



10-14s meet real life head on

GB@home



Switch on: the real life of 10-14s

Unity is about being 'one' and working together. The ideas below will help 10-14s explore this important life skill.

Fast forward: countdown

Show the letters N, T, I, E and U on single sheets of A4 paper and ask your 10-14s to write down as many words as they can in 30 seconds using these letters. Examples include TEN, TIE, NIT and hopefully UNTIE and UNITE.

It's interesting that the letters that spell UNTIE – everything coming undone – also spell UNITE – when everyone works together so things don't come undone. Working together and being united for a purpose is a much better idea.



Rewind: chocolate creativity

Have fun in the kitchen making a classic favourite – chocolate crispy cakes or yummy chocolate squares. There are lots of recipes for these available on the internet.

Pause: the Trinity is like a chocolate crispy cake

This is a yummy way to explain a simple version of the Trinity to your 10-14s. Each of the ingredients symbolises a part of the Trinity – for example God as the Rice Krispies, Jesus as the melted chocolate and the Holy Spirit as golden syrup.

The individual ingredients are yummy and have a purpose but they're not as effective alone as when they work together. The Trinity is similar – God the Father, Jesus – God in human form – and the Holy Spirit all have a purpose but are 'one' and so work best when the three aspects of God come together.

Can you think of similar examples of working together in sports teams or music or as a GB team?

Switch off: connect

As a family/group who live together, you're also a team. Can you think of ways in which you can be a more effective team this week while you're safe at home?