

Anytime Activities

Make a sand or salt Zen garden

SUPPLIES

- Plate, tray, baking dish or other shallow container with sides
- Sand or salt
- Rocks or shells
- Fork, chopstick, skewer, twig, fingers, etc.
- Larger tray to catch stray grains (optional)



<https://artfulparent.com/diy-zen-garden-sand-tray/>

PROCESS

- 1) Fill the container with salt or sand.
- 2) Place rocks or shells inside.
- 3) Use the utensil or your finger to draw shapes around the rocks, write a word, create a labyrinth or whatever feels right.

Go on a gratitude photo scavenger hunt

Use a camera to capture images of people, places or things you're grateful for. Collect in an album for a visual gratitude journal or share with the ILC community. On Facebook (ILC Mobile Church group) or Instagram (@ilcsp): #ILCgrateful #ILCMobileChurch

If you need a prompt, look for something you're grateful for:

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|---|--------------------------------|
| ◇ In nature. | ◇ In the neighborhood. |
| ◇ That is soft. | ◇ That is hard. |
| ◇ That makes your life easier. | ◇ That makes your belly happy. |
| ◇ That represents your city. | ◇ That makes you laugh. |
| ◇ That reminds you of someone you love. | ◇ That is unique to you. |

Play "I Spy"

This classic call-and-response game has one person choose something they can see and then announce, "I spy with my little eye... ." You can play using letters (... something that starts with —), colors (... something that is —), sounds (... something that sounds like —), etc. Other players can guess (Is it —?) or ask yes-or-no questions to narrow down their options. The successful guesser chooses next.

Tweak the game to look for things that you're thankful for, that make you happy or that show God's love.

Show and tell

Ask everyone in the group to show or tell about how they saw God in the past week. If worshipping alone, write down your answer and keep it in your ILC Mobile Church bag or share it on social media.