Complete the word search on the second slide

QUIET ZONE

Read about the plagues and how God provided for the Israelites in your Bible





Spend a few minutes in prayer to thank God for His faithfulness

Watch this animated story of Moses and the Exodus on YouTube (ask an adult to help you)

https://www.youtube.com/watch?v=rzcYLCYItuc

MYSTERY ZONE

To get results from exercise you have to persevere! Moses wanted to give up when Pharaoh kept saying 'No' but God gave him strength to keep going. Do some exercises to help you think about persevering

- Sit ups
- Press ups
- The plank staying in the press up start position with tummy pulled in tight
- Shuttle runs running a short distance and then running back over and over again
- Squat thrusts
- Mountain climbers from press up position, alternate running your knees into your chest whilst keeping hands on the floor
- Bicep curls with a small weight like a tin of beans
- Squats
- Lateral jumps jumping as far as you can then turning and jumping back over and over

CREATIVE ZONE

God wants us to be the best we can be and often that means persevering with things like prayer, reading our bibles and being Jesus discipes.

God will always help us if we ask - that's why he sends his Holy Spirit to live inside of us when we decide to follow him. God is always cheering us on.

Make a pipe cleaner person to encourage you when you need it.

Start by making a pipe cleaner person. Make sure he has nice long arms.

Cut a strip of card that will be the right size for the pipe cleaner person to hold like a banner. Think of an encouraging slogan to write on their banner: Go For It! You Can Do It! Don't Give Up! Keep going! Attach the banner to the pipe cleaner person's arms

God has also given us some armour to protect us – listen to 'God Suit on' as a reminder and enjoy doing the actions!

https://www.youtube.com/watch?v=IuJ9OGjCdzk

DIGGING DEEPER ZONE

What was the purpose and outcome of the plagues?



- to encourage Pharaoh to recognise God and His awesome power,
- · to build up Moses' faith in God
- to build up the Israelites faith in God and Moses as their leader.

Through the process the Israelites looked to Moses more and more as their leader, following him out of Egypt and through the Red Sea.



'When the Israelites saw the great power with which the LORD had defeated the Egyptians, they stood in awe of the LORD; and they had faith in the LORD and in his servant Moses.'

Exodus 14:31

The Plagues

A P F M D P L A G U E V K P I F Q K B E L O Z F E D F K Z C H H S L M W S R I S O I L G Q R Z K A A R O X M L S E E W R I L Y D O D I R A C L E E I S S G S V H E P A G L A E U W G X O T D E W D I T Q Z D D E U N T O T V L D I K H I T Q Z D D E U N T O T V L J E E A N T S T T U N R I S R O N U O A G R N E O C O S C H I L S C A A R O X Y V J E V E V R A R O J E M S S Y V J E W J E V R A R O J E M S S Y V J E W J E W J E M S S Y V J E W J E W J E W J E M S S Y V J E W J E

Find the following words in the puzzle. Words are hidden $\rightarrow \Psi$ and \checkmark .

FIRSTBORN

AARON FLIES LOCUSTS BLOOD FROGS MOSES BOILS **GNATS** NILE DARKNESS HAIL PERSISTENCE **EGYPTIANS** ISRAELITES PHARAOH **EXODUS** LEADER PLAGUE

LIVESTOCK