

# A JOURNEY THROUGH EASTER

Colour in  
the pictures!

Easter is a time when we remember that Jesus died for us, and rose to life again.

One helpful way to remember something is to use our senses as we reflect.

Let's go on a journey through the Easter story, and use our senses to help us reflect and remember what Jesus did for us.



The empty tomb

He is  
risen!

Find Matthew 28:1-10 in your Bible and read it out loud

Verses 5 & 6 says: *'The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said..."'*

Close your eyes and imagine you are also standing in the garden as the angel appears.

What did Mary & Mary see? What did the angel look like, what did they notice?

Write down as many describing words as you can find in the story.

What happened when the angel appeared? What do you think they could hear?

When Jesus appeared, it says the women clasped his feet and worshipped him. If you can touch something, you know that it's really there.

Touch exercise: Collect a few small household items and arrange them on a tray, covered with a teatowel. Choose someone in the group to be blindfolded, pass them something from the tray and see if they can work out what it is just by using their sense of touch.

At Easter we often eat chocolate eggs because they remind us of the empty tomb, and they are also a sign of new life which points us to the resurrection.

Reflect on this as you munch your Easter eggs this year!