

For very young children

 Play and explore life-giving water.

Play materials: water and water-play toys

Gathering prayers

Young children love repetition. Using the same prayer to start your session each time you meet will create a sense of familiarity and expectation.

Suggestion 1: God loves me

From the top of my head

(Touch head)

to the tips of my toes;

(Touch toes)

from the lobes of my ears

(Touch ear lobes)

to the end of my nose;

(Touch nose)

from my back, to my front

(Turn round)

to my wiggly fingers,

(stretch out arms and wiggle fingers)

God loves me!

(jump up and down)

Suggestion 2: God loves...

Leader: God loves

Child 1: (say name)

Leader: and God loves

Child 2: (say name)

Go round the circle until all the children have been named (the leader or accompanying adult can say the name of pre-verbal or shy children)

All: Thanks be to God!

Storytelling

Use simple actions (see italics) and repeat the story so the children can join in.

Jesus had been travelling and he was really tired (*yawn*) so he sat down at a well. It was very hot. (*mime shading yourself from the sun*)

A woman came to get some water, so Jesus asked her for a drink. (*drinking action*)

The woman was surprised (*make shocked face*) as people like Jesus didn't speak to people like her.

But Jesus said, 'If you knew me, you would ask me for a drink and I would give you living water.' (*make wave actions with your hands*)

'But you don't have a bucket,' the woman said. (*put hands up as if to question*)

Jesus replied, 'If you drink ordinary water you will be thirsty again, but if you drink water from me you will never be thirsty, you will be full of life.' (*raise hands up in the air*)

The woman said, 'Please give me this water.' (*hold out both hands*)

Play

Offer potted plants inside, or go outside if you are able, and encourage the children to water the plants.

Create

Invite the children to decorate toilet rolls. Encourage them to stick blue tissue paper through the tube to make it look as if it is water flowing out of one end.

Praise

Provide two large bowls and encourage the children to use tubing or containers to help the water flow from one bowl into another and then back again.

Pray

Invite the children to dip their fingers into a bowl of water and then to draw a cross on the palm of their hand. When everyone has finished, all say **Amen**.

Sing

[Peace like a river](#), Kids praise and worship

[Living water](#) (Tune: If you're happy and you know it clap your hands, words by Emily Hoe-Crook)

Colouring sheets

[English version](#); [Welsh version](#)

A sending out prayer

Young children love repetition. Using the same prayer to end your session each time you meet will create a sense of familiarity and expectation.

God bless you,
(*Point to others*)

and God bless me.
(*Point to self*)

Amen. (*Wave arms*)

Leader: Go in peace to love and serve the Lord.

Children and parents: In the name of Christ, Amen.

Additional activities

These activities are from this week's [Explore & respond](#) and can be adapted for Under 5s:

Bubbling up 5 mins **E S**

Play with water to reflect on the story

You will need: a cup for each child, reusable straws, water, a towel.

- Give each child a cup half-filled with water and a straw.
- Remind the group that Jesus told the woman at the well about life-giving water that bubbles up like a spring.
- Invite the children to blow bubbles in their water as they think about what Jesus said.

Water wave 10 mins **E**

Move and think about the story