

"I AM'S" of Jesus

Family activity book



Notes for parents

Welcome to this 'I am' Activity pack. Over the last year your child learnt about the 'I am' statements that Jesus made.

The pack is aimed at helping your child remember what they learnt in class. The pack will also help you read the Bible together and learn about who Christians believe Jesus is.

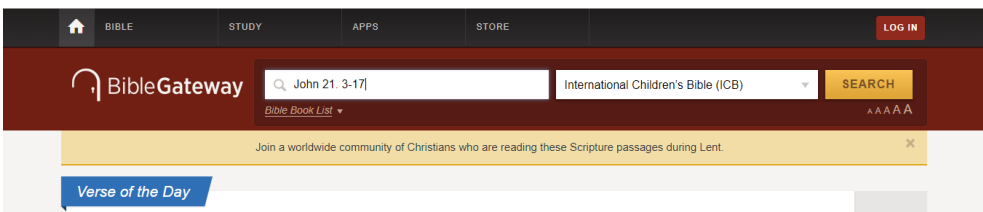
Some of the activities your child, should be able to alone, but some are designed to be done together. Hopefully you will have all the extra resources you need around the house. You should only need Colouring in pens or pencils, glue and scissors for the basic craft and a few extra things for the optional ideas.

The Relevant Bible verses are provided but if you would like to look them up for yourself you can either in a paper Bible or on the internet using a website like Bible Gateway.

BIBLES ON LINE:

BIBLE GATEWAY. <https://www.biblegateway.com>

At the top of the Biblegateway website page there is a search bar :
That looks like this



If you type the bible verse into the search box it will show you the correct bible verse. The box next to the search box has a drop down menu with different Bible translations, you should pick either the Message version, the New International Version (NIV) or the New Living Translation (NLT) as these versions are easier to understand.

NOTE TO PARENTS

There are a lot of activities in this booklet, please don't feel that you have to do them all. They are just suggestions to help you pass the time in a creative and hopefully fun way.



I AM the bread of life



Read (John 6: 25-28+ 35)

Jesus, the Bread of Life

²⁵The people found Jesus on the other side of the lake. They asked him, “Teacher, when did you come here?”

²⁶Jesus answered, “Are you looking for me because you saw me do miracles? No! I tell you the truth. You are looking for me because you ate the bread and were satisfied. ²⁷Earthly food spoils and ruins. So don’t work to get that kind of food. But work to get the food that stays good always and gives you eternal life. The Son of Man will give you that food. God the Father has shown that he is with the Son of Man.”

³⁵Then Jesus said, “I am the bread that gives life. He who comes to me will never be hungry. He who believes in me will never be thirsty.



Chat

- What earthly food can you think of that spoils/ goes bad? What happens when it goes bad?
- What ‘food’ do Christians’ believe can give you eternal life? What do Christians believe they need to do to feed themselves this food?
- What do Christians believe Jesus means when he saying that He says that He is the Bread of life?



Do

- Set up a café or a shop at home using real or pretend food. Talk about what we need to eat survive. Enjoy time playing café/ shops.
- Find examples of different foods in magazines, newspapers or on the internet, cut them out and stick them on to a paper plate (If you don't have a paper plate, you can always draw one on a piece of paper). Encourage your child to think about how fortunate they are to have food and to think about those that don't have any food.



Make

Optional Extra

- If you have the ingredients, you could make some bread with your children or buy a packet of bread mix
Here is a link the BBC Food website with a simple bread making recipe.
<https://www.bbcgoodfood.com/recipes/easy-white-bread>
Or you can use the bread you've got and have a picnic in the garden (if the weather is nice). The children can bring their bears to the picnic to include more people.

Using food colouring and CLEAN paint brushes you can paint pieces of bread.
You could encourage your child to paint what they are thankful for on the bread.



"I AM" THE BREAD OF LIFE

Guide the crowd to Jesus.





I AM the light of the world



Read John 8:12

¹²When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the eternal life."



Chat

- Do you like the dark? Do you like the light? How do both of them make you feel?
- What do Christians mean when they say Jesus walked in the darkness?
- Why do Christians say that light gives life?
- Show your child the pictures and explain to them, that one has been grown in a light room and the other has been grown in a dark room. Ask your child what is different about the two plants. Explain that plants need to be connected light in order to grown and that Christians believe that in order for them to grow they have to be connect to their light source and that source is Jesus.





Do

- Make a den in your house, try to make it as dark as possible and then place some light sources from around the home in the den. How many torches/ lamps could you find? What did it feel like sitting in the dark? How did it feel when you turned the lights on?
- Outside you can play the traffic light game. Everyone walks around the garden normally. When the lead says green everyone runs. When the leader says amber everyone walks. When the leader says red everyone stops.
- Set up an obstacle course in the garden. In pairs, one person is blindfolded and the another person verbally guides them around the course. You could time each other to see who does it the quickest.



Make

- Wash an empty glass jar and decorate it to make a tea-light holder. You could use Permanent Marker pens, glue and tissue paper or stick buttons onto the jar.

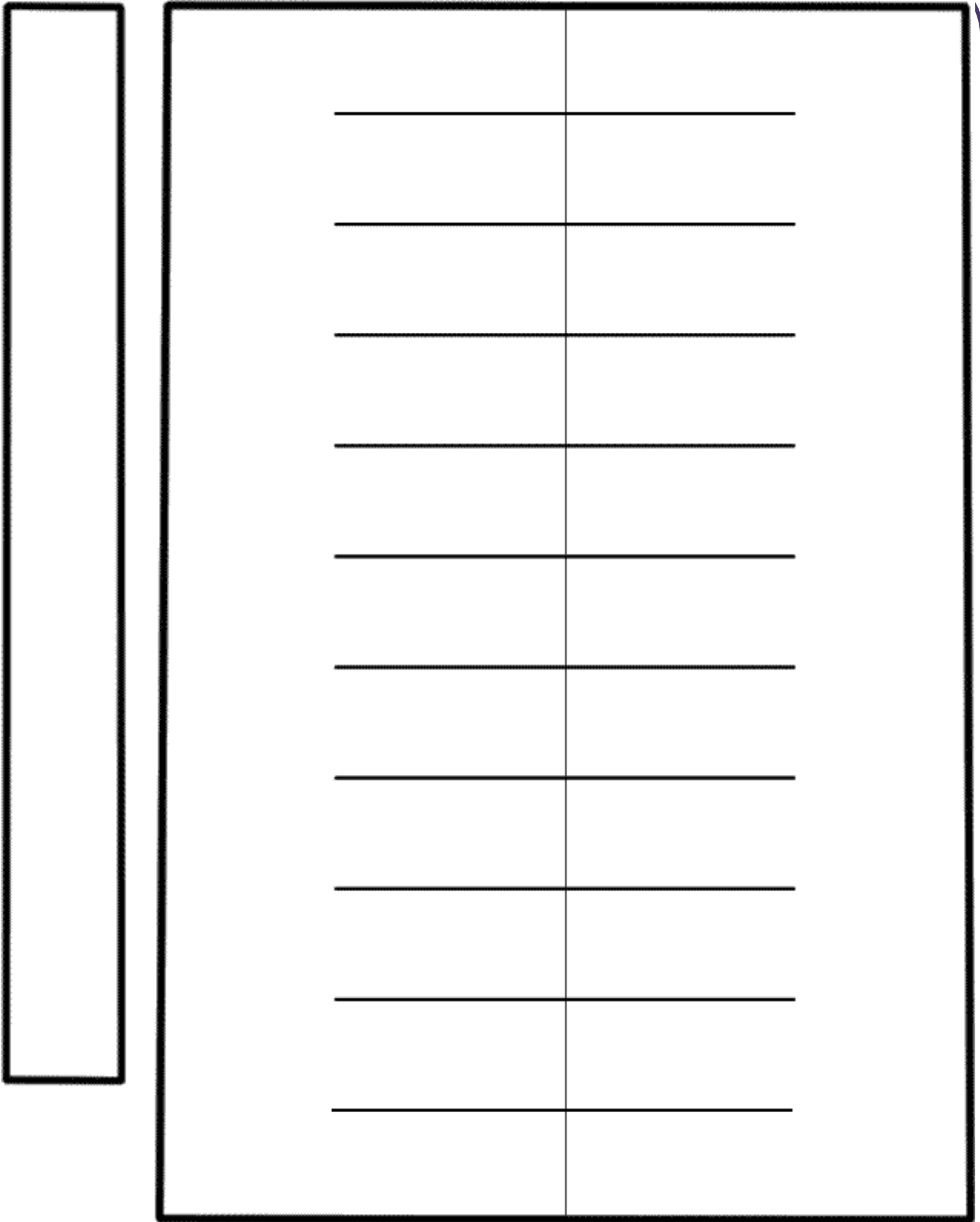


- Use some poster paint and make some fingerprint fairy light pictures.



- Use the template on the page and decorate and make a paper lantern.





- a. Cut around the bold lines.
- b. Fold along the central line of the large rectangle.
- c. Cut along the lines horizontal lines in the middle, ensuring you don't cut all the way to the sides
- d. Unfold the large rectangle, and bend it round to make a cylinder shape.
- e. Attach the smaller rectangle at the top to make a handle

Jesus said:

I AM the

light

of the
world

John 9v5

LIGHT OF THE WORLD

John 8:12

JESUS said: _____

Matt 5:13-16

You are the ^{GLITH} _____ of the ^{OWRDL} _____.

A ^{TCYI} _____ on a ^{ILLH} _____ cannot be hidden.

Neither do people light a ^{AML P} _____

and put it under a ^{LOBW} _____. Instead they

put it on a ^{SANTD} _____, and it gives light

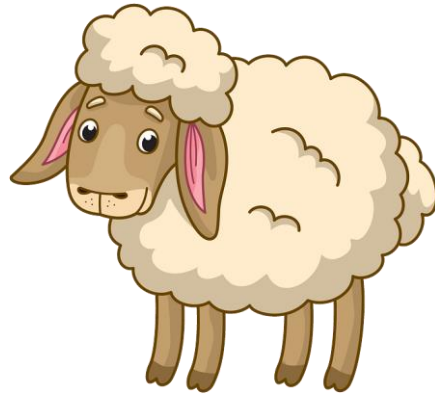
to ^{VEREYNOE} _____ in the house.

In the same way, let your light ^{HSNIE} _____

before ^{ENM} _____, that they may see your

^{DOOG} _____ ^{EDEDS} _____

Can you unscramble the words to complete this Bible verse?



I AM the Good Shepherd



Read John 10:11-16

¹¹“I am the good shepherd. The good shepherd lays down his life for the sheep. ¹²The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. ¹³The man runs away because he is a hired hand and cares nothing for the sheep.

¹⁴“I am the good shepherd; I know my sheep and my sheep know me— ¹⁵just as the Father knows me and I know the Father—and I lay down my life for the sheep. ¹⁶I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd.



Chat

- What is the job of a shepherd? Why is a shepherd important?
- Who do Christians think are the sheep?
- What do Christians think it means when Jesus said that the shepherd knows his sheep?



Do

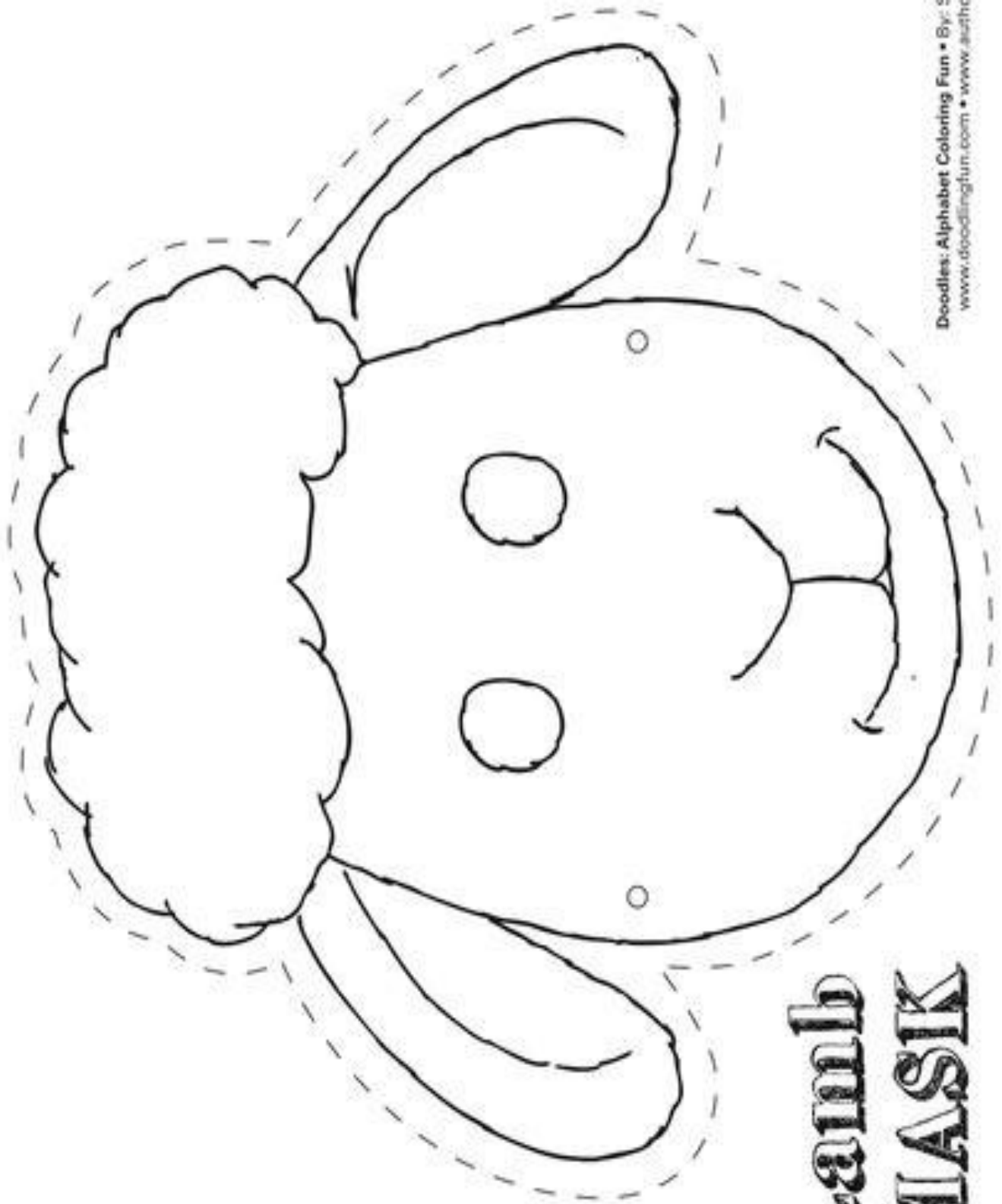
- Do a wild sheep treasure hunt in your house. Search your house and see how many sheep related items you can find. You might have a sheep teddy or a picture of a sheep. Can you find more than five?
- Hide and seek with a sheep toy

Take it in turns to hide the sheep in your house and the others have to find it



Make

- Cut out the mask and decorate to make your own sheep mask.



Doodles: Alphabet Coloring Fun • By: S
www.doodlingfun.com • www.aucth

**Lamb
MASK**

- Make a sheep biscuit using mini marshmallows or white and black icing.



- Make a sheep using cotton wool and googly eyes.



- Make a Pom Pom Sheep.
- Below is a link to a video to help you and the instructions



How to make a pom pom

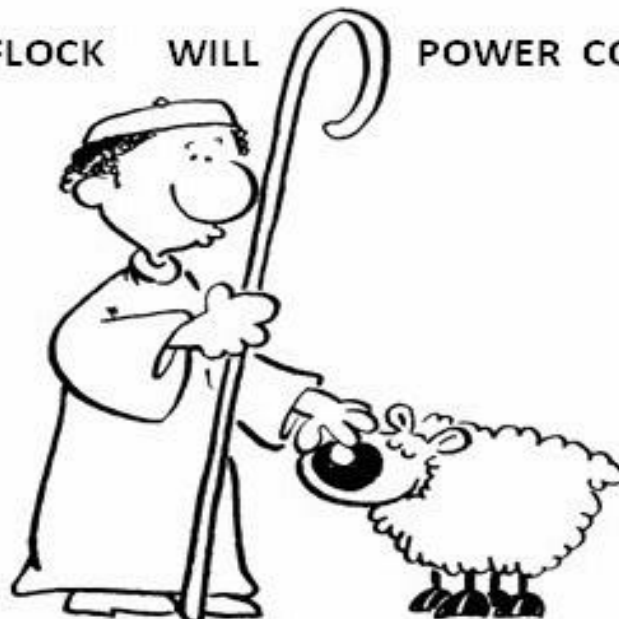
1. Cut out two large circular discs out of stiff card – use an upside down glass as a template.
2. Draw a smaller circle in the centre. The distance between the inner and outer circle will determine how big your pom pom will be.
3. Put both cardboard discs together.
4. Start wrapping your yarn. The THICKER you wrap you yarn the fluffier will be your pom pom.
5. Once you are happy with the amount of yarn used to make your pom pom. Start cutting the yarn, by pushing your scissors between the two discs. Yes it can be fiddly and a good pair of scissors makes all the difference. **You might need an adult to help you**
6. Make sure you short pieces of yarn do not “fall out” of the central hole.
7. Carefully wrap a long pieces of yarn between the two cardboard discs and around your pom pom. Tie off as tightly as possible. Repeat (just to make it extra secure).
8. Pull your pom pom out and done!

- Here is a link to a video tutorial: <https://www.redtedart.com/how-to-make-a-yarn-pom-pom-with-cardboard-discs/>

Can you complete this word Search?

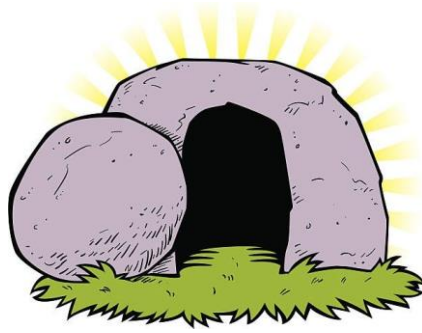
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N	P	E	E	H	S	C	E	S	C
O	D	P	W	D	I	R	H	D	A
D	E	E	A	O	I	E	T	N	T
N	A	E	V	H	P	F	A	A	T
A	L	S	C	H	F	I	F	M	R
B	A	L	E	I	F	L	G	M	E
A	T	R	I	O	O	D	O	O	G
R	D	L	L	W	I	V	O	C	S
S	R	E	T	T	A	C	S	D	K

GOOD SHEPHERD SHEEP WOLF
VOICE ABANDONS FATHER LEAD
FLOCK WILL POWER COMMAND





"I am the good shepherd." *John 10:11*



I AM the Resurrection and the Life



Read **John 11:20-27**

²⁰When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

²¹“Lord,” Martha said to Jesus, “if you had been here, my brother would not have died. ²²But I know that even now God will give you whatever you ask.”

²³Jesus said to her, “Your brother will rise again.”

²⁴Martha answered, “I know he will rise again in the resurrection at the last day.”

²⁵Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; ²⁶and whoever lives by believing in me will never die. Do you believe this?”

²⁷“Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”



Chat

- Can you remember what happened at the end of this story? If not, read John 11:38-43 to find out.
- What do Christians mean when they say if they believe in Jesus, they will never die?
- If you could ask God to do one miracle what would it be?
- Why do you think Jesus didn't heal Lazarus before he died? Was it because he wanted to show his power?



Do

- Play pretend doctors and nurses. Maybe you have a fancy costume you could wear. Ask your grown up if there are any scraps of material you can have to use as bandages. You use your teddies as patients
- Find some cups and a figure toy character.
- Place the figure under the cups and move the cups about. Ask someone else to see if they can guess which cup the figure is under.



Make

- Make gingerbread people biscuits following the recipe on the next page



- Make some puppets to retell the story of Lazarus using the templates on page 19



Gingerbread person Recipe



Ingredients

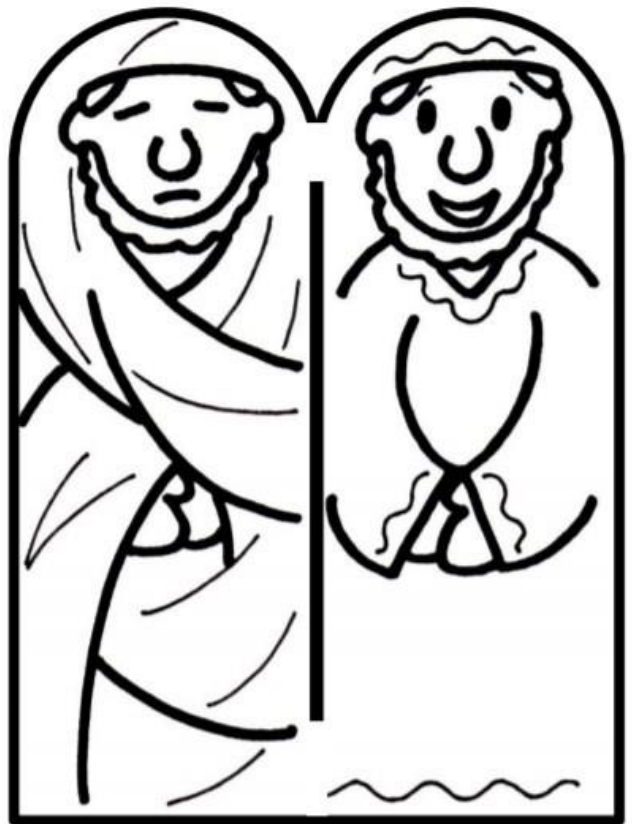
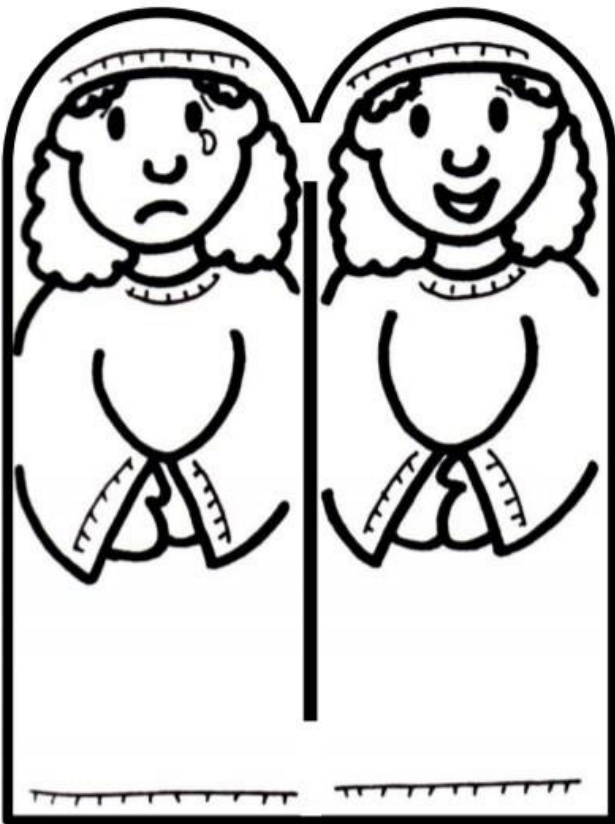
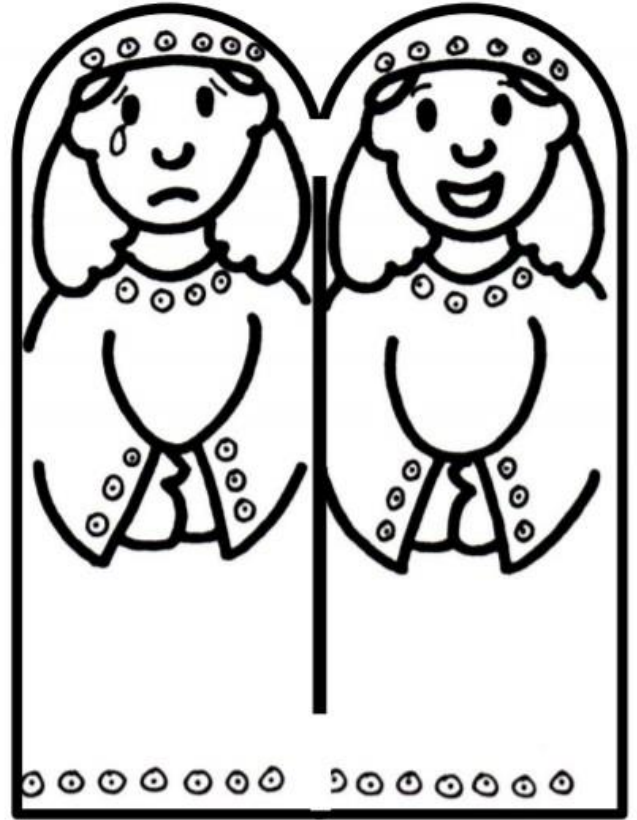
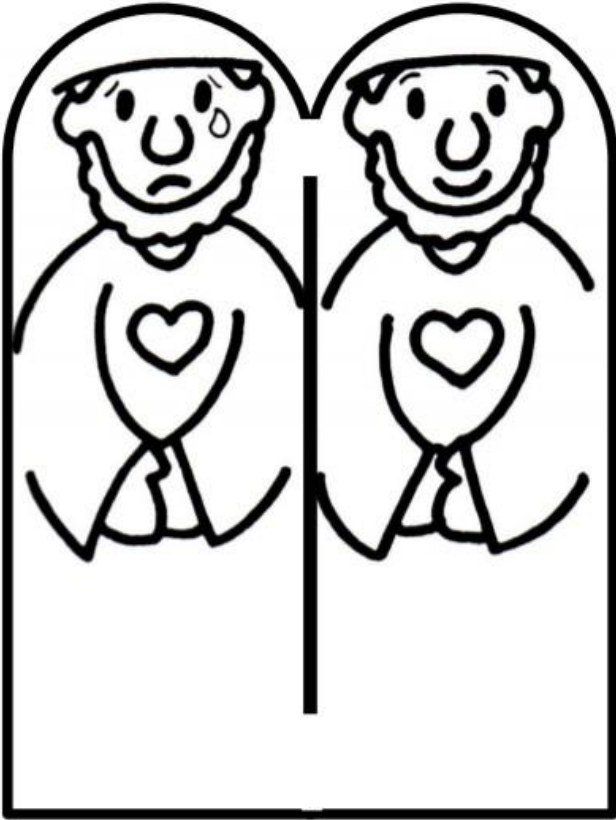
175g Dark Muscovado Sugar
or Brown Sugar
85g Golden Syrup
100g Butter

1 tbsp ground ginger
1 tsp ground cinnamon
1 egg, beaten
350g Plain Flour
1 tsp Bicarbonate of Soda



- Melt the sugar, golden syrup and butter in a saucepan, then bubble for 1-2 mins. Leave to cool for about 10 mins.
- Tip the flour, bicarbonate of soda and spices into a large bowl and add the warm syrup mixture and the egg, stir everything together,
- Gently knead in the bowl until smooth and streak-free. The dough will firm up once cooled. Wrap in cling film and chill for at least 30 mins.
- Remove the dough from the fridge, leave at room temperature until softened. Heat oven to 200C/180C fan/gas 6 and line two baking trays with baking parchment.
- Roll out the dough to the thickness of a £1 coin, then cut out gingerbread people with a cutter.
- Re-roll the excess dough and keep cutting until it's all used up.
- Lift the biscuits onto the trays and bake for 10-12 mins, swapping the trays over halfway through cooking. Leave to cool on the trays for 5 mins, then transfer to a wire rack to cool completely.
- Use icing sugar to decorate the biscuits as you wish, and stick on sweets for buttons. Leave to dry for 1-2 hrs. Will keep for up to three days in an airtight container.





Can you complete this dot to dot?

