



## **Extension activities for children's ministry**

Listed below are a series of activities that look at the theme of the recent digital dispatch where Blaze the Bee has been visiting the Cowans to see the work that they are involved in there as PCI global mission workers. This is not a complete lesson but instead a series of activities that can be chosen from to create a Sunday morning that continues the theme from the children's address materials produced.

*If the Digital Dispatch was not shown in church, show the video to the children.*

Video can be found at [www.presbyterianireland.org/blaze](http://www.presbyterianireland.org/blaze)

### **ACTIVITY 1: FACTS ABOUT TUUM**

Show the children a map of the world and where Kenya is on that map or see if they can find it.

When Blaze visited Naomi Lere more last year, we learnt some facts about Blaze. You can find them [here](#).

The Cowans live in a place called Tuum so let's find out some things about that area of Kenya. Can you find it on the map?

- Tuum is in the Samburu region of Kenya. This is on Northern Kenya.
- Tuum sits at an elevation of 1,440 metres above sea level. To give you a comparison, Slieve Donard sits at 850 metres about sea level.
- Tuum is about 380km from Nairobi (the capital of Kenya) but because of the roads this journey takes about 13- 14 hours. The roads are not like ours; whilst there are tarmac roads for part of the journey, they usually have many pot-holes which are difficult to avoid, a good part of the journey is on dirt roads which are very dusty and they also have pot-holes. When it rains, they become very sticky and even Land Rovers get stuck!
- The main language spoken in Tuum is - Ki-Samburu
- The food eaten in Tuum would include vegetables (known as Mboga), dried beans which are soaked and then cooked with corn into a stew called Githiri, cooked maize (Ugali), roast goat meat (Nyama choma), rice and chapattis.
- The jobs that people who live in Tuum have would include herdsman/herds

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boys and girls! They usually herd their sheep, goats and camels everyday looking for food to eat which includes green leaves from bushes and trees. Some people are farmers and try to grow crops like maize, cow peas, beans. They also harvest honey from the bees.

- The weather – it is usually sunny every day in Tuum with temperatures around 30 C (and hotter) except in July and August when it can be just a little bit cooler.

### ACTIVITY 2 : HONEY

There are lots of different things that have honey in them and in this activity, children have the opportunity to taste some.

We suggest that before you do this activity you check with parents that they are happy for their children to have the chance to do some tasting.

To do this activity have about 4 different things that are honey flavoured for the children to taste. Examples could include:

- Jar or bottle of honey and spoons for children to taste pure honey
- Honey loops cereal
- Pieces of honeycomb
- Honey Greek style yoghurt
- Kinder milk slice Milk and Honey

Have the children all taste the pure honey first and then try some of the other foods that have honey as a flavour. This is not an exhaustive list but gives an example of the sorts of things that are honey flavoured. Talk to the children about what the honey tastes like, what other foods it might help to flavour. Do they like honey?

### BIBLE TEACHING

In this Bible teaching section, you will look at a portion of Psalm 119 which talks about God's Word being like honey.

#### Psalm 119:103-104 (ICB)

*Your promises are so sweet to me. They are like honey to my mouth!*

**Ask** the children what their favourite sweet treat is? This might be a type of sweet or chocolate or even a pudding! (Check with parents for permission but you might like to have a couple of sweet things for children to taste, e.g., some Haribo sweets or honey loops cereal.)

**Say:** Sweet treats are really delicious and they are in so many shops that we go into. We can get them easily. They are not good to eat all the time though, are they? They are a treat rather than an everyday normal. If you eat too much sweet stuff it can give you a sore tummy or you can end up with a not great visit to the dentist because it's not good for your teeth!

However, there is something described as sweet and like honey which won't give you a sore tummy or damage your teeth. Does anyone know what it might be?  
(Answer: *The Bible, God's Word*)

In Psalm 119 v103 it says "Your promises are so sweet to me. They are like honey to my mouth!"

Now I know what you are thinking – you can't eat the Bible; how can it taste like honey? Well, we might not eat the Bible, but we certainly take in God's Word and we can "digest" God's Word. The psalmist in this passage talks about God's law, the Bible, is wonderful, keeping the psalmist wise and full of understanding. It says the words of God are sweeter than honey. In those days, people would have used honey like we use sugar, to make things sweet.

But what does it mean that God's Word is that way? We know that the Bible contains the true words of God, given to us so that we know what God loves and thinks. It also helps us know how to live. The Bible isn't just a collection of random words and stories or a list of rules. It is an instruction manual for how to live our lives. It is a love letter from God to his people. When we read the Bible, we want it to be like eating a good meal. We can think about what the words mean and how they help us and make our lives better. When we think of it that way, it really is as sweet as honey! We can always go back to God's Word, if we are not sure what it means, or you can't read it very well yet. We can ask God to help us understand it and ask other people to help us too.

So read it, enjoy it, think about it and love the Word of God. It lasts forever, it helps you in everything you do and won't give you a sore tummy or bad teeth! That's even better than sweets!

### **"Honey Pot Bookmark"**

**You will need:**

- Crayons or markers
- Scissors
- Glue or tape

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- Card
- Additional decorations (stickers, glitter, etc.)

### To make

1. Cut card into a “honey pot” shape.
2. Partially glue a lid shape onto the pot, to allow a flap for a bookmark.
3. Add Your promises are so sweet to me. They are like honey to my mouth!  
Ps 119:103
4. Place additional decorations as desired.
5. Use the bookmark as a placeholder in God’s Word, the Bible!