

Fruit of the Spirit – Goodness!

- **Introduction:** Ask the children what they think is good or the best thing in life at the moment?
- **Activity:** Give each child a yellow banana and an assortment of pens allow them to draw patterns, faces, whatever they like on them. Prepare a banana before the session with a mean or scary face on it. When all the children have decorated their banana bring them back together. Ask them to look at their bananas: what do they think they will be like on the inside? Then show the children your banana: what do they think your banana will be like? Peel open the bananas and talk about how what we see on the outside appearance of a person doesn't show us what is on the inside (in their heart). Only God sees our hearts, & the Holy Spirit working on the inside of us can create goodness in our heart. If someone opens up a banana that has brown spots, then use the opportunity to talk about how when we look at the outside it doesn't always show what is on the inside.
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm or You are Good by Bethel Music on You Tube at <https://youtu.be/433rOj7777k>.
- **Talk:** What is Goodness? **We show goodness when we know the right thing to do and do it.** In life we have choices. We can choose to do the right thing or the wrong thing. Making good choices or right choices is being good or showing goodness but this is not always easy. Micha's Vlog this week is about Armin and a choice he needs to make - lets see if he chooses Goodness.
- **Watch/Read:** <https://youtu.be/QQlsVwYiEkg>. Read Galatians 5:22 & 23, James 4:17, Philippians 2:13 and Deuteronomy 6:18. Or Lottie's Fruits of the Spirit: Goodness on YouTube at <https://youtu.be/EIRb5awtns4>.
- **Discussion:** What was Armin's choice? **He had to choose between whether to steal/keep Hans' toy or give it back.** What do you think the right choice is? **To give it back as taking something that is not ours is wrong.** What good choice could Hans have chosen? **He could have chosen to share and show his toy to Armin.** God is good and loving to us all the time and his power works in us to create goodness in our heart. Can you think of a time you had to choose between doing the right or wrong thing? How did God help you? What good choices could we make when someone is being mean to us? **We could choose to be kind to them and not be mean back.** What good choice can we make if we break something by accident? **Own up to breaking it even if we might be in trouble don't hide it and pretend it didn't happen.** Can you try and make good choices all this week? Do remember we all make mistakes from time to time and can always ask for forgiveness. God will forgive us when we ask, then we can try again to make good choice.
- **Pray:** Dear Jesus, Thank you that you are always good to us and promise to work all things out for good. Please help us to make right choices so that we can show your goodness to others. Amen
- **Make:** 'Taste and See that the Lord is Good Smoothies'. When making smoothies please be aware of any allergies the children may have and swap for dairy free if need be. Banana and Blueberry, 100g Fresh/Frozen Blueberries, a Banana, 50ml Vanilla (or plain) Greek Yogurt, 100ml of Your Favourite Milk, Optional: Honey, Blender, knives and plates/boards for the children to chop the banana and cups or glasses to serve. Add all of the ingredients to the blender. Blend together for a delicious blueberry and banana smoothie! You could try different flavoured smoothies just make sure you have 100-150g of fruit in the combination of your

choice (Strawberry and banana, raspberry and peach, kiwi, pear and blackberry, if using an apple chop it very thinly before blending as apple can make the smoothie lumpy), 50ml Yoghurt (Dairy free will work), 100-200ml (depending on how much you would like to make) of your choice of milk soya, almond and coconut will also work, 1 tablespoon of Honey and/or chocolate powder (Optional check for allergies). If using milk alternatives, you may wish to add honey for extra sweetness.

- **Make:** Superhero craft. You will need a lollypop stick, a cupcake case/piece of coloured card/plain card coloured in, pens, googly eyes (optional), pipe cleaner (optional) and some wool/string/coloured paper/tissue paper. Think of your favourite Superhero or design a new one. Draw the face and body of your chosen Superhero on the lollypop stick. If you are using googly eyes stick them on, otherwise just draw your eyes on. If using a pipe cleaner for arms take the pipe cleaner and wrap it around the middle of the lollypop stick twice. Then shape the ends into arms, one either side of the body (the lollypop stick). You can even bend the ends to make little hands. Then taking your card cut a triangle for a cape and glue to the back of your stick. If using a cupcake case, fold the case almost in half but with the bottom piece hanging a couple of centimetres lower than the top layer. Then fold the edges into the middle, leaving space for the lolly stick to be glued in the middle. This should look like a cape. Now glue the stick onto the cupcake case. Take the wool, coloured paper or tissue paper and cut it into strips for the hair and glue to the top and back of your stick... and you have a Superhero! Let's hope they makes good choices when people are in trouble!
- **Make:** A 'Fruits of the Spirit Necklace'- Take a piece of string/thread/ribbon and measure it around the child's neck so that it will sit like a necklace. Then with pre-cut out circles allow the children to draw different fruit on each circle. If you have really young ones in your group, you may wish to cut out fruit from magazines that the children can stick onto their circles. Then help the children write one Fruit of the Spirit on each circle. Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-control. Make a hole with a hole punch in each circle and help the children thread them onto their strip/thread/ribbon. Then tie around the children's necks like necklaces to help them remember the fruits of the spirit.
- **Copy:** The attached and colour in colouring pages
- **Play:** Let the children play with building blocks, Lego and ask them to make good choices about when it is the right time to knock them down, preferably not when someone is still building them or knocking someone else's down instead of your own! Or play a game that gets the children to make choices - can they make good choices? You could do this with food crisps or fruit, chocolate or veg etc.
- **Drink and biscuit**

Taste and see the Lord is good Smoothies

Banana and Blueberry



Peach and Raspberry



Strawberry and Banana



Tropical

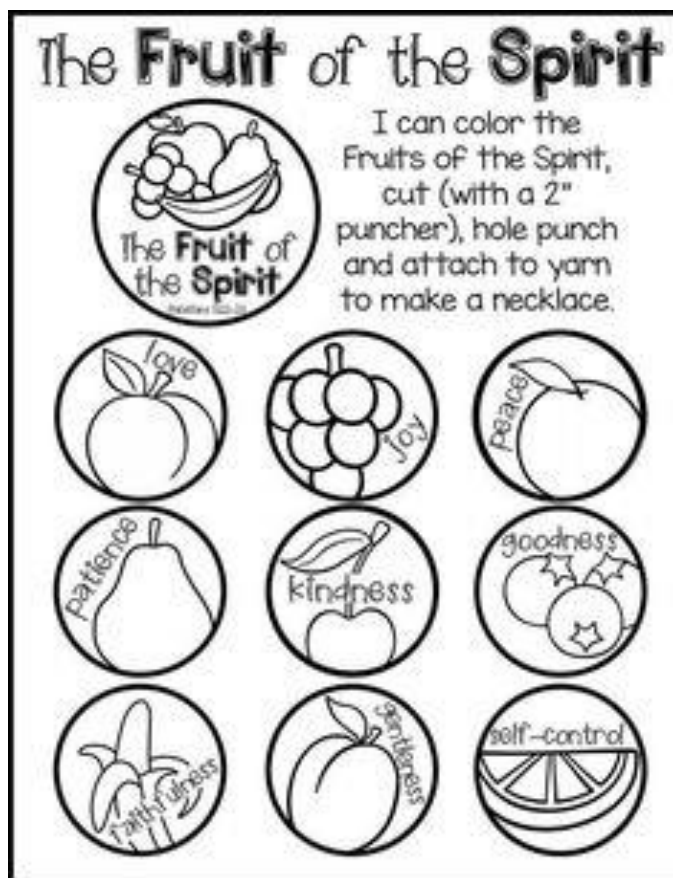


Triple Berry Mix

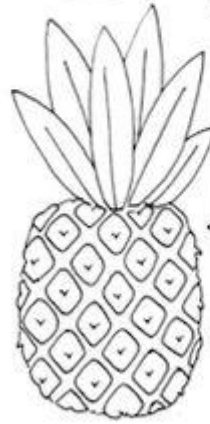


Superheroes Craft

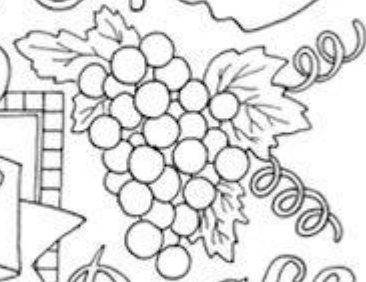




LOVE JOY



the
Fruit
of the
Spirit

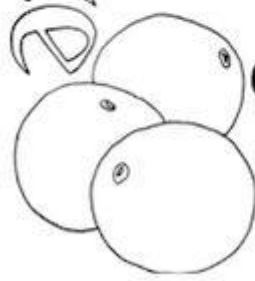


PATIENCE

Kindness



FAITHFULNESS



gentleness



SELF-CONTROL



Goodness

When you think of goodness, what do you think of?
Draw 4 pictures to describe "goodness"

Did you draw a picture of God? ...Because, that is
where we get our goodness from.

