



Together we can build healthy communities

Key Message:

In healthy communities we work together to encourage and build each other up (1 Thes 5:11).

Concept:

Create different zones that represent groups within a community. Plan activities to run within each zone. Invite relevant corps and community groups to participate in each space.





Build a Community Chain:

As families take part in each of the different activities, they will be given a strip of coloured paper. These strips of paper can be added as links to form a giant community chain.

Provide markers for messages to be added to the links.

Ideally, this chain could be displayed somewhere visible in the community after the event.



<p style="text-align: center;">CHURCH</p> <p>Mini Message: In healthy communities we encourage and build each other up. (1 Thes 5:11)</p> <p>Activity 1 – Rainbow Jar Place a large empty jar in the space. Provide each child with a couple of tablespoons of salt, some coloured chalk and a piece of paper. Rub the side of the chalk gently across the salt. The salt will take on the colour of the chalk. Invite them to carefully bring their coloured salt and add it to the jar.</p>  <p>Activity 2 – Pass on the encouragement Stand in a circle. Throw a ball to a child and say something kind or encouraging. They can throw the ball to another child and say something encouraging to the next person.</p>	<p style="text-align: center;">CHILDCARE/SCHOOL</p> <p>Invite local schools and childcare.</p> <p>Mini Message – It’s important to build on strong foundations.</p> <p>Activity 1 – Building on strong foundations Provide some blocks and ask the children to build a tall tower on top of a soft pillow or cushion. Remove the cushion and let them try again on a firm surface.</p> <p>Activity 2 – Rock Painting Provide flat, pale coloured rocks, paint and brushes or twigs to do dot paintings on the rocks.</p> 
<p style="text-align: center;">HEALTH CARE</p> <p>Invite local health care workers.</p> <p>Activity – Build a Community ‘Thankyou’ Mural Provide square cards to draw/paint a picture, thanking health care workers for helping our community to stay healthy.</p>  <p>As they are completed, the cards can be added to build the mural.</p>	<p style="text-align: center;">ENVIRONMENT</p> <p>Invite Aboriginal or Torres Strait Islander people from your area. Invite SAGALA groups to take part in organising.</p> <p>Activity – Plant seeds or seedlings in pots to take home Provide a small cup or pot and invite them to plant a seed or seedling to take home with them – if possible, choose a species that is native to your area.</p> <p>Paint or write a message on the pots – Building healthy communities</p> 

<p style="text-align: center;">EMERGENCY SERVICES and VOLUNTEERS</p> <p>Invite local Emergency Service providers – Fire, Police, Ambulance and Volunteer groups. Invite Salvation Army Emergency Services to participate.</p> <p>Activity – Create a Helping Hand Provide pieces of cardboard. They can trace around their hand, write on each finger a different emergency service or volunteer group and decorate.</p>	<p style="text-align: center;">HOBBIES, MUSIC AND SPORT</p> <p>Invite local dance, music and sport groups Invite Just Brass, Aspire Dance groups etc. to participate</p> <p>Activity – Work with a team to build and complete an obstacle course Provide equipment such as a hula hoop, skipping ropes, cones etc. for teams to work together to build then take turns completing an obstacle course.</p>
<p style="text-align: center;">FAMILIES</p> <p>Invite parenting groups from the community.</p> <p>Mini Message – In healthy communities we work together.</p> <p>Activity – Team build Allow each team member to choose an item from a bundle of recycled materials. The team must build a tower using these items along with tape, glue etc. However, each team member can only touch the item that they chose.</p>	<p style="text-align: center;">CAFES AND RESTAURANTS</p> <p>Invite local cafes, restaurants and food trucks. Invite Kids in the Kitchen graduates to participate.</p> <p>Activity – Build a healthy snack Provide some pieces of fruit and a skewer to build a healthy snack!</p>