

creation

THE FIRST DAY

Light & Dark / Day & Night

Genesis 1:3-5

¹ In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

³ And God said, "Let there be light," and there was light. ⁴ God saw that the light was good, and he separated the light from the darkness. ⁵ God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day.



Darken the room as much as possible and then open the curtains or switch on the light to see how much of a difference it makes.

Hide under a blanket or a quilt. Read a book by torch-light while you're sitting underneath, have a tickle or have fun 'finding' your child and sweeping the blanket away to reveal the light.

While it's dark, or using a blindfold, touch toys and familiar objects, taste different food, smell lots of fragranced items and try to guess what they are. Try again when you can see!

Play with torches!

- Switch the torch on and off.
- Hide the torch under a blanket or cushion and reveal the light.
- Make the room dark and flash the torch.
- Shine the torch into dark places - under the sofa, into a box or the corner of the room.
- Look at your shadows and see if you can make silly shapes with your fingers, hands and whole body!
- Chase the light - shine the torch on the floor and get your child to jump onto the beam of light - keep moving the light!
- Roll the torch, swing it, spin it and see the effect of the light.



Make dark and light pictures by drawing on white paper with a candle or a white crayon, then paint over the top with inky blue or black water-based paint.

do

In the morning put out a pair of pyjamas for your child to wear. Laugh together at the silliness and talk about what clothes we wear in the daytime and in the nighttime. Spend some time choosing clothes for the day together.

Lots of soft-play centres, Children's centres and sensory rooms have brilliant light effects and things to play with. Go for a visit and enjoy exploring the lights together.

eat

Eat food in contrasting shades - white cheese with raisins, malt-loaf with butter, rice and chilli, vanilla ice-cream and chocolate sauce!

Eat by candlelight

say

"God said "light" and there it was! Wow! Isn't that good?"
Why are you glad God made light?

pray

Thank you God for making the light
Thank you for God daytime and nighttime
Wow God, you are amazing!

THE SECOND DAY

Sky

Genesis 1:6-8

⁶ And God said, "Let there be an expanse between the waters to separate water from water." ⁷ So God made the expanse and separated the water under the expanse from the water above it. And it was so. ⁸ God called the expanse "sky." And there was evening, and there was morning—the second day.

play

At bathtime use a toy watering can or a sponge and make it 'rain' on your child.

Find a blue sheet or towel and play underneath it pretending it's the sky. Enjoy playing hide and seek with it.

big make

Stick cotton wool clouds onto a big piece of blue paper - a roll of wrapping paper is fab. You can use one long strip as the background for the whole Big Make Creation collage.

do

Look out of the window together and look at the sky - what is the weather like today?

Look at books, magazines and photos and spot pictures of the sky and different kinds of weather.

Jump as high as you can, climb to the top of the highest hill or climbing frame - can you touch the sky?!

Tie ribbons to an electric fan or hold a loaded bubble-wand in front of it and see what happens when you switch it on. Talk about the wind.

Go outside (whatever the weather!) and talk about the sky. Take some toys with you, e.g:

- Try waving lightweight fabric in the air and blowing bubbles on a windy day,
- Bring saucepans outside on a rainy day to catch the drops or listen to the sound they make dropping onto the up-turned pan.
- Take ice cubes outside on a hot day to watch them melt.
- Make ice sculptures on a freezing day by putting leaves, stones, etc in a tub and adding water. When they're frozen remove from the tub and put them on display!

eat

Try eating mashed potato, marshmallows or yoghurt made into cloud shapes!

say

“God said “sky” and there it was! Wow! Isn't that good?”
Why are you glad that God made the sky?

pray

Thank you God for making the sky
Thank you God for all the sorts of weather
Wow God - you are amazing!

THE THIRD DAY

Land and Sea

Genesis 1:9-10

⁹ And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. ¹⁰ God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good.

play

Play with the bottles from the 'make' section. Roll them, shake them, listen to the noises they make. Watch how the water and the stones/sand separate.

Play catch - the ground is the sea and the sofa or cushions are land. If they're on land they are safe but if they're in the water they can be caught!

make

Make bottle shakers using smallish clear bottles. Partially fill with pebbles or sand and then fill up with water. Dry the bottle and lid and seal well, using glue to secure the lid before you close it. A funnel will be useful when trying to get the sand in. Small children will really love putting stones in the bottles one by one! You could try adding a tiny amount of blue food colouring for a more ocean-like effect.

big make

Add some land and sea to your Creation collage.

Try using green felt, sand, stones, etc. for the land and cling film, foil, tissue paper, blue plastic bags cut to shreds and tinsel for the water.

Make sure the land and sea are large enough to fit all the plants, trees, animals, birds and sea creatures you'll be adding later!

do

Do messy play with water and sand. Use a tray or dish of water and add some sand until it's visible. Enjoy the oozy, rough feeling of the wet sand! Make sand castles and draw in the sand.

Explore the ground outside by drawing on it with chalks or do a 'rubbing' of it using a piece of paper and a wax crayon.

Discover different types of land - test surfaces like concrete, gravel, sand, grass, bumpy pavements.

Try collect different kinds of rock - have some ready before or search in the park or garden together. Talk about how they look and feel.

Wash stones together - collect stones from the garden and scrub them in a bowl of water using an old toothbrush. Have some kitchen roll or old tea-towels to dry them on.

Take a visit to the seaside or a river!

Have a look at a globe or an atlas to show your child the land and seas that God made. Look at the funny shaped countries, show them where you live.

Build a dam - you could try this in the bath or the sink, in a paddling pool or in a stream!

eat

Pretend your breakfast cereal is land floating in the sea! Or you could try the same with soup and croutons or stew and dumplings!

Play a game of sorting your food into 'dry' and 'wet'.

say

God said "land" and there it was! God said "sea" and there it was! Wow! Isn't that good?

Why are you glad that God made the land and sea?

pray

Thank you God for making the land
Thank you God for making the sea
Wow God - you are amazing!

THE THIRD DAY

Plants and trees

Genesis 1:11-13

¹¹ Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. ¹² The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. ¹³ And there was evening, and there was morning—the third day.

play

Today is a great day to play outside! Take a look at the 'do' section for more ideas.

Play at being tiny seeds, curled up as small as you can and then grow and grow into tall plants stretching up as high as you can!

make

Roll brown or green paper into a tube. Make long snips to one end of the tube - these will be branches. Pull from the centre of the tube at the end you've snipped and watch your tree grow and grow! Once it's fully grown, secure with tape and add leaves or blossom.

Make yellow or white/grey pompoms and stick them to the top of green straws to act as dandelions - make a bunch and put them in a vase!

big make

Have fun adding trees and plants to your Creation Big Make.

Cut out pictures from magazines, draw pictures, stick on leaves, twigs and anything else you find if you go out on a nature walk.

do

Go on a nature walk! Collect things in a bag and make a collage out of them when you get home. For older children you could give them a list of things to find.

Do a bark rubbing. You could use this paper to make a tree for your Big Make.

Listen - can you hear the wind rustling the leaves on the trees?

Look outside and spot the different trees and plants - what are the differences? Which is biggest and smallest? Which is your favourite? What smells the best?

Visit a garden centre and explore all the different plants.

Get some seeds and plant them together or buy a small plant that you can care for.

Go and 'pick your own' fruit, if it's the right season!

Cut up fruit and vegetables, look inside, feel, taste and smell them! Can you see any seeds?

eat

Eat fruit and vegetables, salad leaves and eat a forest of broccoli stood up in mash!

say

God said "plants" and there they were! God said "trees" and there they were! Wow! Isn't that good?

Why are you glad that God made plants and trees?

pray

Thank you God for making plants

Thank you God for making trees

Wow God - you are amazing!

THE FOURTH DAY

Seasons and years

Genesis 1:14-15

¹⁴ And God said, "Let there be lights in the expanse of the sky to separate the day from the night, and let them serve as signs to mark seasons and days and years, ¹⁵ and let them be lights in the expanse of the sky to give light on the earth." And it was so.

play

Pretend it's a different time of year - dress in winter clothes, pretend it's Christmas or have a summery day with picnics and visits to the 'beach' (even if it's really just having a bath while wearing swimming things!)

make

Make a calendar - of the day, week or month depending on your child. What visual clues could you use for events that are coming up? Photos, pictures from catalogues, etc. Stick your calendar where your child can see it and refer to it regularly.

do

Draw the outline of a person on a piece of paper. Using pictures of clothes cut out of catalogues, try to dress the person for each season.

Look through your child's clothes and put them into piles of summer, winter, spring and autumn. Try on different outfits - how silly can you get?!

Look through photos of your child in another season, e.g. playing in the snow or in the park when no leaves were on the trees or out in the sunshine on holiday.

Go outside and spot the season! What things can you see that tell you what season it is?

Watch the Seasons and Days of the Week songs on the CBeebies website.

Try some of the weather outdoor play from the 'Sky' play ideas.

To think about the passing of years look at photos of your child on their previous birthdays or at pictures of you when you were their age. Think about other things that happen once a year.

eat

Find some fruit or vegetables that particularly reflect the season you are in.

say

God said “seasons” and there they were! God said “years” and there they were!
Wow! Isn’t that good?

Why are you glad that God made seasons and years?

pray

Thank you God for making the seasons.

Thank you God for making years.

Wow God - you are amazing!

THE FOURTH DAY

Sun, moon and stars

Genesis 1:16-19

¹⁶ God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. ¹⁷ God set them in the expanse of the sky to give light on the earth, ¹⁸ to govern the day and the night, and to separate light from darkness. And God saw that it was good. ¹⁹ And there was evening, and there was morning—the fourth day.

play

Play a listening game where your child is dancing to music and then has to shine like the sun when you stop the music and say “daytime” and twinkle or glow like the stars and moon when you stop the music and say “nighttime”.

Play at being astronauts. Take a trip in a rocket and see the stars, pretend to walk on the moon. Read “Whatever Next” by Jill Murphy and have a moon picnic together.

make

Make a twinkly star bottle. Use a small, clear bottle and fill most of the way with water. Add star-shaped sequins and top up with Glycerin (available from the pharmacy). Add some glue to the inside of the lid before you close it tightly. The glycerin helps the stars separate and woosh around beautifully. This is a lovely toy that will last well!

big make

Add some dark paper to the top of your collage to act as the night sky.

Add stars (use stickers, glow-in-the-dark stars or cut them out yourself) and a moon.

Add a lovely shiny sun to the cloudy sky you made earlier.

do

Have fun with torches again and try shining them onto a glitter ball, if you can find one!

See if you can spot the sun today!

Stay up to look at the moon and stars or find some nice videos of the night sky on YouTube.

eat

Have little-star pasta and starfruit.

say

God said “sun, moon and stars” and there they were! Wow! Isn’t that good? Why are you glad that God made the sun, moon and stars?

pray

Thank you God for making the sun, moon and stars.
Wow God - you are amazing!

THE FIFTH DAY

Sea creatures

Genesis 1:20-23

²⁰ And God said, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky." ²¹ So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good. ²² God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." ²³ And there was evening, and there was morning—the fifth day.

play

Play a fishing game using the fish from the craft suggested below. Add a paper-clip to each sea creature and try to catch them using magnets on strings.

Pretend the sofa or cushions or a box are a boat and go for a swim on the floor - what creatures can you find?

Play in water using any fishy toys you have. Have fun exploring the ocean.

Practice fish-faces in the mirror.

make

Make your own beautiful sea creatures by painting and sticking onto shapes you have already cut out - sharks, fish, whales, starfish, jellyfish, eels, etc.

Make a wobbly jellyfish by decorating a paper plate you have cut in half and sticking strands of wool and chopped up bubble wrap and plastic bags to the bottom to act as tentacles. Hang the jellyfish to see it bobbing around.

big make

Cut out pictures of sea creatures and stick them in the water. Add pictures of shells and seaweed too.

do

Visit a friend who has fish - ask if you can feed them.

Go and see fish at a garden centre, pet shop or public garden.

If there is a Seaworld or similar near you, try to go for a day out.

Go and buy some fish at the fishmonger.

Watch Octonauts or Finding Nemo.

Go beach-combing.

Go for a swim.

eat

Fish!

say

God said “fish/sea creatures” and there they were! Wow! Isn’t that good?
Why are you glad that God made fish?

pray

Thank you God for making fish.
Wow God - you are amazing!

THE FIFTH DAY

Birds

Genesis 1:20-23

²⁰ And God said, "Let the water teem with living creatures, and let birds fly above the earth across the expanse of the sky." ²¹ So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good. ²² God blessed them and said, "Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth." ²³ And there was evening, and there was morning—the fifth day.



Tickle each other with feathers.

Practice flying - how high do you get?!



Make a bird by sticking feathers to a bird shape.

Make a simple duck puppet by painting a paper plate yellow and folding it in half. Open and close it as you talk in a silly duck voice.

Try making a picture using feathers instead of paintbrushes or use them to print.



Add pictures of birds to your collage.
What different kinds could you add?



Do some bird-watching out of your window - try to find out the names of any birds you see.

Throw paper aeroplanes and talk about how amazing it is that birds can fly!

Make or buy a bird-feeder and watch the birds as they eat. Leave out water and watch them wash and drink.

Go for a visit to a farm to see some chickens, turkeys or ducks.

Feed ducks at the park.

Listen while you're outside - can you hear birdsong?

Look at books together, what is the tallest/most colourful/funniest/prettiest bird?

eat
Eat chicken!!

say

God said "birds" and there they were! Wow! Isn't that good?
Why are you glad that God made birds?

pray

Thank you God for making birds.
Wow God - you are amazing!

THE SIXTH DAY

Animals

Genesis 1:24-25

²⁴ And God said, "Let the land produce living creatures according to their kinds: livestock, creatures that move along the ground, and wild animals, each according to its kind." And it was so. ²⁵ God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

play

Play "guess who I am" - give your child three clues as to which animal you are pretending to be. "I'm very tall, I eat leaves and I have a long neck" = giraffe! Sing your clues if you know the song from 'Show Me Show Me' on CBeebies!

Pretend to be zoo-keepers for imaginary animals or for your child's toys.

Pretend to be animals - make their noises, move like them and make each other giggle!

Play "Quack quack" - a great animal guessing game by Orchard toys.

Put toy animals in a bag and ask your child to pull them out one by one - use these to help you sing 'Old Macdonald'.

Play a habitat game - create different zones in your room like the jungle or snow or a field and a desert. Dance around the room and then dash to the right habitat when you call out an animal.

make

Make animal masks by sticking, painting and drawing onto paper plates.

Make an animal sock-puppet using an old sock. Snakes are nice and easy but you could also try making dogs, lions, horses, etc.

Make binoculars by taping together two kitchen roll tubes. Use these for searching for animals.

big make

Add some animals to your picture - pictures printed from the internet or from magazines are good or you could draw your own. How wild can you get?!

do

Visit a zoo, safari park or farm and find out all about the amazing animals! You could prepare a quiz so your child looks for the longest legs, the fluffiest fur, the most colourful, the smallest, the loudest, the scariest, their favourite, etc. Try to keep a copy of any maps or guides to look through together when you get home.

Visit friends who have pets and talk about how they look after them. Or include your child in caring for your own animals.

Visit your local library and get some books with animals in.

Go on a street safari - what animals can you find as you walk around? If you can't see any, you can always pretend! Kitchen roll binoculars would be very handy for this!

Look under a rock in the garden or the park - can you find any creepy crawlies?! What does it feel like to have a woodlouse on your hand?!

eat

Try talking about where your food comes from. What on your plate comes from an animal? E.g. milk, cheese, meat.

say

God said "animals" and there they were! Wow! Isn't that good?
Why are you glad that God made animals?

pray

Thank you God for making animals.
Wow God - you are amazing!

THE SIXTH DAY

People

Genesis 1:26-31

²⁶ Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."

²⁷ So God created man in his own image,
in the image of God he created him;
male and female he created them.

²⁸ God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

²⁹ Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.



Try playing Guess Who and talk about how God made everyone and made each of us different.

Do dressing up - what different types of people can you be (princess, fire-fighter, doctor, etc.)? Aren't people special?

Play Mummies and Daddies, have fun doing pretend play.

Sing 'Heads, Shoulders, Knees and Toes'.

Look in the mirror together and make funny faces.



Enlarge a picture of a familiar face - maybe Daddy or Mummy. Prepare some pictures of eyes, ears, noses, mouths, etc. cut out of magazines. Stick the features over the familiar face to create something new and funny! Use blu-tack if you'd like to be able to re-position the features.

Collect family photos and make a book of special people.

Draw round hands and feet or draw round your child and fill in the outline.

Make gingerbread men and women and have fun decorating them!

big make

Add pictures of people to your Creation collage.

do

Have some special time with friends, family and church family. Try giving Grandma a call or having an Auntie round to tea. Emphasise how special people are.

Spend some time caring for creation today and talk about the special job God gave people. Look after plants, recycle, care for animals, etc.

Look through books together noticing all the people. Can you spot the men and women and girls and boys?

eat

Eat your gingerbread men and women!

say

God said “people” and there they were! Wow! Isn’t that good?
Why are you glad that God made people?

pray

Thank you God for making people.
Thank you God for making me.
Wow God - you are amazing!

THE SEVENTH DAY

Rest

Genesis 2:1-3

¹ Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

play

Play “sleepy bunnies” or sleeping lions.

Play games that have a definite end, like pairs, a jigsaw, reading a book, etc. Make a big thing of having finished at the end.

big make

Go and admire your Creation collage - stick it up somewhere special and give each other a big clap for working hard and finishing it!

do

Wash the dishes or clean the windows. Work hard and emphasise the idea of finishing and stopping.

Try to take a break from the normal routine - have breakfast on knees in the front room or have a picnic or have a special story time together as a family. Talk about how everything was different when God had finished making the world.

Make a cake. Work hard creating it, deciding what it will look like and decorating it. Then really, really enjoy it when you’ve finished! Talk about how God enjoyed his creation when he had finished and he wants us to as well!

eat

Eat the cake you made!

say

God said “finished”! He looked at the world - “Wow! Isn’t that good”?
Why are you glad that God made the world?

pray

Thank you God for making the whole world.
Wow God - you are amazing!

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