Come Rain or Shine ideas for 2020.

**SEA THEME**

Sea collage – use sugar paper and sand, shells, seaweed.

Sea painting (large) – use wax relief for creatures and paint over with wash.

Pebble painting – could be linked to church saint (St Petroc and dragon) or could be sea creatures

Cork boats with mast and sail.

Junk modelling – sea creatures, dragons, boats.

Stained glass windows – black paper, tissue paper – boats, fish, lighthouse.

Mermaid collage – sequins, beads, shiny fabric/paper

Coracles and floating saints– woven or made from clay and floated on a bowl of water.

Paper plate mermaids decorated with collage.

**SKY THEME**

Felt hanging ornaments – birds, butterflies, bees

Hot air balloons – make into a large picture with sky and clouds painted

Blow painting

Kites

Rainbow – large size made by all in collage

**PIRATE THEME**

Make pirate hat, flag, black eye patch.

Make lolly stick pirates.

**CREATION/ANIMALS**

Junk modelling of creatures.

Pebble painting – make your own pet, dragon, minibeast.

Collage creatures

Clay or playdough – make animals (could link with story)

Tree collage pictures made from paper/fabric

Lolly creatures

Puppets

**COOKING**

See below for ideas

**LIGHT**

Rainbows – collage or painted

Stained glass windows

Sunshine.

**STORY THEME**

Could be linked to your saint (eg St Petroc and dragon)

Noah’s Ark works well with animal theme and sea theme.

Pirate stories from Cornwall or stories of bravery in war from your parish.

**Miscellaneous**

Put a variety of craft paper, paints, felt pens, coloured card out on one table and ask children to make whatever they like. Be creative!

Put out large paper and poster paints. Paint whatever you like.

Friendship bracelets, made with wool/embroidery threads and beads.

Put out a variety of fabrics, threads, wool, beads and ask a volunteer to support any needlework activities. (eg beginners crochet or cross stitch)

Face painting can work with any theme (or no theme). Find somebody with the skills and equipment to do it.

**FOOD AND NUTRITION**

To qualify for the grant money, all groups must include a food element during the day. This could be breakfast, lunch or tea. It must be a nutritious balanced meal. Children must learn about food groups and nutrition. Why is it a good idea to eat breakfast? Why is it good for you to eat veg and fruit? Teach about water and the need to drink frequently for brain boosting power. Encourage children to sit down together to eat.

A **recipe leaflet** is included in this pack.

Some churches will have kitchens and some will not, so I have included non-cooking options. Here are some suggestions:

1. Make your own pizza: encourage lots of vegetables (peppers, onions, mushrooms, tomatoes, sweetcorn) Serve with a multi-coloured salad.
2. Pasta with vegetables: serve pasta in cheese sauce but add onions, mushrooms, peppers, broccoli, sweetcorn, tomatoes.
3. Sausage casserole with beans, peppers, mushrooms. Serve with pasta or rice and peas.
4. Healthy sandwiches: include protein and veg in each one. Choose from: ham, chicken, tuna, boiled eggs, cheese, lettuce, tomatoes, cucumber, sweetcorn, mayonnaise, wholemeal and 50/50 bread.
5. Make vegetable snacks: cut up fingers of carrot, pepper, cucumber for snacking.
6. Make a smoothie: A. apple juice, strawberries and banana. B. Pineapple juice, banana and mango. C. apple juice, blueberries and raspberries.
7. Make a fruit salad. Teach children about different fruits and why they are good for you. Peel and chop a variety of fruits and make them into a rainbow coloured fruit salad. Maybe try fruit tasting if some are new to children. Try: pineapple, mango, kiwi, grapes, strawberries, banana.
8. Make fruit kebabs (use wooden sticks). To make this more appealing and more fun, melt chocolate in a bowl and dip fruit kebabs into it. Delicious!! And a great photo opportunity!
9. Make muffins: choose from blueberries, bananas or raisins.
10. Make flapjacks and add raisins, dried apricots or apples.
11. Toast for breakfast or afternoon snack. Choose jam or honey.
12. Hot chocolate, made with milk.
13. Design a poster about healthy eating: 5 a day / 7 a day. Make it colourful.