

Jesus talked about 'going an extra mile' in Matthew 5:41

Do you know what He really meant?

Metres m	Kilometres km	Miles mi	How many steps would this be approximately?	
			Young Child (KS1)	Older Child (KS2)
100m	0.1 km	0.06 mile	200	135
250m	0.25 km	0.16 mile	500	338
500m	0.5 km	0.31 mile	1,000	675
1000m	1 km	0.62 mile	2,000	1,350
1,600m	1.6 km	1 mile	3,200	2,160
2,000m	2 km	1.24 miles	4,000	2,700
3,000m	3 km	1.86 miles	6,000	4,050
3,200m	3.2 km	2 miles	6,400	4,320
4,000m	4 km	2.49 miles	8,000	5,400
4,800m	4.8 km	3 miles	9,600	6,480
6,400m	6.4 km	4 miles	12,800	8,640
8,000m	8 km	5 miles	16,000	10,800
16,000m	16 km	10 miles	32,000	21,600

Go for a walk with your family. How many steps did you take? How many would you take if you did an extra mile?

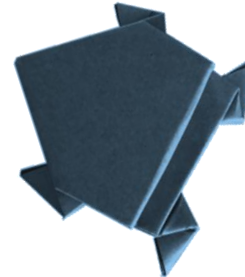
Challenge sheet © Deb Nurse April '21

PHYSICAL

MAKE A JUMPING FROG!

Follow the instruction sheet and make an origami frog.
(This does take a bit of skill, so be careful and patient!

Use your frog to remind you that if something needs doing you can **JUMP IN** and serve!



AT HOME:

How many books can you balance on your head and walk across the room? Sometimes serving and loving others can be hard but it's worth it.

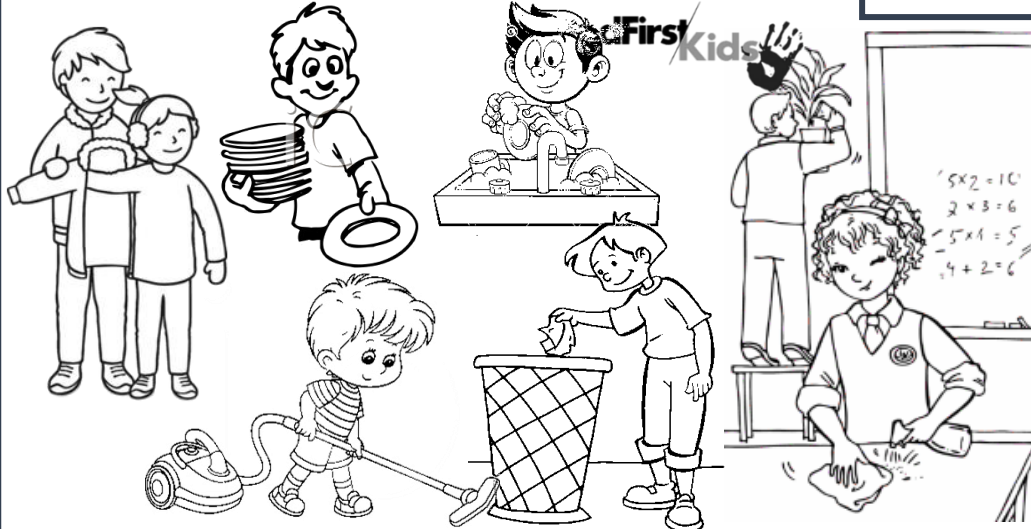
SKILL



Who are these children serving?

MENTAL

Think of one more way you could serve this week, and who you could show God's love to.



SPIRITUAL



Which letters are missing from the memory verse?

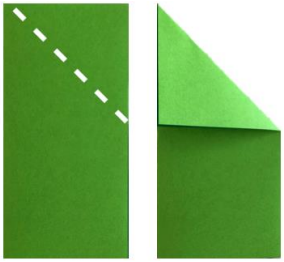
In th _ _ am _ way, th _ _ on of Man did not com _ to be _ _ _ _ _ d. H _ cam _ to _ _ _ _ . Th _ _ on of Man cam _ to gi _ _ His lif _ to _ a _ _ many p _ opl _ .

Ma_k 10:45

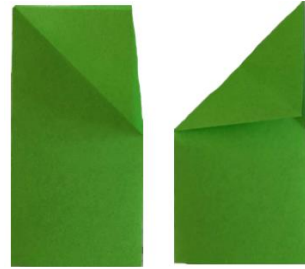
Learn the memory verse and record yourself saying it to enter this week's competition!

HOW TO MAKE A JUMPING FROG

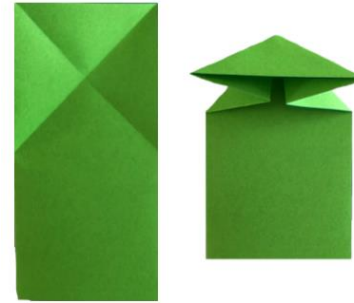
Step 1. Use a rectangle of paper. Fold one of the corners to touch the other side.



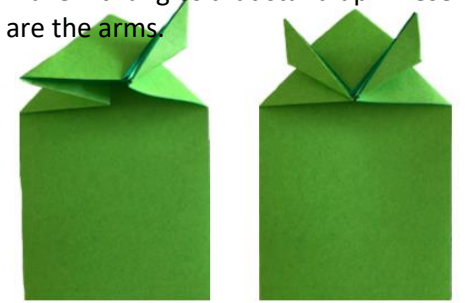
step 2. Unfold and repeat on the opposite corner.



Step 3. Push the sides inwards where the cross is and flatten the 'roof' down.



Step 4. Fold each side of the 'roof' up to the point at the tip so that they make 2 triangles that stand up. These are the arms.



Step 5. Fold the bottom end of the paper up to the middle point where the arms meet (marked x on the photo)



Step 6. Fold the sides of the rectangle into the centre. (it looks a bit like Yoda!)



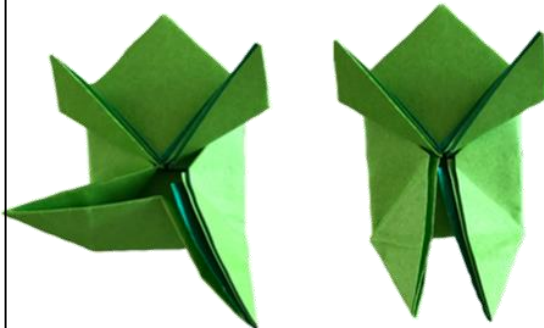
Step 7. fold the bottom of the paper up to the middle point where the arms meet (marked x).



Step 8. Take the corners that are touching in the middle and pull them out as far as they'll go. Flatten this bit.



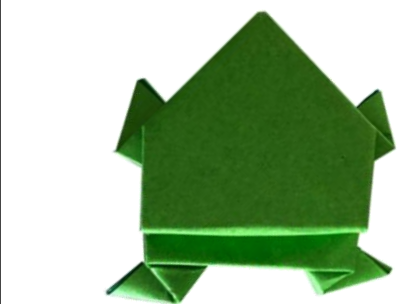
Step 9. Fold the legs down.



Step 10. Fold each leg in half towards the outside.



Step 11. Fold the bottom up to the middle point (x), then half of it back down, like a zigzag.



Turn it over – your frog is finished!
Tap the back to make it jump!