**KID’S ACTIVITY:**

**Activity 1**

Can you **taste salt**?

I encourage you to have an **experiment.** Do it on yourself or prepare this for someone in your family or a friend.

1. Get some cucumber and/or tomato pieces

2. Have two dishes ready, a cucumber, tomato and a cutting board as a grown up to help with cutting the vegetables into pieces

3. Blind fold your family member or friend

4. Dish 1: put cucumber and tomato pieces without salt sprinkled on it

Dish 2: put cucumber and tomato pieces with salt sprinkled on it

5. Get your family member or friend to try them and they guess which one has salt

6. You can have a turn as well of course. ☺ just ask them to switch the dishes around

Can you taste the difference?

Salt makes things taste better, just imagine after your next soccer game when you have hot chips after the game you had to have it without salt. Ehh yuck. We all know need chips with salt. Salt is so good. Not too much of course.

Well Jesus says he wants us, his followers, to be people who are like salt, make the world around us taste better. Salt is in us, we need to live out goodness and peace.

Mark 9:50

Salt is good. But if it no longer tastes like salt, how can it be made salty again? Have salt among you and live at peace with each other

If you feel you aren’t salty enough then here is a prayer to ask Jesus to sprinkle more salt on you.

Dear Heavenly Father,

I pray you’d please give me/us more of your salt of peace. Please season my heart, soul, mind and life with more of your peace, God.

Thank you that I/we can find true peace in You. In Jesus name AMEN

**Activity 2**

Take a piece of dark cardboard, with runny glue write your name and then sprinkle salt over the top, the salt will stick to the glue which spells your name. This symbolizes you are sprinkled with salt

GOD’S PEACE IS WITH YOU