

High Hopes 6.1 MOVE UP

THEMES

- Moving into a new year
- changes, transitions, growth



- **Matthew 4:18-22**

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Moving on and seasons
- Story on fishermen
- growing our skills
- Thinking prayer

YOU LEAD

- Optional: New knowledge
- **Wonder questions**
- Optional: Off Menu

OPTIONAL ACTIVITIES

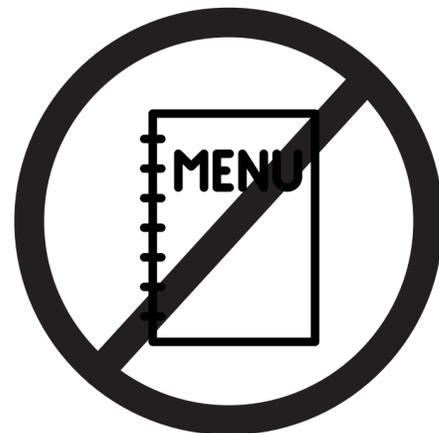
New Knowledge - 5 mins

Ask the Bubble to rank the things they'll be looking at next year from best to worst.



Wonder questions:

- Who can you talk to about your next step?
- Are there any particular things you're unsure about?
- Whats you're favourite seasoning?!



Off Menu - 5 mins

The task is to pick a standard meal and make it more interesting. This could include new ingredients, weird colours and odd shapes. If you have enough time then try drawing it too!

High Hopes 6.2 NEW NORMAL P.1

THEMES

- Getting to the promised land
- Relieving guilt about the pandemic



• **Joshua 1:9**

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Story on Joshua
- Being on the edge
- Being a Joshua
- Bible verse
- Imagination prayer

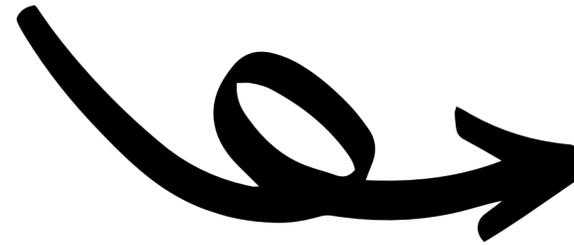
YOU LEAD

- Optional: Map
- Optional: Scared Charades
- **Wonder questions**
- **Trust game**

OPTIONAL ACTIVITIES

Scared Charades - 5 mins

Split your bubble into two teams. They each nominate one person to act out some common fears. Each team has a minute to guess as many as possible.



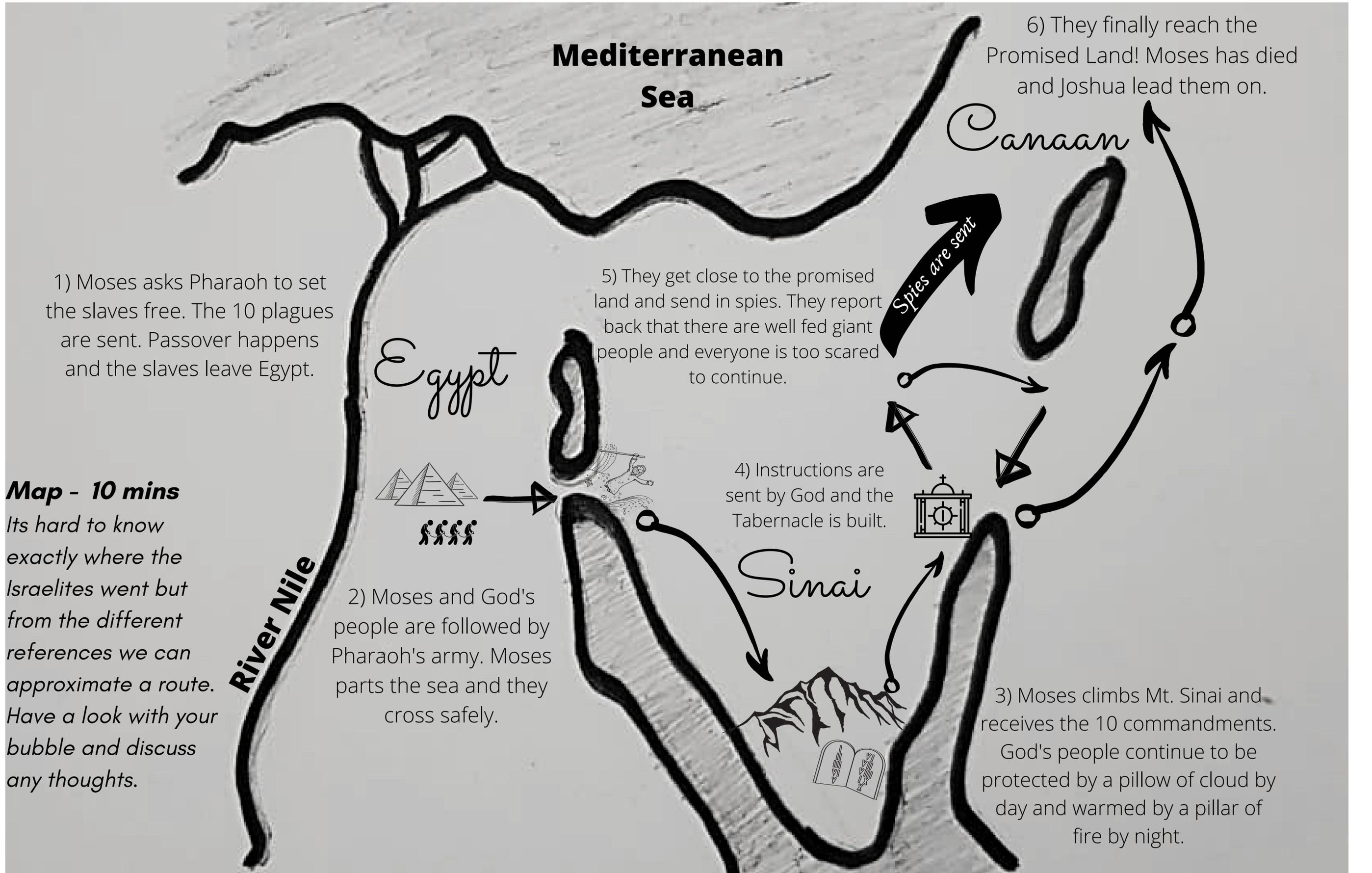
Common Fears:

- **Heights**
- **Spiders**
- **Clowns**
- **Ghosts**
- **The dark**
- **Needles**
- **Small spaces**
- **Monsters/aliens**
- **Failing**

Trust Game - 5 mins

Get your bubble into pairs. Tell one person to stand behind the other with their arms out. The other person has to let themselves fall backwards into their arms. The point is learning to trust with knowing for sure what is going to happen.

High Hopes 6.2 NEW NORMAL P.1



Map - 10 mins
Its hard to know exactly where the Israelites went but from the different references we can approximate a route. Have a look with your bubble and discuss any thoughts.

High Hopes 6.3 NEW NORMAL P.2

THEMES

- Adjusting to new freedoms
- Pacing ourselves



- John 5:1-17
- Philippians 4:13

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Hesitation to change

- Story of paralysed man
- Adjustment and build up

- Looking back prayer

YOU LEAD

- Optional: All change 1

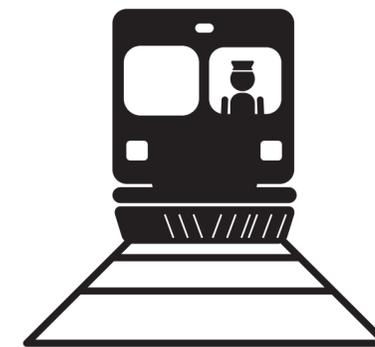
- Optional: All change 2
- **Wonder questions**

- Optional: All change 3

OPTIONAL ACTIVITIES

All Change 1 - 2 mins

Make a list as a bubble of all the BIG changes you encounter in life e.g. moving house.



All Change 3

Ask the bubble if there was anything good they enjoyed about being in lockdown? e.g. more takeaways!

All Change 2

Talk with the person next to you about advice you could give to someone who is nervous about the restrictions easing.

THEMES

- Running the race of life
- Encouraging and challenging



- Luke 5:17-25
- 1 Corinthians 9:24-25



OPTIONAL ACTIVITIES

Invent a new sport - 10 mins

We think Emily might be making up extreme yo-yoing up! It does sound like fun though so why don't you invent your own sport. Think about the rules, how to score points, number of players, perhaps even what you wear.

Exercise Prayer -5 mins

Come up with your own exercise prayer. Think of something you're thankful for, something you're sorry about, and something you want to ask God for. Then, assign a different exercise to each part e.g. do star jumps whilst thanking God for the sunshine!

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Favourite sport

- Being a team
- Story of 'Sick dave'

- Bible verse and winning life
- Sports prayer

YOU LEAD

- Optional: Invent a new sport

- **Wonder questions**

- Optional: Exercise prayer



What race would be the best challenge for you?

What is the best way to encourage your fellow sportspeople?

How much work would it take for you to win at your LIFE?



THEMES

- Creativity and Creation



- Genesis 1-2
- Genesis 1:27

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Ways we create
- Story of Creation
- Us as creators
- Imagining the future
- Sports prayer

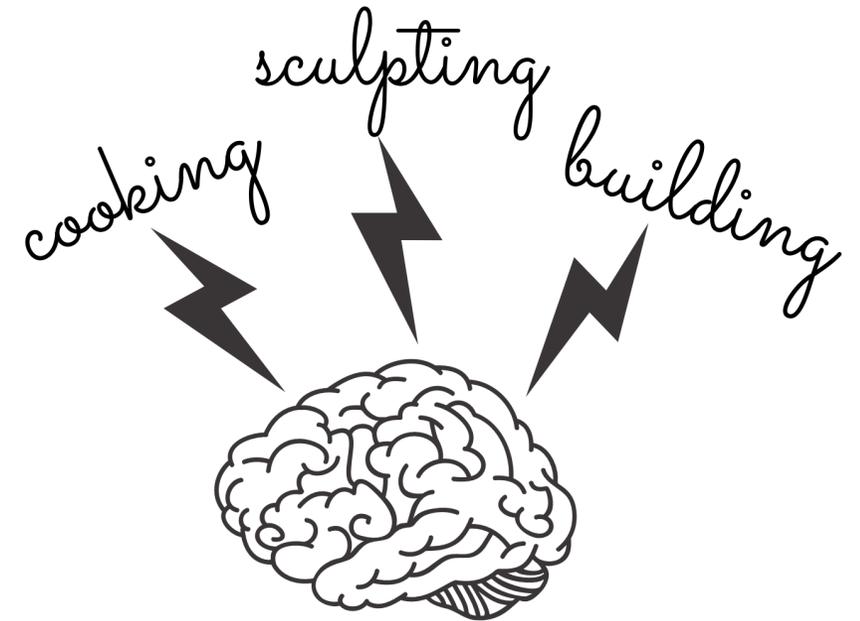
YOU LEAD

- Optional: Creation Brain Storm
- **Wonder questions**
- Optional: Great Bubble Art Off

OPTIONAL ACTIVITIES

Creation Mind Map - 3 mins

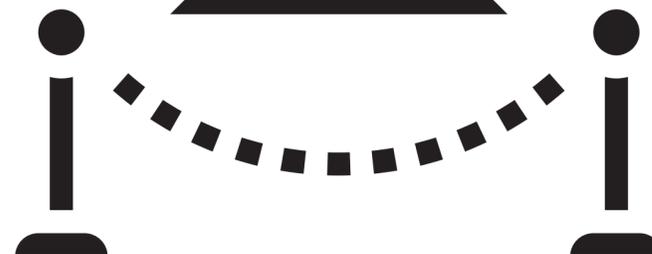
As a bubble, come up with as many ways you can create or be creative as possible.



Great Bubble Art Off - 10 mins

Ask everyone in your bubble to plan a piece of art that they can finish in class or at home. Set a deadline for everyone to bring it in for your very own Bubble Art Show!

You could even vote on your favourite and give out prizes.



High Hopes 6.6 TAKING TIME FOR YOU

THEMES

- Holidays and breaks
- Self-restoration



- Luke 10:38-42
- Isaiah 55:1

RUNNING ORDER

ON VIDEO

- Hello and introduction
- Holidays

- Story of Mary and Martha

- Bible verse and restoration
- Prayer and goodbye

YOU LEAD

- Optional: Breathe
- **Wonder questions**

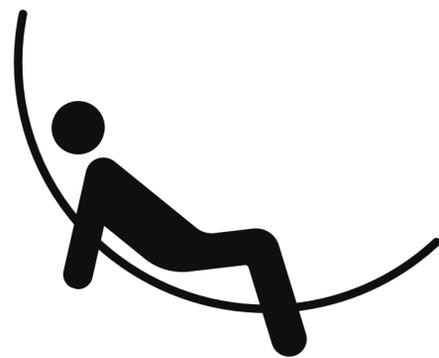
- Optional: Aaaaaand relax

OPTIONAL ACTIVITIES

Breathe - 4 mins

Go to the link for a guided meditation for children:

<https://www.youtube.com/watch?v=llbBI-BT9c4>



Wonder Questions:

- What do you think Jesus said?
- If someone really important came to your house, would you be more like Martha or Mary?
- Can you remember a time you spent restoring yourself, what were you doing?



Aaaaaand Relax - 5 mins

Mind Map with your bubble ideas on how to relax and restore ourselves.

