



UPcycle



roll with what
you've got

WEEKLY ACTIVITIES

These activities are part of the videos explained each week on gebc.org.nz/equip.
An alternative video of the story is on gebc.org.nz/switch that everyone may also enjoy.

These activities are for those in EQUIP and SWITCH to do.

They usually need two or more people to do them and younger kids may need assistance from someone older. But you can usually do them on your own by adapting them slightly if need be.

SO EACH WEEK...

- Watch the video on gebc.org.nz/equip or gebc.org.nz/switch to see the story and get you thinking.
- Follow the instructions in the video or read and follow along with the instructions provided. Choose the activities that suit you best.
- Finish off during the week by looking at your EQUIP journal or SWITCH devotional cards.



Contentment

Learning to be okay
with what you have



WEEK
THREE
November 21

BICYCLE CHAIN CROSS

WHAT YOU NEED...

- “Cross” Activity Pages and markers

WHAT YOU DO...

- Read the Bottom Line together and invite kids to colour your cross.

THINK...

- What are you reminded about in this picture?

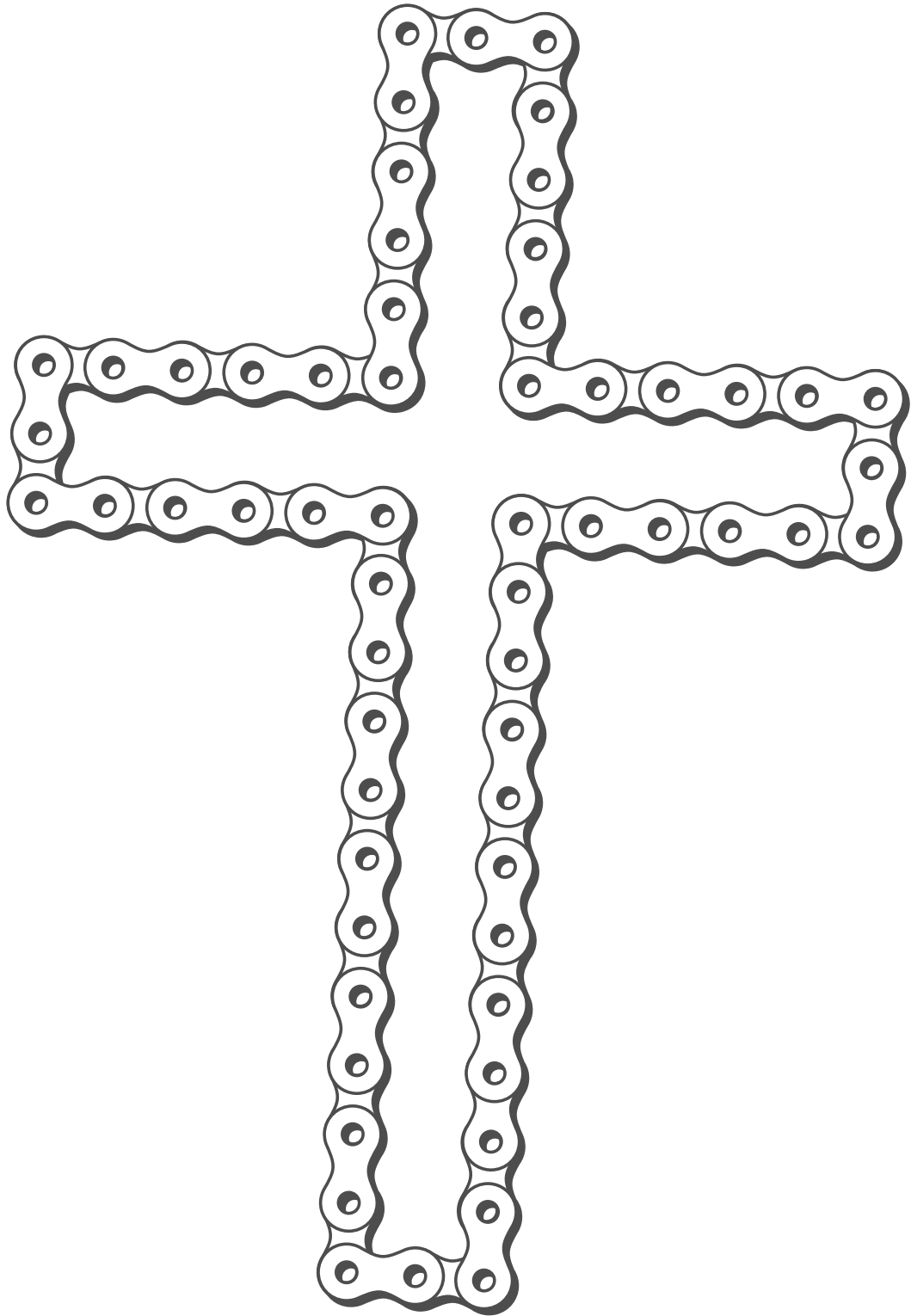
Making a cross with an old bicycle chain is a creative way to use something you no longer need and make something new that you might want and be content with.

- What has God done for you or given you that you can learn to be content with?
- What’s the most exciting thing coming up in the next few months?
- What’s the most exciting thing you can think of that might happen next year?

There are some great things ahead of us! But imagine if you were only focused on those fun things to come.

- Would you miss out on anything?

You would! By focusing on what you don’t have or on things coming up, you’d miss things like fun times with friends, learning something cool at school, or time with family. Instead of looking back at what you had before, or looking forward to what you hope will happen in the future, look at what you have, right now. This week, **look for things you can be content with so you don’t miss out on what you have now.**”



Don't miss out on
what you have now.