

MAUNDY THURSDAY

The Last Supper was the last time that Jesus could spend with his disciples before his suffering. They drank wine and ate unleavened bread at the meal and Jesus asked them to remember him this way.

APRIL

5



HOW TO MAKE A GRAPE SMOOTHIE

Time (Mins)

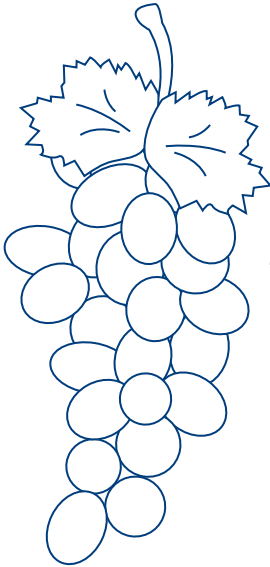
5

Serves

2

PLEASE GET AN ADULT TO HELP YOU MAKE THIS

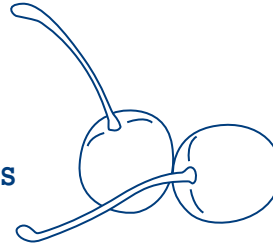
YOU WILL NEED:



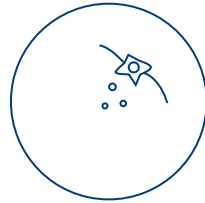
230 Grams
Seedless
Grapes



115 Grams
Frozen
Strawberries



115 Grams
Frozen
Cherries



115 Grams
Peeled
Orange



115 Grams
Peeled
Banana

- 1 Combine all ingredients in a blender.
- 2 Blend until mixture is smooth.
- 3 Pour into two glasses and serve.





HOW TO MAKE A FRIENDSHIP BRACELET

PLEASE GET AN ADULT TO HELP YOU MAKE THIS

In order to make a friendship bracelet, you must first learn how to tie a basic knot: Take two different coloured strings, tie them together at one end and tape them down.



Hold the blue string tight and knot the white string around it.



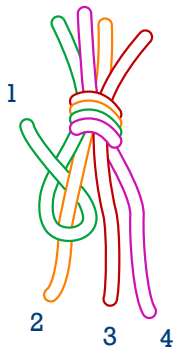
Pull toward the left and pull snug.



Repeat so you have a double knot.

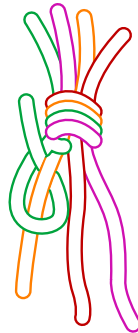


Always tie double knots.



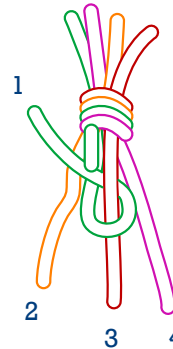
1

Start with string 1 and loop it over and then under string 2. Hold string 2 straight (this is important) and pull the knot snug.



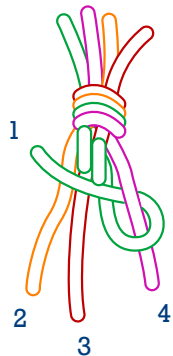
2

Repeat step 1 a second time so you have a double knot.



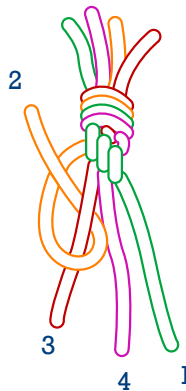
3

Now take string 1 and make double knots around each of the remaining strands (3 and 4).



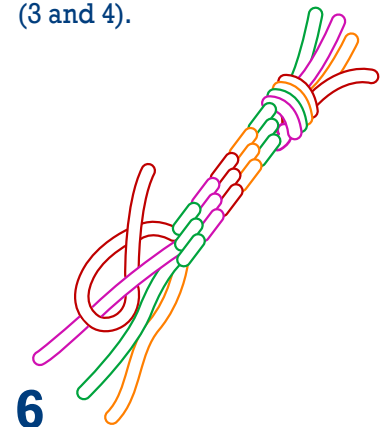
4

You will now be working with string number 2.



5

Keep going until the bracelet is as long as you would like.



6

Gather the strings and tie a knot to secure. Trim the ends.



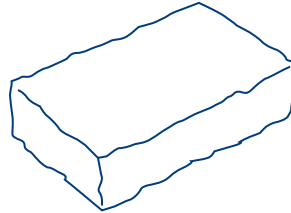
HOW TO MAKE A FOOT WASH

PLEASE GET AN ADULT TO HELP YOU WITH THIS

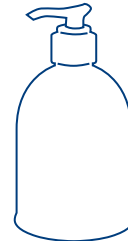
YOU WILL NEED:



A bucket of warm water



Sponge



Soap

- 1** Find a friend or family member who might like a foot wash. Take for instance your mum or dad after they have returned from a hard day at work.
- 2** Use a bucket or basin to fill with warm water (not boiling!). Mix in some liquid soap and swirl until you get a nice froth of bubbles.
- 3** Use the sponge to clean and massage the feet.
- 4** Alternatively, if no one wants a foot wash, you could always offer to clean your house pet, if you have one.



HOW TO SAY THE LORDS PRAYER

Our Father,

Who art in heaven,
hallowed be thy name.

Thy Kingdom come,
thy will be done,
on Earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who
trespass against us.

And lead us not into temptation.
But deliver us from evil.

For thine is the kingdom,
the power and the glory,
for ever and ever.

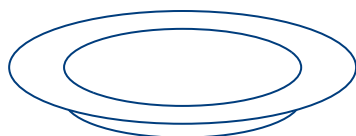
Amen



HOW TO MAKE A HUGE SILVER COIN

PLEASE GET AN ADULT TO HELP YOU MAKE THIS

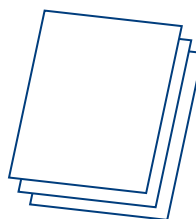
YOU WILL NEED:



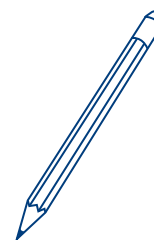
Plate



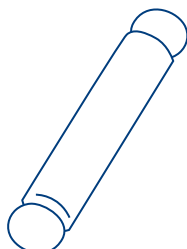
Scissors



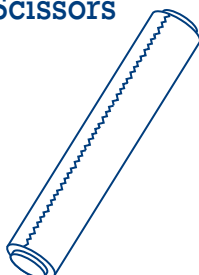
Corrugated Cardboard



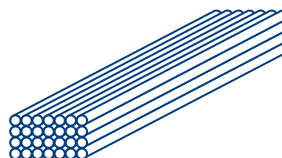
Blunt Pencil



Rolling Pin



Tin Foil



Plasticine



Tape

- 1** Put the plate (a side plate is an ideal size) on top of the corrugated cardboard and draw around it with the blunt pencil. Make two circles.
- 2** Cut around the circles you have made and stick them together.
- 3** Now, use the rolling pin to roll out the plasticine (use a little flour to rub on the rolling pin if it starts to stick to the plasticine). Roll out enough so that you can fit two circles onto it. Use the plate as a template on the plasticine and cut off the excess around the circles.
- 4** Get your tin foil (dull side facing up) and place it over the two circles. You can now use the blunt pencil to lightly draw your design into the plasticine. Don't press too hard or the foil will rip!
- 5** When you have finished, peel the foil off the plasticine. You can now wrap the foil (shiny side facing up) around the cardboard circles and 'hey presto', you have a huge silver coin!