

Cornstarch and Water Mixture

1 box of Cornstarch

1 ½ cup water plus a little more

Mix the cornstarch and the water together. If it's dry add a little more water and mix thoroughly. Mixture will take form when squeezed and when pressure is removed mixture will return to a more fluid state.

Play and enjoy! REMEMBER! Do NOT pour down the sink. Dispose of in trash. Do NOT eat!

Is there a quiet place that you find restful?

What colors do you find restful?

On the following page draw a quiet, restful scene.

As you draw imagine hard things in your life, your cares, your busyness melting away like the cornstarch and water mixture.

This week try to find a quiet place and just slow down and rest. While resting, spend some time with Jesus. Ask Him to help you rest.

“Come with me by yourselves to a quiet place

and get some rest”.

