



ONLINE SCIENCE ASSEMBLY ONE 'Overflowing with Hope' worksheet

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. *Romans 15 v 13*

What things fill you with hope and joy?

These can be great to remember if you are ever feeling down or sad. Don't forget to tell someone how you are feeling, then choose one of these things to help fill you with hope and joy again.

Experiment

For the 'explosion experiment' you will need to be outside and ask a grown up's permission. Take a large bottle of coke zero or diet coke. Form a tube out of paper and fill it with mentos. Quickly remove the coke bottle top, pour in the mentos and stand well back.

We would love to hear about your experiment, so please email us at assemblies@lifeandsoul.org.uk you could even send us a short video.