

LULU LADYBUG'S SHINE BRIGHT ADVENTURE



Sometimes we feel tired or sad; sometimes our brains feel busy; sometimes we are afraid of new medicine or another trip to the doctor's office; sometimes we get angry when we have to miss a game, a practice, or a friend's birthday party. When it's hard to run, play, or explore, the Sonshine Squad loves to go on a Shine Bright Adventure.

God has given us wonderful imaginations that can take us on adventures anytime, anywhere. Even when we are resting, we can still explore new ideas in our minds. We can make up a new game, tell a great story, or create a secret code. We can imagine what it would be like to be a giraffe in our house, an elephant in a hospital, or a hippopotamus in the bathtub. You can have an amazing adventure without even moving your feet!

ARE YOU READY TO EXPLORE?

Imagine a tickly breeze lifting you up above the trees. You float through the sky like a balloon that got away. What do you see as you drift along? Do you float past a bird, an airplane, or a skyscraper?

When you look down, what are the people doing—walking a dog, playing at the park, or riding a bike? Are they in a hurry?

What color is the sky? What does the sun feel like—a warm hug or a hot bath? Is the sun hiding behind the clouds playing hide-and-seek with you?

What do the clouds look like—a whale, a dinosaur, a heart?

Are there leaves dancing in the breeze? Are the trees making funny shadows?

What do you hear? Is someone laughing? Do you hear a dog barking, a bee buzzing, or a horn honking?

Do you land somewhere or just keep floating? How long are you gone?

When you return, give your adventure a name. Draw a picture of something you saw.

You don't need to travel anywhere to go on a Shine Bright Adventure; you just need to close your eyes and imagine. When your body needs rest, your mind can explore. **God's wonder is everywhere!**

PRAYER

Dear God, thank You for the amazing world You made! Thank You for making me. Help me find adventure wherever I am, however I feel, and wherever I go. In Jesus' name, amen.



OBEDIAH OWL'S SOUND STORY ADVENTURE



Did you know that owls have "super hearing?" Some can detect a tiny rustle beneath a thick blanket of snow, while others can pick up sounds from 10 miles away! Are you ready to sharpen your ears and go on a Shine Bright Listening Adventure?

NOTICE THE WORLD IN A WHOLE NEW WAY

Find a cozy nest—a soft chair or a spot on the rug. Close your eyes and take in a slow, deep breath... and let it all the way out.

1. **The close sound:** Listen to what is happening right next to you. Can you hear the rhythm of your own breath or the soft crinkle of your clothes?
2. **The middle sound:** Stretch your hearing a little further. Can you hear a floor creak, the hum of a refrigerator, or a voice in another room?
3. **The far sound:** Reach out with your ears as far as they can go. Can you hear a car driving by, a bird calling from a high branch, or the wind whispering through the trees?

A SOUND ADVENTURE STORY

Now, let's use Obediah's favorite story tool: ***imagination.*** Every sound is a character in your story.

- That soft hum? It's not a fan; it's a busy bee scouting for a secret garden.
- Those footsteps? Could they be a friendly giant wandering through a forest?
- That chirping bird? Could it be singing an invitation to a cloud picnic?

TURN YOUR SOUND STORY INTO A BOOK

Materials: paper, crayons, markers, or colored pencils

Instructions:

1. Fold a long strip of paper back and forth like an accordion (zigzag style).
2. On the first panel, draw Obediah Owl. Give him big, colorful ears to show he's listening!
3. On panel two, draw the *close sound* you heard.
4. On the next panel, draw your *middle sound.* Turn that refrigerator hum into a robot or a purring cat.
5. On the last panel, draw your *far sound.* Turn the car or wind into a dragon or a traveling ship.
6. Under each picture, write (or ask an adult to help) a sentence about what is happening in your Adventure Story.