

Be in Play

Finger painting

Ah to be back in preschool! The days where the biggest worry was whether we got to get the biggest cookie! Sometimes it would be nice to go back to those times and other times it seems so scary. The journey that you have been on since then has experienced the presence of God many times and in many ways. Take some time to reflect on that journey and go back to your preschool days and finger paint a time when you felt the presence of God.

Supplies Needed for this station:

- Finger painting paper/paper
- Finger paint/paint
- Paint brushes

Mandalas

Much like the labyrinth, mandalas represent the journey from the outer world to the inner sacred center. As you color your mandalas, you can color in silence or in conversation with those around you.

Supplies Needed for this station:

- Mandalas
- Markers/crayons/colored pencils
- Mandala explanation and history

Board Games

Build a group to play board games together! Be as loud and expressive as you need to in order to play.

Supplies Needed for this station:

- Board Games
- Card games

Massage

Sometimes our bodies need a break from the everyday stresses of life. Massage can promote healthy circulation, relax tense muscles and help us feel better.

[You can insert a sentence or two about the masseuse or massage company in which you have hired a team. Depending on how the masseuse(s) choose to work, you may want to indicate whether sign up is required or if people can simply form a line.]

Supplies Needed for this station:

- Sign-up sheet
- Masseuse or team of masseuses for chair or full body massages

Create Soul

One of the questions that John Wesley asked early Methodists was, “How is it with your soul?” In this station, you’ll take the modeling clay and create your “soul self.” Form the clay either with a design in mind or unconsciously as you meditate. After your “soul self” is created, ask the question “How is it with your soul.” Take some time by yourself to have this conversation with your “soul self.” Write the conversation down, journal your thoughts and meditate on your relationship with God. As you feel comfortable, find someone with whom you can share your conversation.

Supplies Needed for this station:

- Modeling clay or model magic
- Markers
- Pens
- Paper

Kids' games

No one thinks twice when kids bounce from tile to tile screaming “Hot lava!” but if we do that as adults, people tend to look at us crazy. It’s fun to reconnect with those silly games we played as kids--to run around or play crazy games and run into one another. As you play these games, give yourself permission to run around and be silly. It’s cathartic to reconnect with our child like self.

Supplies Needed for this station:

- Facilitator/game leader
- Duck-duck-goose, Red Rover or other childhood games

Crafts

Images portray things that words cannot and some people can express themselves through art better than any other way. At this station, you'll find materials to create. You are welcome to take your creations with you when you are finished. Any creations that are left at the table will be incorporated into our worship services together.

Supplies Needed for this station:

- Clay
- Colored pencils/markers/colored pencils
- Construction paper
- Paper
- Tissue paper
- Glue
- Tape
- Glitter
- Stickers
- Scissors
- Pipe cleaners
- Beads
- Wooden boxes
- Rocks
- Decopage glue
- Old magazines

Yoga

Yoga is a great way to get in shape and to relax your body, mind and spirit.

[You can insert a sentence or two about the yoga instructor. You might want to list the number of yoga sessions, location, maximum number of participants (optional) and duration of session.]

All are welcome. Dress comfortably.

Supplies Needed for this station:

- Sign-up sheet
- Yoga instructor