



## n:vestigation: Self-esteem

### Explore It!

Share this story as an introduction. Gabby and Barney were walking home from Girls' Brigade and talking about what they'd most enjoyed at the meeting. Gabby said 'I loved the games we played tonight. I can't wait to try them again tomorrow at school with my friends.' Barney was deep in thought. Then he said 'I enjoyed the story time best hearing about Noah and the ark. I like it when our GB leader reads from the Bible. In fact, did you know Gabby that the Bible says it's actually important we tell stories?' **Let's n:vestigate!**



### Dig Deep!

Use the following activity to help your child to understand the importance of the Bible.

- Ask them to name the things they do to look after themselves and stay fit and healthy (you may need to explain that 'healthy' means helping their body to work properly).
- Share some examples to illustrate what they say/encourage thinking e.g. a skipping rope (exercise), fruit and vegetables (diet), and a pillow (rest).
- Ask them how often they do these things e.g. how many times a day do you have a meal? etc.
- Draw out the fact that to be fit and healthy it's important that we do these things every day/regularly – it helps our bodies to work properly.
- Share how when people are following Jesus they need to have help too; that's why they read and listen to Bible stories regularly – it helps them to follow Him.
- Show your child a selection of Bibles so they can see the special book that people who follow Jesus use. Pictures can be found online if you don't have any Bibles.
- Share how the Bible is a very helpful book – it's made up of great things. Just like diet, exercise and rest are good for you – so too is the Bible!

### Zoom In!

Do you have a children's bible at home? There's great variety among children in this age bracket in terms of their level of reading and comprehension. For this reason it's important that careful choices are made about the versions of the Bible which are used with them.

Children might enjoy having a Bible available at home to re-read stories that they learn about at GB.

There are lots of different versions available. A child's Bible is available to purchase here: <https://girlsbrigadetrading.com/collections/books/products/gbg0140>

### Get Mucky!

Help your child to create a collage, using whatever materials you have at home, to show their favourite Bible stories. Some stories they might know which you could use:

- Noah's ark
- The good Samaritan
- Daniel and the lion's den
- David and Goliath
- Creation.

These stories can all be read here <http://www.dtk-bible.com/%5C/cv/index.htm>

Place the completed collage in a prominent place so that others can see and enjoy it too.