



ACTIVITY ZONE IDEAS

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We suggest that each day, children do two activities of about 20 minutes each - one active and one craft/cookery.



Notes

Games (younger)

Fish, Fish, Shark!

A take on Duck, Duck, Goose.

Find Jonah card game

Children are divided into teams. Each team lines up relay-style and faces a whole pile of cards which are laid out face down on the floor. Under one of these cards is Jonah. One by one the children run up and pick a card. The first team to find Jonah in their pile wins. This very simple game is surprisingly successful! When Jonah has been found, collect all the cards back in, re-shuffle and play again.

Musical Islands

A version of Musical Chairs. Lay out some large hoops on the floor. Children have to run or dance while the music plays, and get to a hoop "island" as quickly as they can when the music stops.

Gobble up Jonah

Split the children into teams. Line them up relay style opposite plates at the far end of the room with a Jelly Baby on each. Children have to crawl along the floor on their tummies pretending to be fish. They then need to gobble up Jonah (the Jelly baby) and run back to their team. (NB make sure that the children are sitting up to eat their Jelly Baby and that they swallow it before running back to their team.)

Jonah Says

Have fun with lots of silly fishy moves.

Simple opposites game

Leader shouts "run" – children must walk, "stop" – children "go", "sit down" – children stand up etc...



Pin Jonah in the whale

A version of pin the tail on the donkey.



You can also use the younger games too.

Games (older)

Captain's coming

Label the sides of the room with port, starboard, bow and stern. These refer to the left, right, front and back of a ship. The captain (leader) shouts out orders that the children have to respond to quickly by doing certain actions:

- Port, starboard, bow, stern: run to the correct wall
- Scrub the deck
- Climb the rigging
- Row the longboats
- Dig for treasure
- Cannonballs - everyone crouches down in a ball
- Captain's coming - everyone salutes
- Man overboard - grab someone's hand for safety.

The last child to complete the action is out of the game.

Toss Jonah into the big fish's mouth

Divide the children into teams. Line them up facing a single bucket which is the fish's mouth and give each team a different coloured bean bag (Jonah). A leader stands by the bucket and throws the beanbags back to the teams. The team to toss Jonah into the fish the most times wins!

Jonah tag

Choose one child to be Jonah. They have to try and tag as many other children (Ninevites!) as possible in 60 seconds. Tagged children have to sit down repentant (they do not run around again until the start of a new game). After the 60 seconds is over, count how many children are sitting down, then change the child who is playing Jonah and play again. The winner is the child who gets the most children sitting down!

Dodgefish!

Dodgeball!

Craft



Underwater scene

You will need: blue paper, yellow paper, fish stickers.

- Cut wave shapes into the top of the blue paper, cut a length of yellow paper and stick along the bottom to be the ocean floor. Add fish stickers.

Boat origami

You will need: plain A4 paper, [origami boat instructions](#)



Whale and Jonah peg

You will need: wooden pegs, glue, Jonah and whale printed on paper cut out.

- Stick the two whale halves to the side of the wooden peg, the top half of the whale to the top part and the bottom of the whale to the bottom part.
- Turn the peg over so that the whale is facing the table. Stick Jonah to the bottom peg so that when you open the whale's mouth you can see Jonah inside.

Hanging Jonah mobile

You will need: 2 wooden kebab sticks arranged into an 'X' and secured together with string, whale with Jonah inside and 4 fish printed onto card, pens, cotton thread and scissors.

- Decorate the whale and the fish.
- Attach a 30cm length of cotton thread to the whale by making a small hole in the top of the whale and tying a knot. Attach the other end of the cotton to the center of the 'X' wooden kebab sticks with a knot.
- Do the same with cotton lengths about 20cm long to attach the 4 fish to the ends of the 4 sticks.



Balloon Jonah catching game

You will need: blue paper cup, blue paper tail, googly eyes and glue/sellotape, balloon, string, marker pen.

- Make the whale by sticking on the tail and the eyes.
- Part blow up the balloon, tie a knot, and draw on a stick man using a marker pen to make Jonah.
- Attach a 30cm piece of string to the side of the cup and the balloon. Now you can play.



Sailor hats

You will need: newspapers

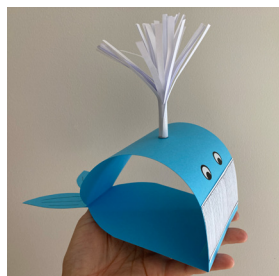
- Follow [these instructions](#) to make your sailor hats.



3D whale

You will need: blue card, white paper, glue, googly eyes (optional), scissors, sellotape, blu tack.

- On a piece of blue card draw a long rectangle, 30cm x 10cm, with a fish tail and a shorter rectangle, 20cm x 10cm, with the same fish tail.
- Attach the short ends of the rectangles together with sellotape (do not let them overlap), then glue the tails together to create your whale shape.
- Add a rectangle, 5cm x 10cm, of white paper to be the whale's mouth.



- Cut a rectangle of white paper, 10cm x 20cm. Along one 20cm edge use scissors to make lots of cuts (cuts to be just over half way). Roll up the paper to create a tight tube, using sellotape to stop it unrolling. Fan out the cuts to create the water spray.
- Attach the spray to the top of the whale using glue/blu tack and add two eyes.



Sailing boat

You will need: washing up sponge, lolly stick, triangle of cardboard for a sail, electrical tape to decorate the sail, scissors.

- Before the session use scissors to cut a small hole in the top on the sponge for the lolly stick to fit in.
- During the session, decorate the sail with colourful electrical tape and attach it to the lolly stick mask. Push your mast into the premade hole in the sponge to create the boat.
- You could then sail your boats in a bowl of water.



Cookery

Underwater jelly

You will need: see through plastic cup, blue jelly (if you can't buy this, it can be made by mixing a few drops of blue food colouring with clear lemonade, then follow the instructions on the gelatine packet for the quantity of gelatine you will need to make the jelly), fish sweets, Jonah jelly baby.

- Make the blue jelly in advance and put it in the fridge overnight to set.
- On the day, kids spoon jelly into the plastic cups and mix slightly to create the ocean. Stir in jelly fish sweets and a jelly baby as Jonah.



Decorate fish/boat biscuits

You will need: shaped biscuits, icing sugar, food colouring, sprinkles, icing pens

- Make the biscuits in advance using a simple plain biscuit recipe and cookie cutter.
- Decorate using icing in different colours or icing pens, sprinkles and other cake decorations, or small sweets.

Fruit/Veg island

You will need: assorted pre-cut fruit and vegetables, digestive biscuits, sealable food bags, blue jelly (optional), paper plates.

- Put 2 or 3 digestive biscuits in a sealable food bag and crush them with your hands to create sand. Put this in the middle of your plate.
- You could make blue jelly (see underwater jelly above) to go around the island as the ocean! Alternatively you could use a blue plate.
- Arrange pre-cut fruit and vegetables to create fish and items you might find on a desert island.





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