

Week	Syllabus/Activity	Spiritual Comment	Theory	Equipment
1	<p>Cleaning</p> <p>How to clean a sink: Clean the church kitchen including sink.</p> <p>Make a sponge house</p>	<p>Helping others - part of living as Jesus wants us to live</p>	<p>Why do we clean?</p> <p>Discuss various cleaning products and their uses; safety when using these products;</p> <p>Environmental issues</p>	
2	<p>Ironing</p> <p>Iron a hanky, tea towel or pillowslip</p> <p>Iron a tee-shirt</p> <p>Make a lavender rope to hang with clothes at home</p>	<p>It is good to look neat and tidy on the outside but God looks on the heart</p>	<p>Why do we iron?</p> <p>Safety with electrical items and hot items</p> <p>First aid for burns</p>	
3	<p>Gardening</p> <p>Weed a small plot of the church grounds or arrange to visit a nearby church member's home and do some weeding.</p> <p>Plant a seedling in a pot</p> <p>Remind girls to bring a lunch box next week</p>	<p>What sort of things are "weeds" in our lives and how do we get rid of them??</p>	<p>Planting plants</p> <p>Needs of plants</p> <p>Weeds - what are they??</p> <p>Safety in the gardening including the safe handling of potting mix</p> <p>First aid treatment for bee stings and cuts.</p>	
4	<p>Cooking</p> <p>Make apple muffins</p> <p>Make sandwich</p> <p>Pack lunchbox and include a piece of fruit and a drink</p>		<p>Safety and hygiene in the kitchen</p> <p>Healthy school lunches</p>	

5	Give out invitations to "The Great Dinner Party"			
6	<p>"The Great Dinner Party"</p> <p>Divide girls into 3 groups</p> <p>Group 1: cook sausages and oven chips</p> <p>Group2: Make salad; clean kitchen</p> <p>Group 3: Make instant pudding</p> <p>Lay/clear the table, sweep the floor etc...</p>	<p>Be thankful for what we have</p> <p>Why we say grace</p>		<p>Sausages and oven chips</p> <p>Salad ingredients eg; lettuce, tomato, carrots etc...</p> <p>Instant pudding</p> <p>Table cloth, plates, cutlery, broom etc</p>

Lavender Rope

Each Girl will need...

- Wool - 36 lengths of wool each 30cm long
- 1 wooden curtain ring approx 6 cm in diameter
- 2 fabric circles, use a saucer for a template
- Ribbon
- Potpourri
- Fresh lavender stalks

Take the wool and loop through the curtain ring. Divide into three groups of 12. Using the three groups form one plait, tie at bottom and trim ends. Put a small amount of potpourri into the centre of each fabric circle.

Gather the edges together and tie firmly into a ball with ribbon.

Tie the balls onto the plaited rope. Decorate with lavender.

Cleaning House

Each girl will need...

- 1 washing up sponge (14cm x 10cm)
- 1 scourer (17cm x 9cm)
- 2 washing up sponges with scourers attached (10cm x 7cm)
- 1 chux cloth
- 8 - 12 headed pins
- Small piece of paper and glue
- Copy of poem

To make the house - attach scourer/sponge together (sponge sides touching) with pins inserted from the side on the diagonal

To form the base - attach scourer to the house by inserting two pins through the scourer into the sponge

To add the roof - fold washing up sponge in half and attach to the house at each corner with pins

Fold chux towel in half and roll to form a cylinder. Push through the roof space

Cut two windows and a door from the paper and glue to the house

Attach a copy of the following poem

*Although it doesn't seem
We are her to clean
Just take us apart
And we're ready to start*