

# Jesus Calms the Storm

MARK 4:35-41

This week's theme is **CALM**. Jesus was asleep in a boat when a big storm scared the disciples. After they woke him up, Jesus said, "Peace! Be still!" Then the storm ceased and the sea became calm.

## Water Names

Jesus and the disciples were in a boat on the Sea of Galilee when he calmed the storm. Do an online search to find the names for different bodies of water. Visit some that are close to your home. Take pictures to compare the bodies of water.

## Calm in the Storm

Help your family be prepared for a storm by making an emergency plan. Identify safe places to gather until the storm ends. Stock a box with bottled water, a flashlight, and ready-to-eat foods in case the power goes out.

## Stormy Weather

Make it storm indoors by using household items to re-create the sounds of blowing wind, rain, and thunder. Turn a flashlight on and off for lightning. Take turns saying, "Peace! Be still!" to stop the storm.

## Jesus Is with Me

Find a recipe for salt dough and add food coloring if desired. Roll the dough into strips and press together to make crosses. Bake according to the recipe directions. Hold your cross whenever you feel afraid to remember that Jesus is always with you.

## Boat Snacks

Peel and cut bananas in thirds to make boats. Add a toothpick stuck through a cube of cheese for a sail. Push mini pretzel sticks into the bananas for people. Ask friends to join you for a boat snack and share Mark 4:35-41 with them.

## Keep Calm

Fill a clear plastic bottle with water, food coloring, and glitter. Seal it well. Shake the bottle and watch as the glitter becomes calm. Make a storm in the bottle whenever you feel scared and pray while you watch the water and glitter become still.

## Here Comes the Storm

Build a boat from a square of aluminum foil and float it in a dishpan of water. Add pennies one at a time until it begins to sink. Jesus reminded the disciples that they didn't need to be afraid because he was with them.

This week our family is praying for...

# Jesus Calms the Storm

Grades 1-2

**CALM**

MARK 4:35-41





Dear \_\_\_\_\_,



Jesus is always there and loves you very much! He will help you to be calm when you're afraid.

Love, \_\_\_\_\_

