

Light



Challenge

Make a simple course and attempt to get around it whilst wearing a blindfold. I have done an example but you could do yours however you like.

Go to <https://www.checkpoint.org.uk/blindfold> to see my attempt in full.

Make sure you have an adult supervising as you attempt the course.



Step 1 – Go in and out of the bamboo sticks.



Step 2 – Go around the bird feeder.



Step 3 – Go between the spade and fork.

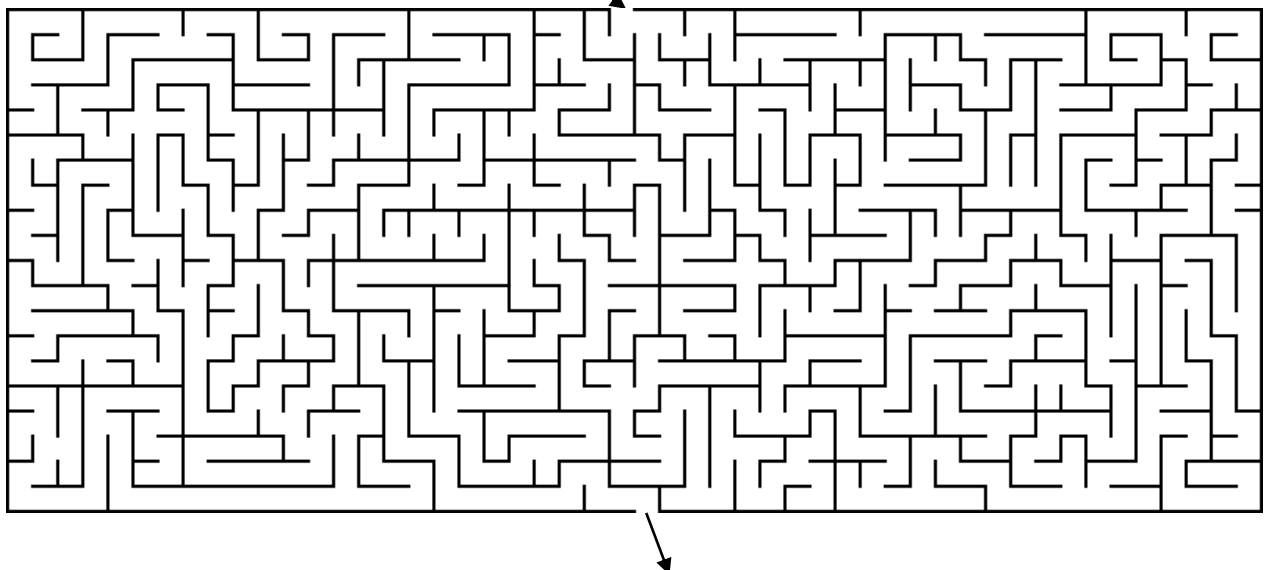


Step 4 – Sit on the chair.

If you tried the course without a blindfold on it would obviously be so much easier, not being able to see makes things that are normally simple, very tricky. The reason you can't see whilst wearing the blindfold is that it stops the light getting to your eyes. Light is vital for us to be able to see. I once went down a mine, which went deep underground, at one point our guide got everyone to turn off their head lamps and it went completely dark. You couldn't see anything at all, it got quite scary after a while. To get out of the mine again without putting my light back on would have been impossible, I needed the light and our guide to know where I was going.



Help the person through the maze



In Psalm 119 the person writing had been through a tough time, but he knew that he had God's help, which is why he says, "Your word is a lamp to guide my feet and a light for my path." Christians believe that what the writer was saying was that no matter what situation he found himself in, whether he was having a good day or a really bad day, he could trust God to show him what to do.

The Bible says that God can still do that today for all of us! How great is that! How do we know what God wants us to do though? He has given us a guidebook, which is the Bible. Reading the Bible helps Christians to know what they should do and how they should do it ; just like a torch in a dark place shows us where we should put our feet and where we shouldn't. Christians believe the Bible can teach us how to respond to people who are unkind, can help us to know how we should care for and look after each other as well as many other things. But, most importantly, it helps us to know how we can be friends with Jesus, who is described as the light of the world.



Craft



Make your own Paper Lantern

You will need: Coloured paper or blank paper that you decorate, Scissors, Sticky Tape, Glue



Step 1 – If you are using blank paper start by decorating it. Use your ruler to measure and cut 3cm off the short end of your paper. Set aside to use as the handle.



Step 4 – Re-crease the paper in the opposite direction. This will hide any pencil marks. Match the short edges together on the lantern and use tape to hold it in place.



Step 2 – Fold your paper in half lengthwise.

Draw a line 3cm from the end of the long edge of the paper opposite the folded edge. This will be the line where you stop cutting.

Measure and mark lines 3cm apart starting at the folded edge and moving towards the "stop cutting" line.



Step 5 – Glue the handle to the top of the lantern. Gently push the top and bottom of the lantern so that the paper folds out from the middle.



Step 3– Cut on the marked lines up to the "stop cutting" line.

Unfold the paper.



Step 6 – Make as many lanterns as you wish and display them around your home.

