

Activity Instructions

Today we are looking at the story of how Jesus fed over 5000 people from five small loaves of bread and two small fish. You can find it in Mark 6:30 – 44.

There are 10 different activities to choose from. Please do as many or a few as you like. Choose the ones which will best fit your family and have fun doing them and talking about the story together.

Activity 1: Quiet space

Find a quiet space and sit. What can you hear? What can you see? You might like to draw a picture of the things you can see and hear or you might rather just sit still and rest.

It is really important to get away from the busyness of life and to rest in the quiet. Jesus often did it and in today's story he brings his disciples with him.

Then Jesus said, 'Let's get away from the crowds for a while and rest.' Mark 6:31a

Activity 2: Follow the leader

Have fun playing an energetic game of follow the leader. You could take it in turns to be the leader.

In today's story when Jesus went to find a quiet place with his disciples the people saw where he was going and ran ahead of him.

But many people saw them leaving, and people from many towns ran ahead along the shore and met them as they landed. Mark 6:33

Activity 3: Baking bread or scones

Bake some bread or scones to eat together later. You can use a recipe of your own choice or there is one provided below.

As you work together you might like to talk about what you like to have with bread. What do you like to put in your sandwiches?

'How much food do you have?' he asked. 'Go and find out.' They came back and reported, 'We have five loaves of bread and two fish.' Mark 6:38

Activity 4: Fish craft

Cut out two fish shapes, each should be a different colour. Cut some diagonal cuts in the middle of the fish (see video for how to do this) Then put some glue using a glue stick around the edge of the fish and stick both together (make sure not to get any glue in the middle part of the fish where you made the cuts). Now fold out the cut parts. (This will be easier to understand if you watch the video)

As you make your fish you might like to talk about the different fish you have tasted or eaten.

'How much food do you have?' he asked. 'Go and find out.' They came back and reported, 'We have five loaves of bread and two fish.' Mark 6:38

Activity 5: Thank you prayer

Write a prayer together thanking God for all the lovely food you have to eat and use it before you have your meal today. Maybe you could have a picnic and include the bread/scones you made. You could also have fish at your meal.

Jesus took the five loaves and two fish, looked up towards heaven, and asked God's blessing on the food. Breaking the loaves into pieces, he kept giving the bread and fish to the disciples to give to the people. Mark 6:41

Activity 6: Sharing Jesus' love

Make a basket. There is a separate video showing how to do this – the link is above this sheet). You will need paper and glue. (I used a glue stick instead of PVA as in the video)

[Alternatively: you could use a paper cup or recycled plastic container to hold your treats instead of making the basket]

Then make some sweets and place them in your basket to share Jesus' love with someone else. Perhaps you could drop them around to a neighbour or someone you know who doesn't get many visitors at the moment. There is a recipe provided below or you may prefer to use one of your own choice.

As you work to make the basket and sweets, talk together about who you might give the treats to. Think about who might need to know Jesus' love at this time.

A vast crowd was there as they stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he taught them many things. Mark 6:34

Activity 7: Modelling the loaves and fish

Take out some plasticene, playdough (see recipe below if needed) or modelling clay and model five loaves and two fish.

As you are making your bread and fish you might think of all the different shaped bread and fish you have seen in the shops. Or you might do a google search and see if you can copy the shapes you find.

'How much food do you have?' he asked. 'Go and find out.' They came back and reported, 'We have five loaves of bread and two fish.' Mark 6:38

Activity 8: A fishy game!

Cut out a large fish shape from a page of a newspaper or magazine (or use the one from the video). Then using newspapers or magazines rolled up slap/bash the fish across the room (see the video of the 2 small boys doing this – the link to this video is just above this instruction sheet). You could have a race to see who can get their fish across the floor quickest. Or you could do an experiment to see does it make a difference what size the fish is? Does a certain shape move better?

'How much food do you have?' he asked. 'Go and find out.' They came back and reported, 'We have five loaves of bread and two fish.' Mark 6:38

Activity 9: How many can you name?

How many different bread and fish can you name? Make a list of all that you can think of, then you could do a google search to see if you can add anymore to your list.

They all ate as much as they wanted, and they picked up twelve baskets of leftover bread and fish. Mark 6: 42-43

Recipes

Scones (for activity 3)

Ingredients needed: 230g self-raising flour, ¼ teaspoon salt, 40g margarine, 150mls milk (optional 1 tablespoon sugar and 50g sultanas or other fruit of your choice)

Method: Heat the oven to 180 degrees. Place flour and salt in a bowl. Rub in the margarine. If using the sugar and fruit stir them in at this point. Then add the milk gradually and mix together to make the dough. Knead the dough on a floured work surface and add a little more flour if it is sticky. Roll out to a depth of 2cm and cut into rounds or other desired shape. Place on a baking tray leaving a little space between them. Cook in the oven for approximately will take between 12-15 minutes. Allow to cool and eat them with your favourite topping. Enjoy!

Sweets (for activity 6)

Melt some chocolate (white, milk or dark). Choose from raisins, chopped nuts, chopped glace cherries, crushed plain biscuits, crushed cornflakes and mix your preferred combination into the chocolate. Spoon into petit four or mini muffin cases and allow to set.

Now place them in your basket and deliver them.

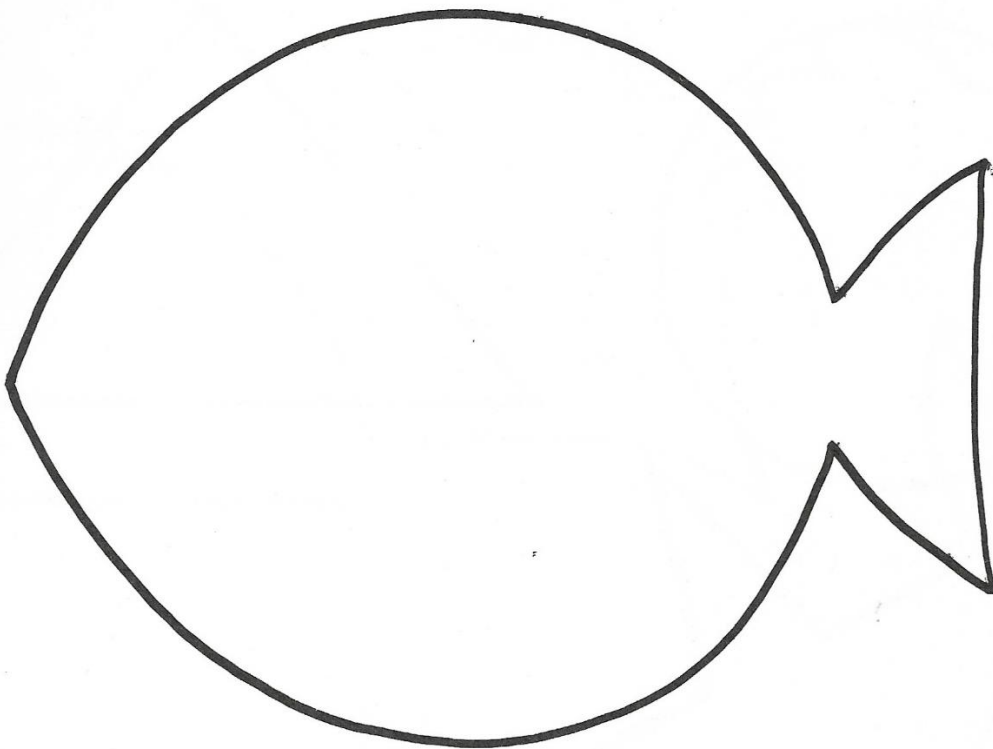
Playdough (for activity 7)

9oz plain flour, 8oz salt, 2oz cream of tartar, food colouring, 1.5 tablespoons of vegetable oil, 15 fl oz warm water

Mix dry ingredients in saucepan. Mix liquid ingredients in measuring jug. Add the liquid ingredients to the dry ingredients and mix until smooth (or as smooth as possible – adding the liquid slowly will help) Cook over a medium heat, stirring all the time with a wooden spoon. The mixture will draw together and become solid. (Keep going at the point where you think this isn't working – it does! 😊) Cool a little and then turn out of the saucepan and knead it for a few minutes. (Kneading the warm playdough is as much fun as modelling with it when it's cold!)

This playdough will keep if placed in an air-tight container and stored in the fridge after it is played with each time. As with any playdough it is best not to play with it on a carpeted area but to keep to use on the table – makes for easier cleaning up!! 😊)

Template for Fish craft



This is the link to the picture used in the prayer video

<https://coloringhome.com/coloring/RTA/yEb/RTAyEbKgc.pdf>