**A Saint’s Story**

Chalk out a saint’s story for the children to follow. Below is the story of St Cedd.

Tell the children this simple story of St Cedd, or let them read it themselves. Then chalk out an outlined course, as below, for children to follow. St Cedd was a northern saint, called by God to travel to Essex and built churches and monasteries in the area.

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| **Tell the Story** | **Chalk and follow the course** | **The course** |
| Cedd was born in the north of England and was one of 4 brothers.  | 4 lines a good step apartTake 4 giant steps. | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| The boys were sent to school in Lindisfarne, an island in the north of England. Step across and explore Lindisfarne and take a walk around- it’s not very big! | A spiral for LindisfarneHop across to the island and walk around the spiral and back out again. |  |
| The boys were taught by monks who prayed regularly throughout the day. A triangle reminds us of the Holy Trinity: Father, Son and Holy Spirit. Walk to the corners of the triangle a few times and imagine the monks praying.  | A triangle for the Trinity: Father, Son and Holy SpiritWalk around three times.What do you want to say to God today?  |  |
| The monks told them stories of their journeys to take the story of Jesus to other people.  | Arrows for the monks’ journeys to and from Lindisfarne Walk along the lines and imagine travelling with the monks on some of their journeys. |  |
| Cedd was asked to travel to Essex. He travelled by sea. | Wavy lines for the journey by boat. Walk in a wavy line and imagine being on a boat.  | A black background with a black square  Description automatically generated with medium confidence |
| Cedd built church communities and buildings in Essex. | Build a church. Each brick represents a person in the church. Walk on the bricks and name people you know. |  |