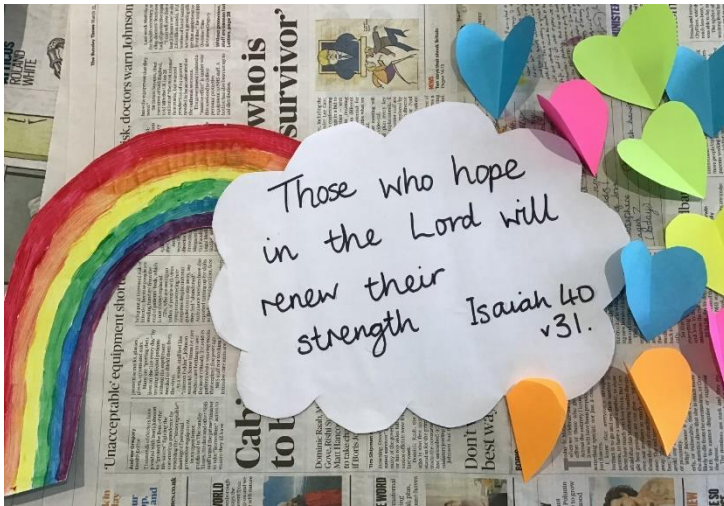


How to make a hope mobile

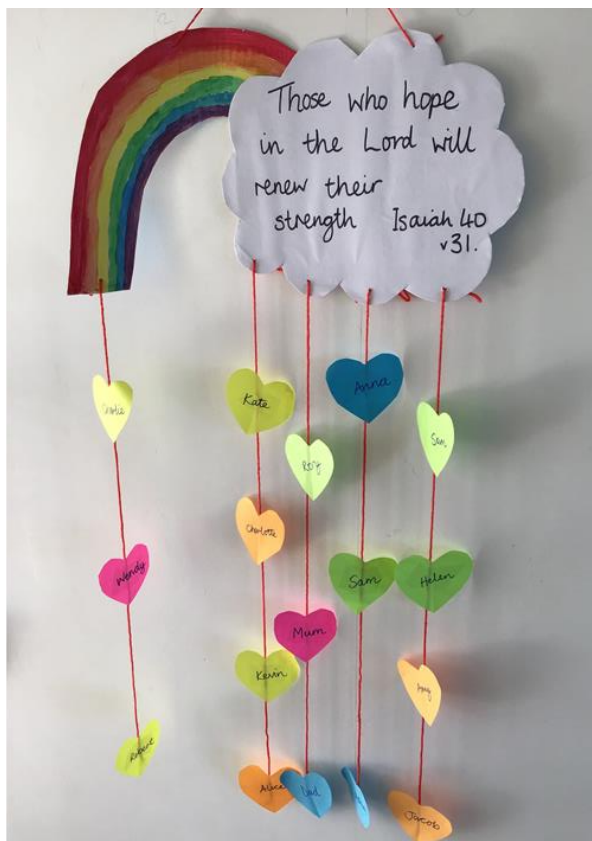
You will need:

1. Two pieces of cardboard (I used a cereal packet)
2. Paints
3. Brightly coloured post it notes
4. Scissors and sticky tape
5. Coloured wool



Instructions:

1. First draw a cloud on one piece of card and a rainbow on the other.
2. Paint the rainbow in all the rainbow colours and leave it to dry.
3. Cut out the cloud and the rainbow and stick them together with tape.
4. Decide on a Bible verse to write on the cloud. You can copy mine or choose something else: **"God is love: if we live in love, then we live in God, and God lives in us. 1 John 4 v 16"**. Or: **"Love one another – put your life on the line for your friends – this is the best way to love. John 15 v 12-13"**.
5. Now make some heart shapes out of post it notes. You can use any colours you like. Write the names of your friends and family on the heart shapes.



6. Now the tricky bit, so you might need an adult to help. Stick the hearts onto long pieces of wool. You can arrange them in families or according to colours. It's up to you. Then you need to make small holes in the bottom of the cloud and rainbow and thread the wool through. Tie it in a knot at the back.
7. Hang up your mobile and it will remind you to pray for your friends and family during lockdown. You might also phone the people to tell them you miss them, or that you are praying for them.