

Together as a family, look out of your window, or go for a nature hunt outside!

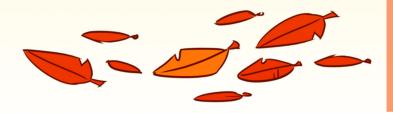
As you go through the activities, read Ecclesiastes 3, and remember that God is with us through different seasons of life.

1. Find some trees.

"There is a time for everything and a season for every activity under heaven. A time to be born and a time to die, a time to plant and a time to uproot." v1-2

As seasons change, some things end and some things begin. It's good to remember that God is with us in new seasons and will help us grow.

- Find some dead leaves. What do they feel, smell, sound, and look like?
- Look underneath some fallen leaves.
 Can you find any signs of life?



2. Can you find something decaying?

"A time to kill and a time to heal, a time to tear down and a time to build." v3

As berries rot and leaves decompose, they provide food for small creatures and new soil for growth.

- What did it look like before? Maybe it was a bright shiny apple or a tall tree? What's going to happen to it now?
- What's something that you may have done last year that you don't do anymore?
 What will you miss as you get older?
- Looking ahead, what are you excited about in the next season? Talk about how God uses change and loss to help us grow.

3. Stomp in a puddle, dance in some long grass, or quietly listen to the wind.

"A time to weep and a time to laugh, a time to mourn and a time to dance." v4

We can tell God how we're feeling as we spend time in his creation.

- Find a good place to be loud or fast.
 Maybe there's an echo!
- Find a good place to be quiet or still? Be so still that you make no sound at all!
- · Tell God how you are feeling.

4. Make some art from a collection of things you can find.

"A time to scatter stones and a time to gather them, a time to embrace and time to refrain." v5

Share your nature art with somebody. Show someone in person or take a photo and send it to a friend.

God created us with love and he delights in us. As you make your art and look at others, remember how much he loves you and all of his creation.

- How many different textures have you used?
- · What colors can you see?



5. Play hide and seek!

"A time to search and a time to give up, a time to keep and a time to throw away." v6

Wherever we are, God is with us! Even in your best hiding place, he is there. It's good to remember in a new season that God is with you in everything.

 Play hide and seek in person, or you could leave a treasure trail for someone to find later.





6. Listen for bird calls and other sounds in nature.

"A time to tear and a time to mend. A time to be silent and a time to speak." v7

Autumn is a time when some birds migrate, so they might be getting ready for a big journey. As you spend a few minutes in silence, you will notice many other sounds. What can you hear?

Be silent for a while. What happens around you? What happens to you?

The migration of birds, butterflies and moths is amazing. Find out more at home. Talk about how God is with creatures that migrate, and how he's with us too in whatever comes next.

7. Spot something beautiful.

"He has made everything beautiful in its time." v11

God's creation is amazing. From the very tiniest seed to the huge sky you can see, he has made all things beautiful. We are all parts of his creation, and we are beautiful and precious too.

Find something tiny that is beautiful.

Find something big that is beautiful.

Share what you've spotted with others. It's amazing to learn from each other about God's beautiful creation.

8. Can you find any other signs of a changing season?

☐ Chestnuts

Acorns

Mushrooms

Pinecones Feathers

Leaves changing color



Copyright © 2022 Care for the Family. Care for the Family is a Christian initiative to strengthen family life. Great Britain. Used in North America with permission. https://kitchentable.org.uk/

