

Fruity Fun!



Church of Ireland ✝
Board for Ministry with
Children & Families



www.cfm.ireland.anglican.org

WELCOME

The Summer Holidays are nearly here - HURRAY!!

Maybe it's just me, but it's felt like a really long winter this year and Spring has only just turned up the temperature enough for us to turn off the heating!

To help us remain focused on the warm days and long evenings, we've got a newsletter focused on Fruity Fun!

Think Watermelon Ice Pops, Mango Sorbets, BBQ'd Pineapple (is that a real thing?!) and Berry-licious Summer Puddings!

Don't worry - you've not picked up the cooking weekly mag by mistake - our Fruity Focus is firmly in the spiritual realm! This is a Fruit of the Spirit takeover!

We have books, games, crafts, curriculums and more - things for big groups, small groups and stay at home fun groups!

Hopefully you will find something to inspire you in the following pages.

As always we will be praying for you in this new season, and if you have any ideas, questions or requests I'd love to hear from you: cfm@ireland.anglican.org.

Whatever you get up to this summer have a great one!

Many blessings,

Rachael



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Pentecost

Before we get into the fruits of the Spirit, we first have the baptism of the Spirit celebrated at Pentecost on June 8th this year.

We've gathered a few ideas for activities to help celebrate Pentecost.

First up we have our dancing man - a simple paper craft that children can make. He loves to express the joy of Pentecost by dancing when children move him from side to side. You can find him on our website [HERE](#)

In Acts 2 we read how the Spirit came into the upper room like a sound of wind and with tongues of fire. So embracing these images you might like to make a windsock with red ribbons flowing out of it - use up old plastic milk bottles and follow the instructions found [HERE](#)

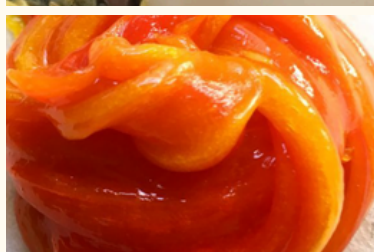
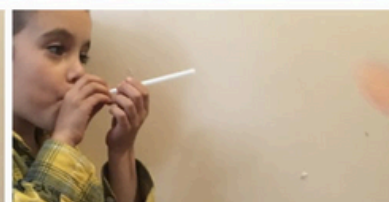
Another fun craft which always goes down well with older children is the fire launcher - although best NOT to make these before the Church service starts! 😊 Find the instructions for these [HERE](#)

I have a genuine cringe reaction when it comes to slime! But, for those of you who are braver than me, making slime is a winner whatever your theme, and the brightness of fire slime is bound to get your children excited. Find the instructions [HERE](#) (just don't bring it anywhere near me!!).

Finally [Sunhatsandwellieboots](#) have a printable paper Pentecost Candle you can download free [HERE](#)



Straw and Paper Launcher PENTECOST CRAFT



**HOW TO MAKE
FIRE SLIME!
ONLY 4 INGREDIENTS!**



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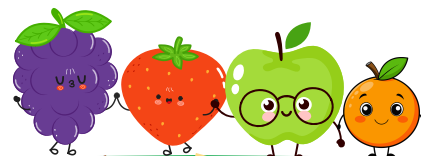
Fruit SALAD



photo credit: www.abc.net.au

I imagine very few of you haven't played or led the game Fruit Salad at some point. In this game, two teams of children sit in two rows, with their feet facing each other, as shown in the photo above. Each pair is assigned the name of a fruit. When the leader calls out the name of a fruit, both sides get up and run clockwise around the outside of the group—both at the top and the bottom—and the first person to return to their space wins. Keep a tally of the scores for each team to determine the ultimate team winner. It's a fun way to introduce conversations about the Fruit of the Spirit. For larger groups, you can follow different instructions found [HERE](#).

Fruity Buddies



It's been a while, but after numerous requests we finally have a new Bible Buddy pack ready for the summer. This time the Buddies are packing in their vitamin intake with plenty of fruit. As with the other packs, we have two versions to choose from depending on reading abilities. The standard reader pack includes pages with wondering questions to help children to reflect on the passage they have read, and space to draw or write their thoughts. This pack uses the International Children's Bible and picks out some of the less well known stories of the Bible such as Abigail and Hezekiah to help us explore the practical examples of the Fruit of the Spirit in action.



The Easy Reader version also uses the International Children's Bible and the Good News Bible but this time the focus is on specific simple verses which encourage us to think about the ways we can live and show the Fruit of the Spirit at work in our lives. This pack has no wondering questions or pages to write. Both packs will be available on the App too.



If you are thinking of running any events, services or Summer Camps based on the Fruit of the Spirit then this new Bible Buddy pack will be an ideal extra to give to Children.

You can either download [HERE](#) and print the packs yourself (we recommend professional printing as A5 booklets). Or for small quantities (max 20) you can contact us and request packs to be sent to you (Church of Ireland parishes only): Email Rachael: cfm@ireland.anglican.org

Lessons from the fruit bowl!



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Another super lovely craft to help teach the Fruit of the Spirit can be downloaded free from Lifeway Kids [HERE](#).



My fruit bowl overfloweth!

I know jealousy is the exact opposite of the fruit we're developing here, but these resources are just SO good I have to admit I dearly wish I'd made them!

Poet Prints Teaching is run by a lady called Rachel who lives in Canada and she produces some of the most beautiful, Biblical and practical resources.

She currently has two packs available to help you chat with children about the Fruits of the Spirit, particularly focussing on how we can help them grow that fruit even when life is tricky or they feel overwhelmed. There are 9 lessons in each pack which include: Step by step lesson plans; Object lessons, a hands-on activity, or a craft; A drawing page that includes the 'big idea' from the story, a drawing prompt, a simple prayer, and a Bible memory verse.

The downloads are very reasonably priced at €15/£12 each and come in two age groups pre-school and Primary. You can find both packs by clicking [HERE](#) for her Etsy store or if you are a member of TPT, click [HERE](#).

Watch with me

A few handy videos to help Children engage with the topic. Minno have a 15 minute fast paced fun video which you can access [HERE](#).

This slightly crazy song by Uncle Charlie is a fun one to teach kids and is bound to get stuck in their heads...and yours! You can access it [HERE](#) - but you have been warned, it's an earworm song!!

For a slightly calmer option Crossroad Kids gives an overview of what the Fruit of the Spirits are. Access it [HERE](#)

Finally the Cheeky Pandas have an episode for every fruit along with their songs. Always a winner in our house, find them all [HERE](#)

GOD'S
STORY

FRUIT OF THE SPIRIT



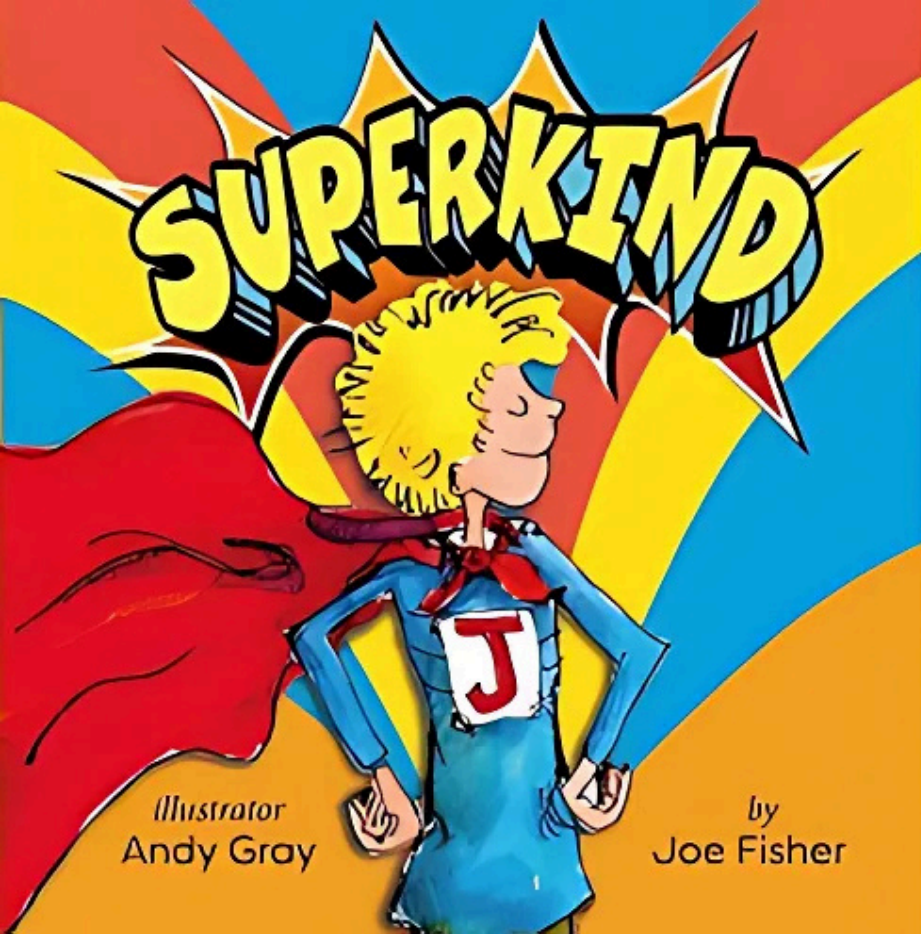
The FRUIT
OF THE
SPIRIT

THE FRUIT
OF THE SPIRIT'S
NOT A
COCONUT!





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Illustrator
Andy Gray

by
Joe Fisher

FRESH FRUIT!



BRAND NEW BOOK!

In the spirit of the season, we are excited to announce the launch of a brilliant new book —“Super Kind,” the first in a series of nine titled “Super Fruits.” Can you guess what the topics of the other eight books will be?!

“Super Kind” is a fun, rhyming story about a family that discovers that kindness is, in fact, a superpower.

Written by Joe Fisher and illustrated by Andy Gray, this delightful story is sure to resonate with the children in your care. It will be a fantastic addition to your resources for Sunday Club, assemblies, circle time, or bedtime reading.



Andy and Joe will continue to collaborate on the rest of the series that focuses on foundational virtues such as Love, Joy, Peace, and Patience. So this is just the start of your new collection! Together they bring playful, rhyming, and life-affirming storytelling, accompanied by vibrant and joyful illustrations, to families everywhere.

What’s even better than being among the first to hear about this book is the chance to receive a copy for free!

The first 10 people from Church of Ireland parishes who email me will receive a copy in the mail. It couldn’t be easier! Just send an email to Rachael at cfm@ireland.anglican.org with your name, address, and the name of your Parish and Diocese, and we’ll send you a copy to read, enjoy, and share.

If you’d like to purchase additional books for your church, school, or club, you can order them directly by clicking [HERE](#). Alternatively, if you’re attending Neartù, you can also buy them there at a discounted rate! 😊

New Children's Mental Health & Wellbeing Training



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We've talked a lot at the Fruits of the Spirit in this Newsletter, and it is those core gifts that are key to developing good mental health and wellbeing within the children we care for.

In collaboration with Tom Tate from WhyMind, we have created an online, interactive training course that focuses on Children's Mental Health and Well-Being. This course is self-paced and suitable for both individuals and groups. It consists of two sections: one designed for parents and caregivers, and the other for leaders, including volunteers, clergy, and paid staff.

Throughout the course, we cover a wide range of topics, such as recognizing signs of poor mental health in children, creating positive and supportive environments, developing intentional listening skills, and much more.

This course is an excellent opportunity for your volunteer team, a group of parents, or for individual learning. It is entirely free and does not require any downloads or prior knowledge.



Tom is a qualified and accredited counsellor & psychotherapist with the IACP based in Cavan town, holding a degree in Integrative Counselling & Psychotherapy. He has over a decade of experience working full time in youth and community work. He is also an accredited member of the Irish Association of Counselling & Psychotherapy.

Additionally Tom has experience working as a youth and children's worker within the Church of Ireland. He understands the challenges and opportunities that arise when supporting children in church-based settings.

To access the course, visit the Training page on our website [HERE](#). From there, you can select and expand the video to full view. Simply follow the online prompts to navigate through the course.





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CONNECT WITH US



FEEL FREE TO CONTACT

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