

# ACCESSIBLE CHURCH KIDS RESOURCES PACK

#### Welcome to the Accessible Church Kids Resource Pack!

New Wine is passionate about ensuring that all children are able to experience God and develop a relationship with Him, regardless of any additional learning, sensory, physical or mental health needs. Jesus didn't exclude anyone. Instead he went out of his way to reach those who were marginalised, and we aim to follow his example.

Twenty per cent of children have some kind of additional need or disability. That's 1 in 5!

It's highly likely you will have a child, or children in your group who may need a little extra support, or particular resources to enable them to participate fully. Many of these additional needs may not be visible, such as autism, ADHD, trauma and attachment needs, anxiety, etc.

The Kids Church Resources Pack contains a wealth of activities, many of which can be used and adapted to fit the needs of most children. In this Accessible Kids Pack you will find some extra material and ideas to help support any children who may need additional, more specialised support.

#### For each day there is:

- a multi-sensory and movement based activity
- a messy play activity
- a simplified version of the story with symbols
- a sheet of key symbols which can be cut out and laminated

These activities can be used as group activities or individually, depending on the needs of the children, and on current government restrictions.

## Symbol Stories and key word symbols

These are a great way of enabling those who may struggle with reading, or who need longer to process information, to engage with the story. Many children will be familiar with symbols if they use them at school. It may help to print out larger versions of the symbols if any of the children in the group have visual impairment. The larger format symbols can be cut out and laminated to use separately.

At the end of the pack, we have included some symbols which may be useful in enabling you to create a visual timetable each day. It is very helpful for children to know what to expect during the session, and what will happen next. The symbols can be printed and laminated, cut out and put on a Velcro strip, or pegged on a line.

NB. All the symbols used are copyright of Widgit. We are permitted to use them within our organisation and event. You may use them at your church during UBO, and distribute them to families in your church who may benefit from them, but please do not share them more widely, or publish, or sell them on other platforms or social media.

#### **Sensory Activities and Messy Play**

A great way of enhancing engagement for children with additional needs is to use all the senses! Often children with additional needs have difficulty with processing some sensory information, for example they may find it hard to understand spoken words alone. When we use a multi-sensory approach we are opening up activities and offering more opportunities to get engaged and to learn something! We have 7 senses:

- sight
- hearing
- touch
- taste
- smell
- vestibular
- proprioceptive

Children with autism, ADHD, ADD, sensory processing disorder, early developmental trauma, etc, are likely to have difficulty in regulating their sensory responses, due to difficulties with their vestibular and/or proprioceptive senses. These may present as children who can't sit still, or who are very boisterous, or who are very sensitive to noise or touch, depending whether their sensory system is craving more input, or less.

#### **Vestibular Sense:**

The vestibular system controls our sense of balance and understanding of where our bodies are in space. Which way is up! The vestibular system can be also likened to the 'volume control button' for the body. Quick up and down or spinning head movements tend to 'wake us up' whilst slower rocking or swinging head movements, or keeping the head still, helps us to calm down. Vestibular activities are movement activities – running, jumping swinging, spinning, dancing etc.!

#### **Proprioceptive sense:**

This is our body awareness sense; knowing where our different body parts sit alongside each other. It is stimulated every time we move, each time we use our muscles or stretch and bend our joints. Receptors for this sense are all over our body, deep within our joints and muscles. Therefore, whenever we push, pull or lift heavy things we really stimulate this sense. Therapists often call proprioception the 'safe sense'. This is because activities which stimulate this sense have an organising effect on the brain, making us feel calm and collected.

#### Overview of the sessions

Biblical Theme	Bible Story using symbols	Sensory Movement Activity	Messy Play
Day 1 - Rescue	Moses and the Bulrushes	Obstacle Course Rescue	Water Play
Day 2 - Respond	Moses and the burning bush	Ribbons	Shaving foam and Paint
Day 3 - Release	Passover, Exodus and the Red Sea	Musical Instruments	Cornflour Gloop
Day 4 - Restore	Moses and the tabernacle	Tearing	Exploring textures
Day 5 - Rebuild	Moses and the ten commandments	Building and knocking down	Sand Play

# **Triggers**

If you have children who have experienced loss or trauma, are in foster care or have been adopted, please be aware that the themes in the Moses story may be triggering and distressing for some children - abandonment of a baby; killing of babies and children; the need to escape; being chased etc.

Please discuss the themes with relevant parents and carers prior to the event if possible, and ask their advice on how to best deal with any possible issues. Be aware that changes in behaviour during a session may be in response to the content covered. Be sensitive to the children's needs, and give children space and time in a quieter area to process their emotions if needed.

# **Questions**

If you have any questions, need advice, or would like any extra resources, please contact Jess Thompson, Accessible Church Head of Ministry or Barbara Hase, Accessible Church Ministry Manager.

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# Day 1 - Rescue

### **Sensory Movement Activity - Obstacle Course Rescue**

Create different movement opportunities using an obstacle course. Use tunnels, chairs, blocks, buckets, etc!

Can the children rescue a doll or soft toy from one side of the course and bring it back again?

For children who are unable to move independently, an adult can take them round the obstacle course and have lots of fun together!

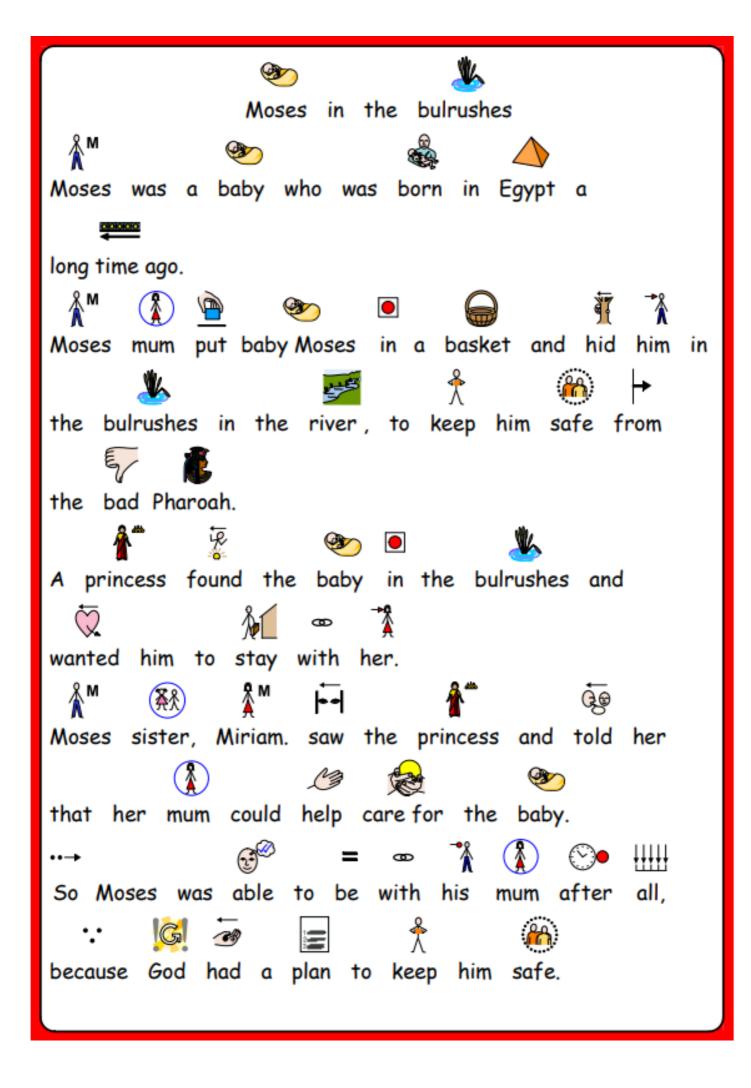
Try making larger tunnels using blankets or a parachute suspended from a washing line which they can be wheeled through, or have something sensory to walk or wheel over, such as bubble wrap.

## Messy Play - Water Play with boats/baskets

You will need: A large tray, tub or box, jugs of water, toy boats, origami baskets/boats or anything that floats!

Fill a large tray or box with water and explore what things can float on it. You could make some origami boats or Moses baskets – find some small world people and put them into the boats or baskets like Moses in the Bulrushes.







baby Moses



basket



mum



river



bulrushes



princess

## Day 2 - Respond

#### **Sensory Movement Activity – Ribbons**

Use ribbons or streamers to create the burning bush. Ribbons tied to a curtain ring are easy to hold. Encourage the children to move around the room with the streamers in different ways – running, walking, jumping. Can they wave the ribbons up high or down low, fast or slow?

For children who are not able to hold streamers independently, you could attach the streamers to the children's wrists, or alternatively, adults can move the streamers/ribbons around the children in different places – around their heads, around their hands, around their feet. Give the children time to respond to the ribbons in their own way and keep a look out for them showing you where they like the ribbons to be!

#### Messy Play - Shaving Foam and Paint

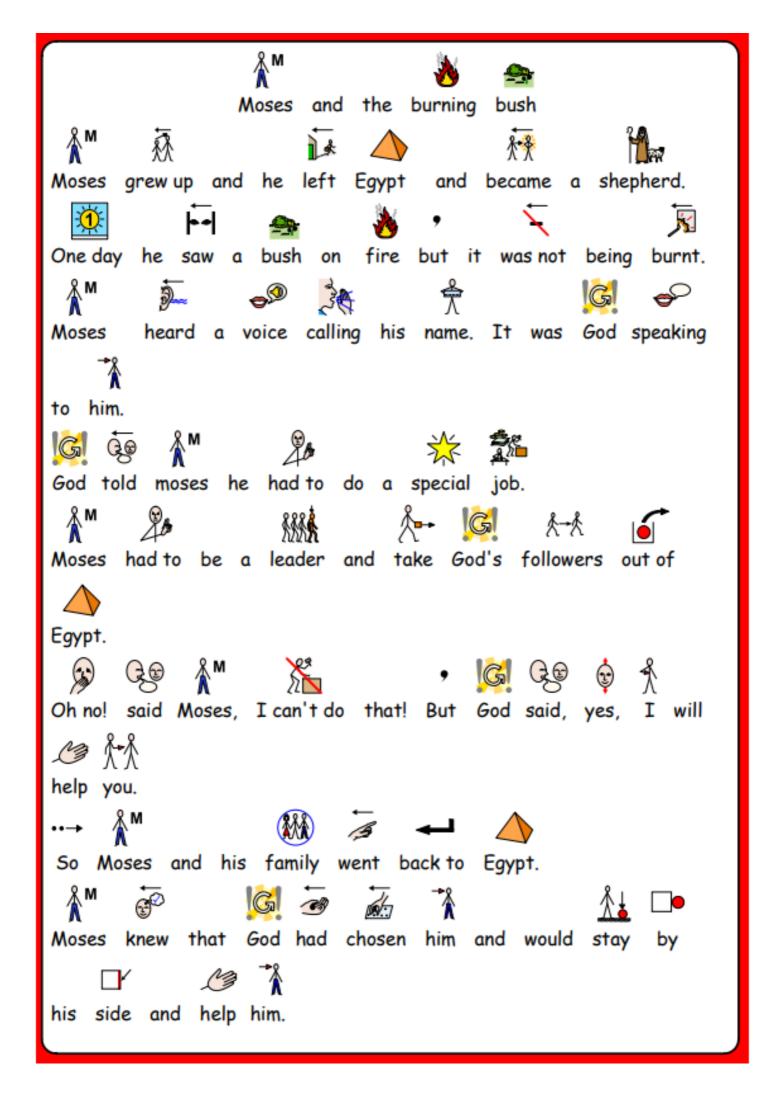
(Check first whether the children are okay with shaving foam. Some children have an aversion to the texture or smell.)

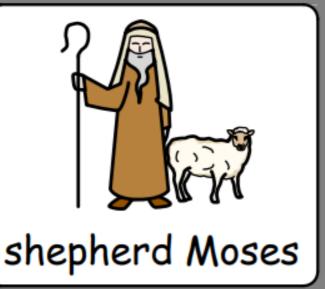
You will need: A tuff spot or large tray (or individual trays), shaving foam or foam soap, washable paint in red, orange and yellow

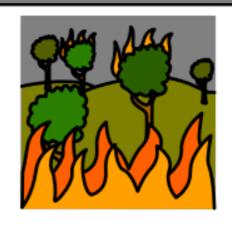
You can have this pre-prepared or make it up in front of the children – it's fun to watch! Fill the tray with shaving foam and then cover it with red, orange and yellow paint – just like the burning bush on fire!

Have fun exploring and getting very messy!





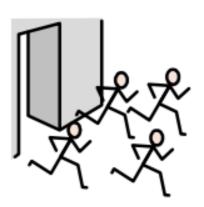




burning bush



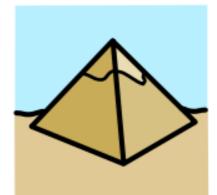
God spoke



set people free



Pharoah



Egypt

## Day 3 - Reveal

#### **Sensory Movement Activity - Musical Instruments**

Use percussion instruments, and home made instruments, to represent the different plagues during the Passover story. Allow the children to explore the instruments and the different sounds they make. Encourage the children to move and dance as they play.

- River turned to blood red coloured water in a clear plastic bottle to shake. (Be aware that the mention of blood may be triggering to some children.)
- Frogs Scrape a Duplo block over a Duplo baseboard to make a croaking sound, or rub a stick/dowel over the ribbed side of a plastic bottle. The children could jump like frogs if able.
- Gnats hum into a kazoo, or comb and paper, to make buzzing sounds.
   Children could run around buzzing.
- Flies the children could bang tambourines as if swatting flies.
- Sick animals use a cow moo box, or sheep baa box which you tip upside down to make a noise. (Available in shops such as The Works, Flying Tiger, etc).
- Boils- popping bubble wrap. Children could jump on the bubble wrap if they
  are able, and if they won't be distressed by the noise.
- Locusts drop grains of dry rice onto a tambourine, tambour or drum skin to make hopping and jumping sounds.
- Darkness hide under a blanket (check whether children are happy to be in the dark).
- Death of first born children make crying sounds (leave this one out if inappropriate or triggering to the children).

# **Messy Play - Cornflour Gloop**

You will need: A large tray (or individual trays), cornflour, water, blue food colouring, different sized balls, small world characters

Mix together 1 part water with 2 parts cornflour and a few drops of blue food colouring – this will make a sea which can change from runny to solid when pressure is applied, and then back to a runny consistency again.

Throw in some balls of different sizes and see if you can make tracks and part the Red Sea using the balls.







A special meal and a journey











Moses gathered all the people together.















He said, Listen, tonight is special because







will set us free from Egypt.













Moses told them to make a special meal of meat













and bread. This will show that you belong to





God's family.







Everyone ate the meal.













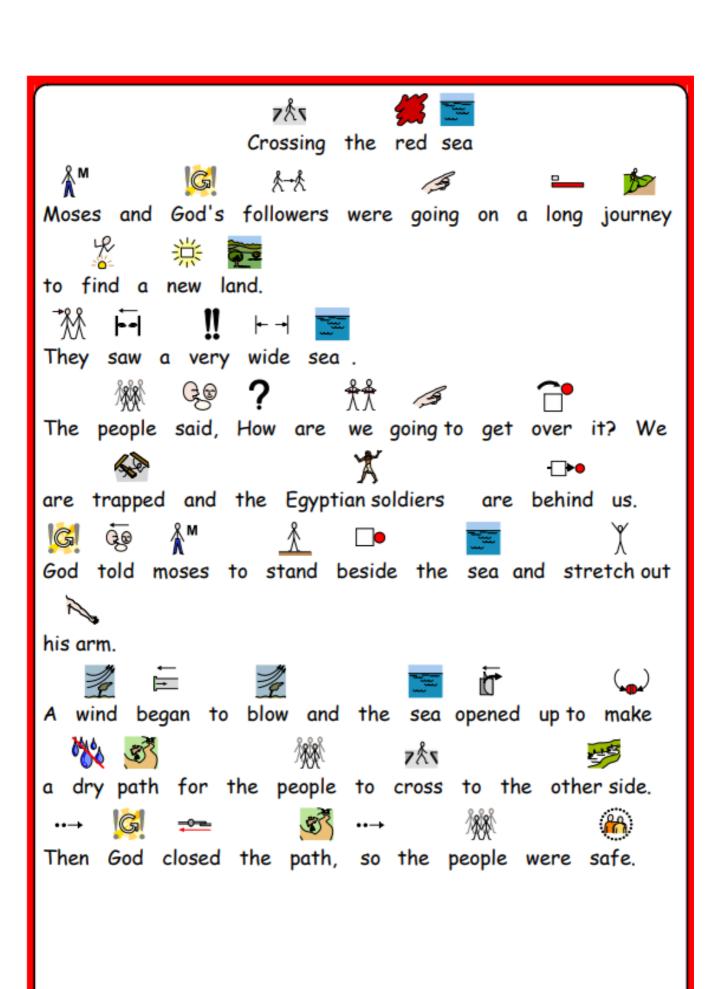
That night, they left Egypt to go on a journey

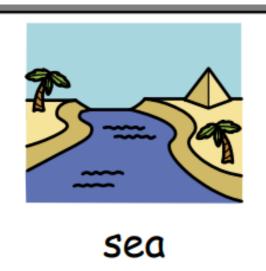






to a new land of their own.

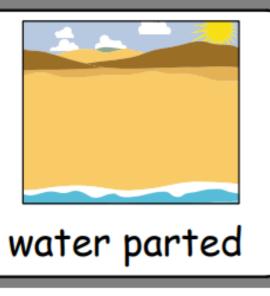














## Day 4 - Restore

#### **Sensory Movement Activity – Tearing the Curtain**

Thinking about God being revealed to Moses behind the curtain, and the curtain being torn in two when Jesus died, revealing God to us.

You will need: a range of paper and thin textiles which can be easily ripped or shredded. Tissue paper is great, and newspaper or magazines are fine, but may be messy.

Ripping materials can be great fun, and is an excellent activity to encourage fine and gross motor skills.

Allow the children to rip up as much of the paper as they can, and have fun playing with the torn up scraps. Maybe you could hide something in a pile of scraps for the children to find?

## Messy Play - exploring textures

You will need: a variety of materials and textures to explore

- velvet/velour scraps,
- silky fabrics or scarves
- coloured material
- netting/tuile
- fluffy or woolly textures
- silver and gold coloured objects which are interesting to hold or look at
- foil to scrunch
- blocks of wood or wooden bricks to build up
- coloured translucent plastic articles
- larger pieces of material sheets, table cloths, etc to make a tent or covering to sit in

Ensure that children who may mouth objects are closely supervised, and avoid materials which may be choking hazards.

Due to Covid and general health and safety, it would be best if each child has their own selection of materials to handle.

Encourage the children to feel, explore and respond to the textures and objects. Depending on the sensitivities of each child, let them feel the textures on different parts of their body, ie. cheek, arms, legs, etc.

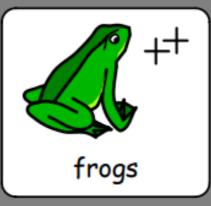


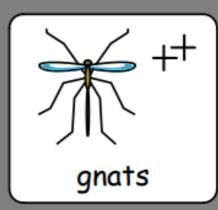


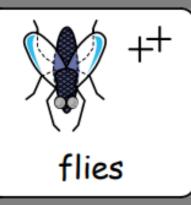


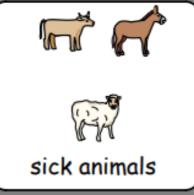
The 10 plagues of Egypt

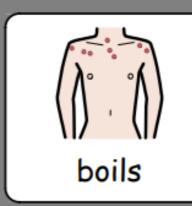




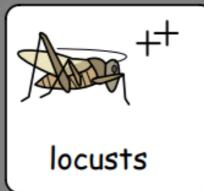


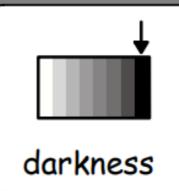














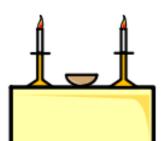




tabernacle



meet God



altar





cloud



fire



God said



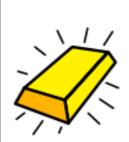
make tent



people



materials





silver



Holy place

# Day 5 - Rebuild

## Sensory Movement Activity – Building up and knocking down

You will need: a selection of junk materials, such as boxes, cartons, pots, etc, or building blocks which won't cause harm if they fall on a child (ie .not Giant Jenga blocks!)

This is a great activity which most children enjoy.

Have fun building towers and see how high you can make them, then knock them down and start again!

Children who can't physically build things up can assist to knock them down with help.

Have small towers of blocks on a tray or table within reach, which they can be encouraged to move an arm, or leg to knock over.

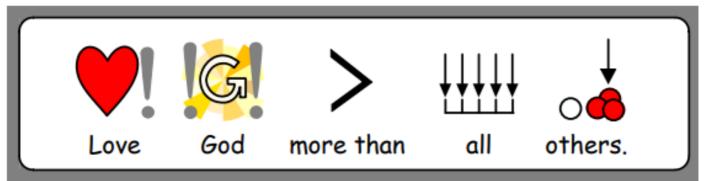
## Messy Play – Sand or Rice Play

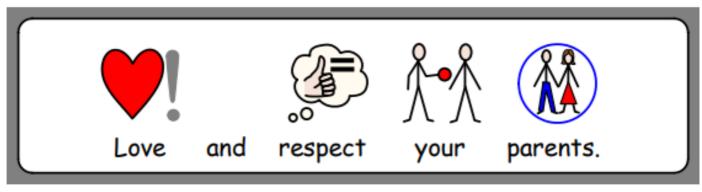
You will need: A large tray (or individual trays), sand, rice, lentils, etc, tools (spades, spoons, cups, buckets etc.), small objects to bury, small world characters

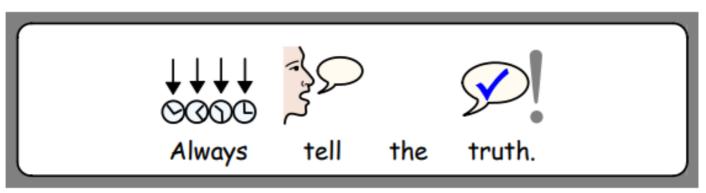
Fill your tray with sand or rice (you could use crushed cereal to make edible sand if needed).

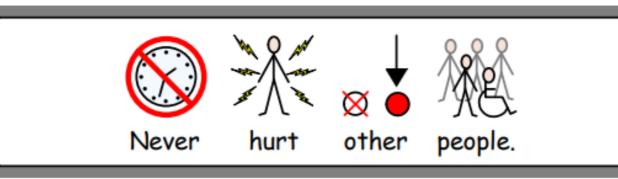
Hide 10 items in the sand.

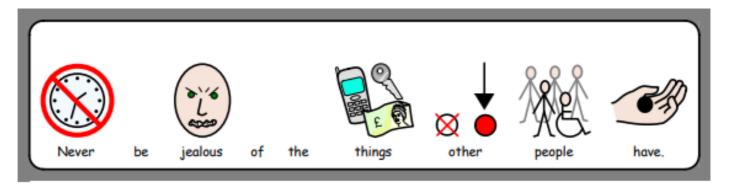
Have fun using the tools or hands to search and find the 10 items – counting them out as you go!











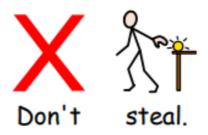


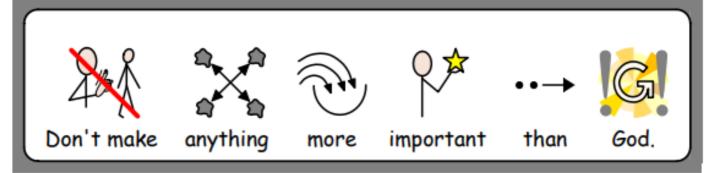


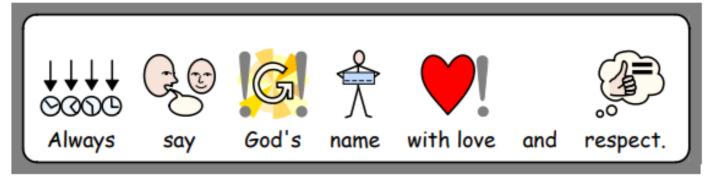


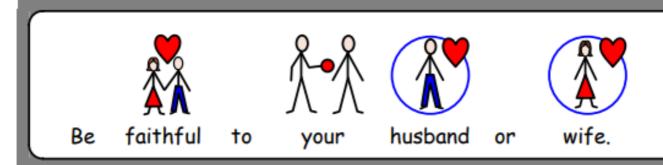


Rest on a Sunday and keep it special.













Moses and the 10 Commandments







Something special was happening!









There was thunder and lightning and the sound of









trumpets. Smoke covered the mountain.











God told Moses to climb up the mountain.

















God said to Moses, I am going to tell you some





new rules.













Write the rules down and tell the people they must



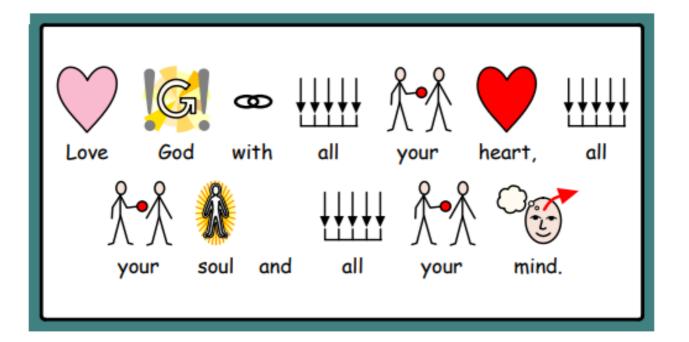


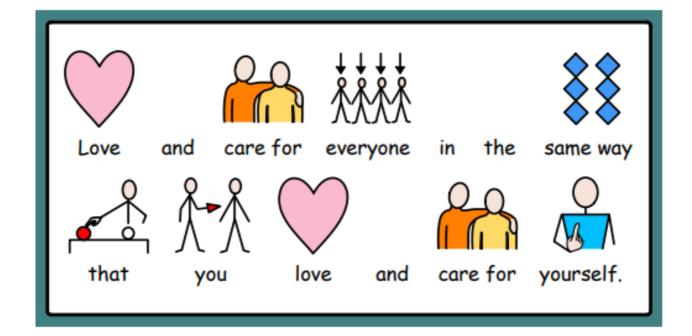
always obey them.

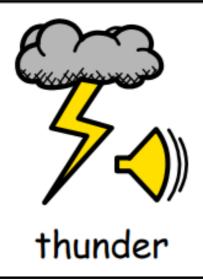




Jesus's Commandments











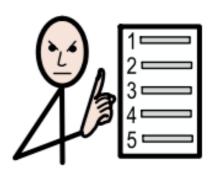
Moses climbed



mountain



write down



special rules

## Symbols to create a visual timetable

Most children like to know what is going to happen, especially in an environment or event which is novel for them. It helps to ease a lot of anxiety.

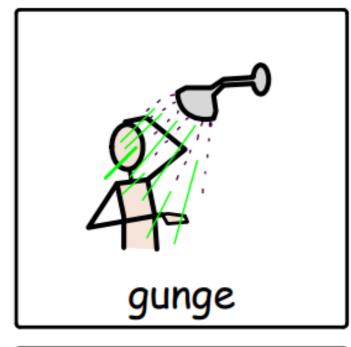
Using a visual timetable is a great way of conveying information about the programme or schedule in a way which can be easily accessed by all. Many schools and nurseries use visual timetables, such as the one below.

We have included a variety of symbols on the next few pages, which may be useful.

If you have a large group of children, you may wish to enlarge the symbols so that they can be seen at a distance, or make smaller sets, which can be used by individual children.

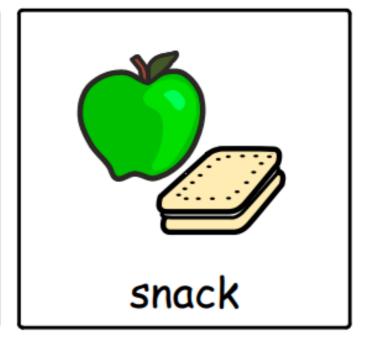
Cut the symbols out and laminate them, and either place on a strip of Velcro, or peg them to a line, so that a new timetable can be created each day, and re-arranged as necessary.

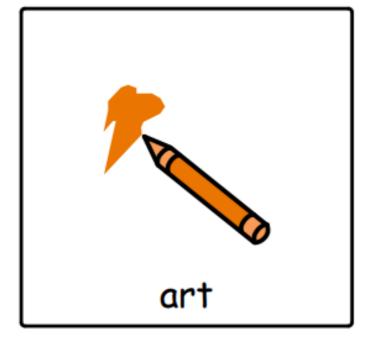
It may be helpful to remove each symbol after the activity has been completed, so that the children know what is coming next.

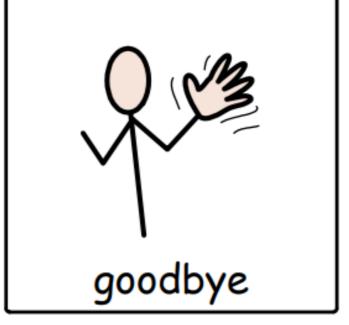


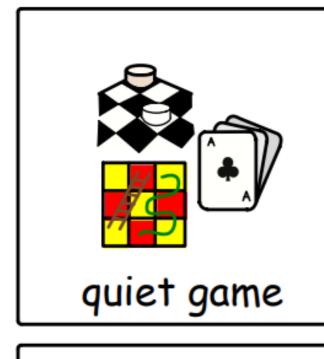
















messy game



