

Year A - 5th Sunday in Ordinary Time

Matthew 5:13-16

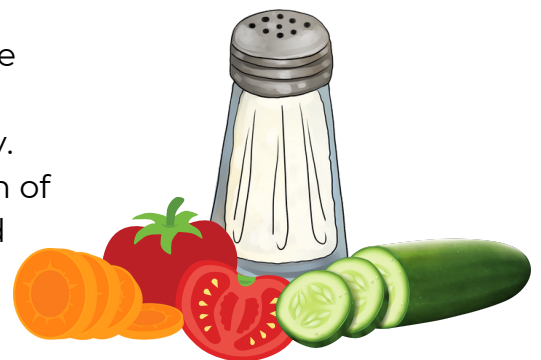
Jesus teaches us about being blessed



Background This activity encourages the children to think about how salt and light change the things around them. Jesus used these normal, everyday things to remind us something important: no matter how normal and everyday we might be, we are called to change to world around us through the things we do and say to share God's love. Connect this activity with the content of the message on the second page of this resource.

Instructions Salt

- NB: This activity requires you to be allergy aware. Please check with parents prior to doing this activity.
- Place a salt shaker and a selection of raw vegetables cut into bite-sized pieces (e.g. tomatoes, carrots, cucumber) in a focal spot for the children.
- Invite each of the children to taste the vegetables without salt.
- Ask them to describe the taste.
- Then invite them to shake a little salt onto the vegetable and taste it again.
- How has the taste changed?
- It would be helpful to also talk about how salt is used to preserve food as well as to give it flavour.



Light

- NB: This activity requires a space that can be made dark, this may require some preparation to cover windows etc to block out any light.
- Place a selection of items that create light in a focal spot for the children (e.g. torch, lamp, candle, glowstick)
- Invite the children to explain what each of the items is and what they do.
- Prepare the children to darken the room and then take turns to experiment with each of the items.
- How did each of the items change the environment?