·        Feel the roughness of the sandpaper and think about times when it’s hard for you to do the right thing.

·        Cut out the Bible verse below, clip it onto the sandpaper (glue is hard to stick to sandpaper!) and decorate the verse with colouring pens or pencils.

·        Stick it onto the wall or put it by your bed for the rest of the week and remember that Jesus is with you, knows what it is like, and will help you to be strong when you need to do the right thing.

Because He Himself suffered when he was tempted, he is able to help those who are being tempted.

Hebrews 2:18