



# Amazing Grace Festival **ONLINE**

*Bringing a little brightness...  
Wherever you are!*

The Amazing Grace Festival is a community arts festival celebrating the inspirational story of John Newton, his dramatic arrival in Bunclara on April 8, 1748 and the lasting impact of his life and work. Sadly this year's festival had to be cancelled because of the coronavirus outbreak but undeterred, the creative team got to work to beam a little brightness to your home!

Visit Facebook @AmazingGraceCountry to take part in daily activities for all ages, follow our "AmazingGraceFestival" YouTube Channel. Or check out all the resources online [www.amazinggrace.ie](http://www.amazinggrace.ie).



**Nature Detectives** - discover the wildlife right where you are.



**Fun Food** - easy-to-make recipes to cook and enjoy.



**Creative Corner** - arts, crafts and creativity.



**Stay-at-Home Olympics** - get active without going too far!

# Thursday 2 April



## Autism Awareness Day

Today is World Autism Awareness Day. Please show solidarity with people with autism and their families by wearing blue or "light it up" blue (see our suggestions). Do whatever you can to support local groups such as iCARE in Inishowen, groups in your area or national initiatives. Post your photos and spread the message of awareness and inclusion!

## Daily Challenges (video instructions and photos online)



**Are you an early bird?** - take a look at the humble earthworm and see what other wriggly creatures you can find.



**Yummy Rice Krispie Cakes** - Super-quick and just three ingredients! What's not to like?



**Make a Jigsaw** - a colourful jigsaw is the symbol for autism - the different colours and shapes represent the diversity of people on the autism spectrum.



**Awesome Athletics** - Our first challenge will keep you on your toes!

# Friday 3 April



## **Cheering the Champions!**

Sometimes we can think of champions as the famous sports stars or record-breaking performers but at times like these it is good to notice all the “quiet” champions in our lives, each with their own special contribution. Maybe your champions are family members or friends... but think too of our postmen and women, the people serving us in our supermarkets, farmers and delivery people, or gardaí and firemen and of course all the doctors, nurses, ambulance drivers and health workers! Who is your champion?

**Daily Challenges** (video instructions and photos online)



**Head in the Clouds** - What are the different types of clouds and what do they mean?



**A Piece of Pizza** - Make it unique - French Bread Pizza with personalised toppings!



**Make a Medal** - Use these for your Stay at Home Olympics or give one to one of your champions to say “well done”!



**Look before you Leap** - today's challenges are the High Jump and the Long Jump!

# Saturday 4 April



## Dress Up Day

Although this year's fashion show had to be postponed, we've kept our "dress up" theme today to promote positive mental health. (Check out [www.insightinishowen.ie](http://www.insightinishowen.ie) to find some extra help and support.) When we feel anxious or down, taking care over our appearance can help us feel a little better.

So here's a challenge for everyone: Why not have a "**Big Night In**" tonight? Ditch the PJs, put on something glamorous and send us a photo for our gallery! You could even try one of today's fancy "mocktails" or, if you are really brave, model some recycled fashion! Families may want to encourage little ones to wear their favourite dress up clothes or even to create a dressing up box that you can enjoy in the coming days!

## Daily Challenges (video instructions and photos online)



**Nature's Glad Rags** - how many of these flowers can you spot in your garden or near your home?



**Marvellous Mocktails** - try some fancy non-alcoholic drinks



**Recycled Fashion** - use whatever you can find around the house to create a fancy costume (bin bags, egg cartons, toilet rolls, cereal boxes... etc.). Why not send us a photo of what you create?



**Sumo in Style** - soft play with a difference! Try sumo wrestling with lots of added padding!

# Sunday 5 April



## Gratitude Day

Sometimes things can feel a bit overwhelming. Taking time out to refocus and to be grateful (for the small things) can help to give us peace. All across Ireland today on Palm Sunday, all churches of all Christian denominations are calling on people to pray at home between 3 and 4pm with a special focus on praying for our frontline staff. Why not join? Or you could try the Words of Gratitude challenge for today?

## Daily Challenges (video instructions and photos online)



**Bee Thankful** - bees may be small but they are so important.



**Perfect for sharing** - enjoy this quick and easy snack with your family or message a friend to say "Hi"!



**Words of Gratitude** - Write a short poem, letter or prayer to say "thank you".



**Bin it to Win it** - try wastebasket basketball!

# Monday 6 April



## Bring a little Brightness

In the midst of tough times, we can all bring a little joy to those around us. Why not use some of today's challenges to make someone's day?

## Daily Challenges (video instructions and photos online)



**Lovely leaves** - today we're looking at leaves and trees and finding out how they create oxygen, which helps us!



**Creative Cup Cakes** - create something beautiful to enjoy and share!



**Making Music** - create an instrument, write a song or sing your favourite to spread the joy!



**Going Batty** - on your own or with a partner.

# Tuesday 7 April

## Stay Safe Day



This year's Amazing Grace Festival logo is a lighthouse (which symbolises safety) - over the years, our Lough Swilly lighthouses have helped to save dozens of ships from harm!

You will find links on our website to help you find out more! Today we bring you a special lighthouse storytime (join the Watch Party on Facebook at 2pm or view the video on our festival YouTube Channel)

## Daily Challenges (video instructions and photos online)



**No Feather to Fly With** - can you see any birds today?



**Save Our Sandwiches** - who can make the most interesting or unusual sandwich?



**My Lighthouse** - get creative to illustrate our story!



**Into the Swing** - try our golf challenge today.

# Wednesday 8 April



## Amazing Grace & Lough Swilly

Today is the anniversary of John Newton's dramatic arrival in Lough Swilly on 8 April 1748 and the "birth" of the Amazing Grace story, which still inspires people from all over the world. Our online festival is drawing to a close but watch out for the trailer for our new *Forever Mine* costume drama (coming soon to a theatre near you) and a special Finale tonight at 8pm - join the Watch Party on Facebook or check out our YouTube Channel!

## Daily Challenges (video instructions and photos online)



**Small is Beautiful** - what tiny insects can you discover?



**Keep Calm & Carry on Baking** - choose your own flavour to make these tasty muffins (lovely for breakfast or an afternoon treat).



**Fabulous Folds** - how many boats can you create with today's origami challenge?



**Bowled Over** - the stay-at-home Olympics are almost over but don't miss this final challenge.