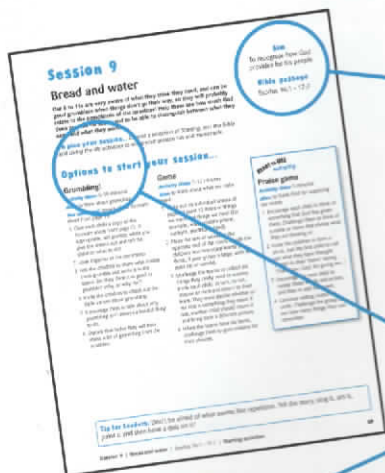


# How to plan your session...



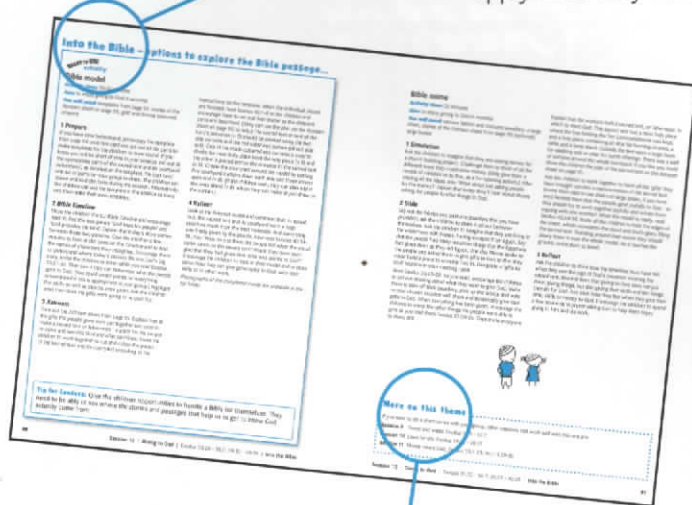
**First...** with the Aim of the session in mind, read the Bible passage for the session. As you do so, think about your own group and situation: the individuals, the leaders, your equipment and facilities.

**Next, choose a selection of activities...** that you think will best suit the ages and learning styles of your group, to make your session fun and memorable. Approximate activity timings are shown below each activity heading, as a planning guide. Depending on the time you have for your session, try to include:

- One or more **Starting** activities.
- One activity from the **Into the Bible** section. Think about the children in your group and choose the activity that best suits their learning styles.

**Living the life** activities, designed to help the children remember, respond to and apply what they have learned in the session.

**Ready to use** activities, designed to help you if you are short of planning time.



Look out for the **More on this theme** boxes as you consider your session choice. Here you will find a list of other sessions on a related theme to the session you are looking at.

## Basic kit:

- Bibles
- SU Bible Timeline
- Paper
- Cardboard or stiff paper
- Glue sticks
- Sticky tape
- Pencils and pencil sharpener
- Sticky notes
- Eraser
- Scissors
- Crayons, colouring pencils or felt-tip pens

**Make a note...** of the selection of activities you have chosen, and the resources you will need for them. You may find it helpful to use a copy of the Session plan provided on page 375.

**Gather resources...** you will need for the activities you have selected for your session. We recommend that you collect the basic kit of items that are regularly used in Xstream sessions, shown in the box on the left.

All the Xstream sheets and other photocopiable resources you will need for each session are included in this book. Printable resource PDFs and some extra multimedia resources are also available to download in a **zip folder** from the Resources & activities section of [su.org.uk](http://su.org.uk).

All the activities marked **Ready to use** need only minimal preparation, the photocopiable resources provided and the items in the basic kit.

Additional resources to help you to explore and enjoy the Bible with your group are available from Scripture Union mail order and website.