



Activity 19

Spiritual Development:

What lifts you up?

To celebrate the things in life that lifts your heart.

You will need – Kite Template, thin dowel sticks, string, plastic sheeting, glue, a selection of craft materials, felt tip pens, scissors, selotape, and pens.

Activity – Firstly use the kite template to cut a kite shape between 3 and 6 bow shapes out of the plastic sheeting. Take 2 pieces of dowel and make them into a cross and tie them where they cross with string. Take your plastic kite and bow shapes and decorate them with the things that make

your heart lift. You could add drawings of your family and friends or objects that make you happy. You can add a variety of craft materials that make you feel good. Attach the plastic kite shape to the dowel cross by either gluing or tying it on, then tie a long length of string to the centre part of your kite to use when flying it. Attach

the bows to a piece of string and tie it to the

bottom of your kite. Allow your kite to dry. Take your kite outside, hopefully it is a windy day,

launch your kite and watch it soar in the air. As your kite flies remember all the things to put on your kite that make your heart lift.

