. Why not make your own house using different materials?



Think about the things around you that you could use for your build. Perhaps you could build a sandcastle? Or something out of twigs and rocks? Maybe you could use Duplo or Lego?

Have fun and experiment to see which type of house is the strongest when you try and knock them down with a bucket of water! If you're going to try this part, make sure you choose your building spot carefully!!



MOVE TO THE MUSIC

The two builders in our story today had their houses put to the test by some stormy weather. Listen to some of this music and use your body to act out what the storm might have been like by reacting to the music.



You could use this piece of music by Holst called *The Planets 'Mars'*.



You could use this piece of music by Beethoven called *Tempest*.

The first 5:20 seconds is good to use.

If you're using the digital version of this booklet, tap the piano images to play the music on YouTube

PAPER BOATS



Let's make a paper boat that can float in the water, just like the one in our story.

Instructions

Start with a blank sheet of A4 paper portrait.
Fold in half from the top and then fold in half again from left to right.
Unfold the last step.



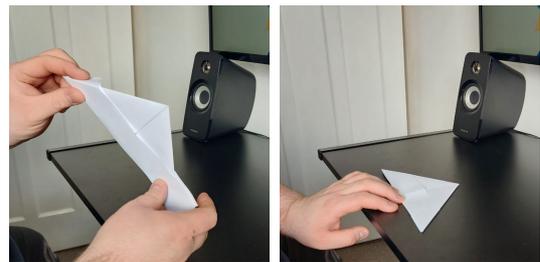
With the page in half, fold the top left and right corners down into the middle line.



Fold the bottom strip up so the fold line is level with the bottom of the triangle folds. Flip over, and do the same on the other side.



Fold the overhanging parts of the strip over the corners of the triangle.



Once you have a triangle, open up the longest edge of the paper all the way, turn it halfway and fold it closed to form a diamond shape.



[Click on this text for video instructions on YouTube](#)

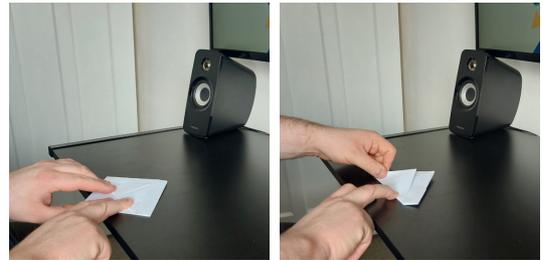
PAPER BOATS



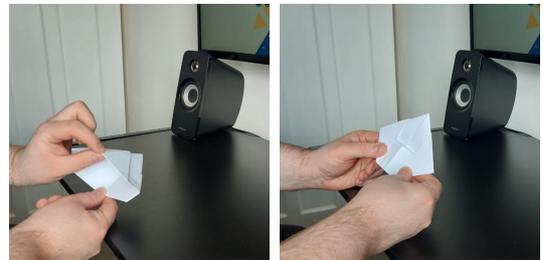
Let's make a paper boat that can float in the water, just like the one in our story.

Instructions continued

Fold the bottom corner up to the top corner. Turn the paper over and do the same on the other side.



Like you did before, open the paper all the way and fold into a diamond shape.



Grab the top two corners and gently pull outwards. The boat should open out and a triangle appear in the middle. Flatten the boat well.



Turn over and open out the inside of the triangle with your finger so the boat becomes wider. Now it will be able to float!



Once the boat is made, you can decorate it however you would like to.

Have fun watching it float in the water and if you have the space and right environment, you could even create your own storm to see if the boat will sink!



CALMING PLAYDOUGH

FOLLOW
THE SON

Jesus stood in the middle of a massive storm, said one word and made the waters and everything around him calm.

Let's make some calming playdough with lavender. As we're making and playing with it, let's ask Jesus to help us find a moment of calm as we trust in him.

No Cook Play Dough Recipe

- 2 cups flour
- 1/2 cup salt
- 2 tbsp vegetable oil
- 2 tbsp cream of tartar
- 1 to 1.5 cups of boiling water (start with up to 1, mix it as below, then add a little more until it is just right)
- 1/2 tsp gel food colouring (optional)
- a few drops of glycerine (for extra smoothness and shine!)
- Dried or fresh lavender



Method

Mix the dry ingredients (flour, salt & cream of tartar).

Stir through the oil.

Add the boiling water and stir vigorously until all lumps are gone and the dough begins to come together.

Then knead it until it stops being sticky. Add any colouring at the kneading stage.

Finally add in the lavender and knead to combine.

SINK OR FLOAT?



Set up a sink or float experiment outside where you can make predictions and observe how various items will behave when placed on the surface of the water.

Prepare a large container of water (e.g. a bucket or washing up bowl) and gather a selection of things to test (e.g. a teaspoon, a coin, a stone, a key, a cork, a Lego brick, a crayon, a rubber ball, etc.).

Before adding your objects to the water, predict which objects you think will sink and which will float. Drop the items onto the water – were you correct?!

Here's a little table for you to use to write down what you tested and to tick the box if it floated or sank.

Item	FLOAT?	SINK?
1.	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>
7.	<input type="checkbox"/>	<input type="checkbox"/>
8.	<input type="checkbox"/>	<input type="checkbox"/>
9.	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>

ROLLING GAME

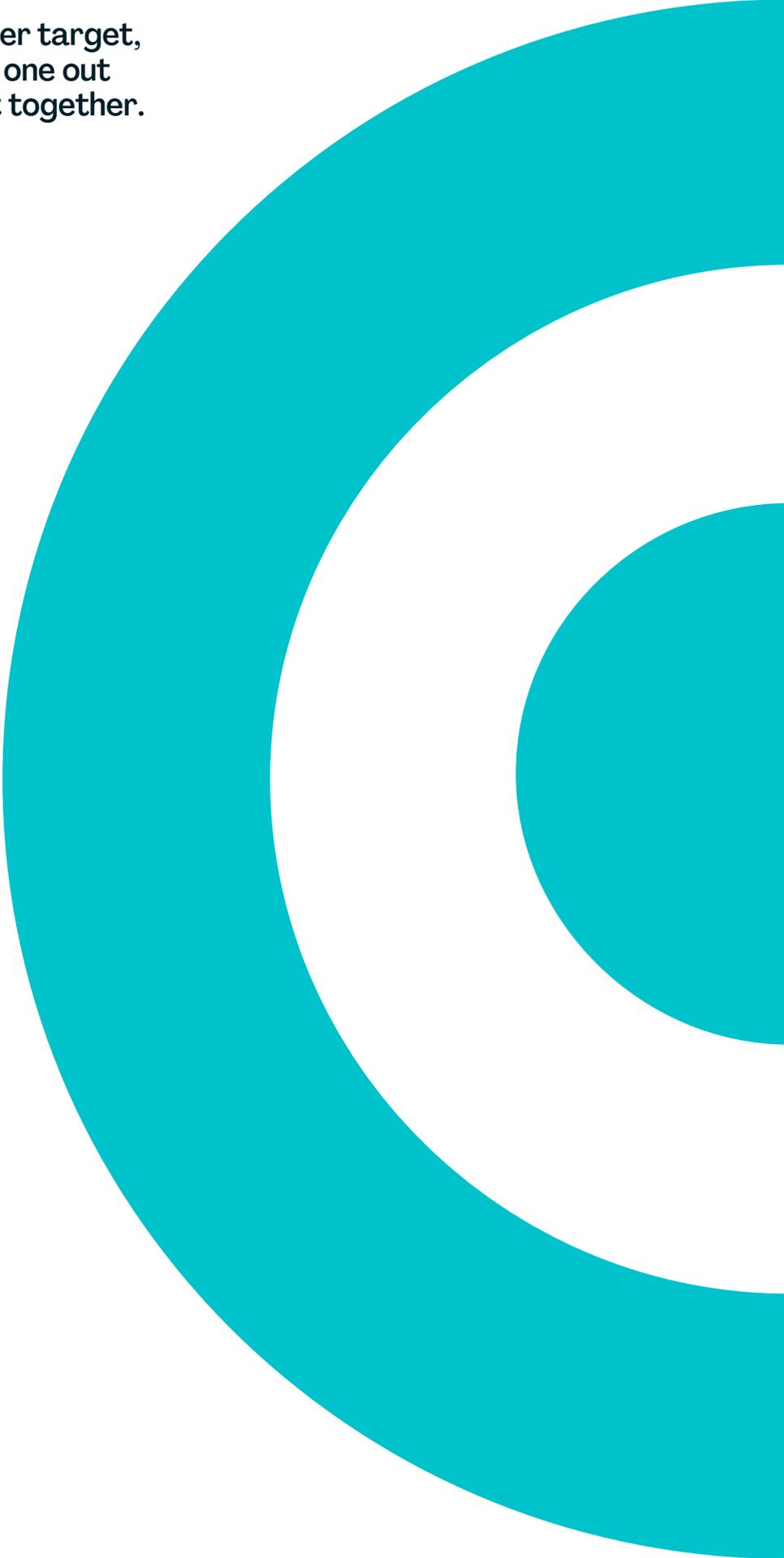


The stone covering the door to Jesus' tomb was completely rolled away in our story so let's play our own rolling game.

Print off this page or create your own target and get some balls. Take turns rolling the balls from far away and see who can get the closest to the middle! You can even add points for different zones on the target if you want to keep score!



If you need a bigger target,
you can print this one out
twice and piece it together.



PLANTING



The Easter story is all about new life and what better way of seeing that than by doing some planting!

Why not get some pots, soil and seeds of your choice and have a go at growing something? You could even make something fun to plant in like this Easter themed planter.

Here is a video you can watch that shows you how to make it, or follow the instructions below. Click or tap the image.



You will need

Plastic milk bottle (4 or 6 pints) or another large plastic tub
Soil or a smaller potted plant
Stones for decoration
Something hollow for a tomb
Any other decorations like paint or colouring in pens
Scissors

Instructions

Make an Easter themed template from paper and draw around the bottom of your milk bottle. Continue around the bottle to join it up.

Use scissors to poke a hole in the area you will get rid of and cut around the line you made using your template.

Decorate your planter with whatever you like, paint, colouring pens or anything else you can think of!

When your planter is decorated and dry, you can either put some pebbles (for drainage) then soil in the bottom and sow some seeds to grow (be sure to follow the instructions on the seed packet for watering) or simply place a smaller potted plant inside your planter.

Then, add your stones and hollow object for a tomb into the planter and arrange it how you would like it.

Put your planter in a sunny place on display for everyone to see! Don't forget to water your plants!

MAKE A CROSS



The main symbol of Christianity is the cross so let's make one to remind us of what Jesus did for us.



You can make a cross out of anything you can find! Why not collect some stones or pebbles and make the shape of a cross, or you could even find some twigs (from the ground) and tie them together to make a cross.

You can even use paint, wool or paper to make a cross. Let your imagination run free!

As you're making your cross, pray to God and thank Him for sending Jesus.

