Hello and welcome to Adventurers! Adventurers is our kids' group for children in Primary School aged 4-10years old. This is quick guide to help you as parents understand what our vision is for your children, what Adventurers looks like and to help your child know what to expect. We want you as parents to be excited for your child to join our kids' work, for them to feel safe, loved and have fun.

Freedom Kids Vision:

To raise children who are certain of who God is and certain of who they are

We are passionate about raising kids who will know God as their Lord, Saviour and best friend. We have a vision for all our kids to impact their schools, friends, families and even their nations with the good news of Jesus. We believe this is possible by knowing God well enough that they trust him to live sacrificially for Him; feeling fully free, overflowing with His joy and peace as they stand firm in their identity as Him as their heavenly Dad.

We want every child to have a setting where they feel safe and engaged in the activities before them, but we also really want Freedom Kids to be a fun place! Jesus tells us that He has come to give life in all its fullness (John 10:10). We at Freedom Church have a DNA, a core value, that states we are determined to have joy that stands in opposition to lifeless religion, that instead dancing and laughter will mark our lives, and we want this to reflect down to our kids. Through the songs, craft, games and friendships built we aim to make Sunday the best day of the week!

When children have secure attachments, it has a positive impact on a their neurological, physiological and psychosocial development[1]. We believe the same is true with God. When we have a positive and secure attachment to our Creator we are more likely to be happier, make the right choices and be outward looking for others[2]. We take this responsibility seriously and make it a priority to invest our time and resources into them. In each session we ensure that God's message is not only engaging but understood and hands on, so they know how to apply it to their life during the week.

What is Adventurers?

Adventurers is our Primary-aged Kids' Group (ages 4–10), running alongside the adult talk and discussion. Our aim is for every child to discover what faith is and to grow in their sense of who they are, as they learn about God's love for us and His rescue plan for the world.

We do this through a curriculum built around three themes: who God is, who God says I am, and widening biblical knowledge. Every session has a clear takeaway message and a simple action step the children choose for themselves, so it's not just knowledge, but something that shapes their week.

Whatever a child believes, and wherever they're at, our hope is that they leave with something real: an idea or action that helps make their week, and their life, that little bit better.

What will they do?

We keep a consistent routine so kids stay engaged, have fun, and stay on track. Our sessions build progressively toward the transition into our older groups, encouraging independent thought, discussion, and teamwork through a curriculum designed specifically for them. We're passionate about children growing not just spiritually, but in their communication, physical, social, and emotional development too – and plan our activities accordingly.

Repetition helps children build strong brain connections, master new skills, and feel emotionally secure.[34] With this in mind, we teach in series, with key takeaways that are reinforced in every session. Keeping the structure consistent each week helps children know what to expect, builds their concentration, and gives us a chance to recap the previous week, reviewing and celebrating the moments where they put what they learned into action. We've found this increases both engagement and retention, turning short-term memories into long-term knowledge. It also creates a space of emotional safety with these predictable routines helping to reduce anxiety and generates a space for learning.

The structure of Adventurers:

1	**Warm up and Welcome:** Every child should feel at home. We make sure everyone knows one another, knows what to expect, and is ready to go through simple wake-up exercises at the start of each session.
2	**Story and Comprehension:** We use the Bible to teach children about God, His love, and His rescue plan for us, made easy to understand through a mix of text, video, drama, and games.
3	**Application:** God doesn't want anonymous followers; He wants real friendship. So rather than just learning facts, we give real time to exploring how what we've learned. can shape our week.

4	**Craft/Activity:** A fun, meaningful, hands-on time where kids can express themselves and take something/memories home to remember God's truth and love.
5	**Prayer:** We believe in the power of prayer. It's a privilege not only to pray for this generation, but to teach them that God moves when they pray too both at church and at home. We regularly share testimonies from other children and leaders what God has done when we refuse to limit him.

What are the practicalities?

Kids will register on arrival to church with leaders and then remain with their parents until after worship. At this point leaders will take responsibility and lead children to their room.

We do not allow parents into the Adventurers' room whilst children are there for safeguarding purposes, but we do encourage parents to visit before or after the event if they wish to do so. If you feel more comfortable you are welcome to walk your child to the door of the Adventurers' room.

Children will then remain in Adventurers until 12.15 when the event concludes. At this time parents will pick their children up from the Adventurers' room. Children will be signed in and out of our care by volunteers electronically to ensure their safety.

Safeguarding

At Freedom Church Birmingham, not only do we follow Jesus' example in valuing children, but we also take our legal responsibility extremely seriously to ensure every child is safe. We have safeguarding policies in place to protect the children that are in our care. This includes DBS checks, adhering to correct adult-child ratios, relevant background checks and training for volunteers. Safety is a huge priority for the Freedom Kids team and we are constantly reviewing our procedures and ensuring the best for our children.

FAQs

What should I bring?

Nothing, we have all the equipment ready and waiting!

What are your adult-to-child ratios?

We follow government-advised ratios for each age group, in Adventurers, this is 1 adult to 8 children.

What should my kids wear?

Play clothes are encouraged! Kids' groups are a fun, hands-on experience, and although we use washable materials and provide aprons, there's always a chance they'll get a little messy.

What if my child is unsettled? Can I stay with my child?

We find children tend to settle best without a parent or caregiver in the room, so to keep our kids' spaces safe and consistent for everyone, parents and caregivers aren't able to join sessions. That said, we take real care with nervous or new children:

- Before your first session, you're welcome to look around the room together so your child knows where they'll be going.
- We'll assign your child a leader to get to know in advance, so they have a familiar face and know exactly who to go to if they need anything.
- If your child is upset and wants you, we'll contact you straight away to let you know.
- From there, we'll work with you to help your child feel excited about coming in independently, sometimes that happens within a week, sometimes it takes longer, but we're committed to the process with you.

Do you help with toileting?

Yes, toilet breaks are built into our sessions when required, but to help us run smoothly it would help us if your child has been to the toilet before attending. We take children down to the toilets, where they use a private cubicle and wipe themselves independently (the door is closed, and locked where age-appropriate). If a child needs help, we'll call a parent to assist, and there are always at least two adults present during these breaks.

How do you manage behaviour?

With kindness and clear boundaries. We support each child individually, helping them understand and manage their emotions by looking for the cause behind a behaviour rather than just the behaviour itself. We use gentle reminders and, in rare cases, a short reflection space, to help children remember to use kind hands and words with others. Please see our Kids Code below which we review each week to remind our children of our expectations, all are linked to our values (DNA) within Freedom Church.

Do you cater for dietary needs?

Snacks are provided by the hotel we hire our space from, usually pastries and fruit, and we're happy to cater to allergies or preferences. We ask for this information at registration, so we can make sure your child stays safe while in our care.

Will my child be pressured to pray, say things, or believe something?

We want every child to feel like they belong in our kids' spaces, regardless of what they believe. Children are always encouraged to share where they're at and express their own opinions, that's how we all learn more about the world and about each other. We'll teach the Bible openly and pray as part of our sessions, because that's genuinely part of who we are, but your child will never be made to pray, say something, or say they believe something they're not comfortable with. Taking part is always an invitation, never a requirement, if a child would rather sit, listen, and simply be part of the group, that's completely fine too. If it would help you feel more comfortable, just ask and we're happy to share what a typical session looks like in advance.

How do you handle questions my child might ask afterward that I can't answer?

Totally normal, and nothing to worry about, kids ask brilliant, honest questions, and you don't need to have all the answers yourself. Get in touch and we'll work out a time to talk it through together.

Is it appropriate if my child has a different faith, or no faith at all?

Yes, absolutely. We follow Jesus' example at Freedom Kids. Jesus was someone who socialised and spent time with people of all different cultures, faiths, and backgrounds. When He saw a person, He saw someone God had created, with value and worth, and He spoke love to them. We aim to do the same. Whatever your child's background or beliefs, they'll be loved and taught with understanding, at their own level. There's no expectation that a child (or parent) shares our beliefs in order to take part, ask questions, or have fun. Many families come along simply to see what it's about, with no strings attached.

References

1 Howe, D. (2011) Attachment across the lifecourse: A brief introduction. Basingstoke: Palgrave Macmillan.

2 Chen, Y. and VanderWeele, T.J. (2018) 'Associations of religious upbringing with subsequent health and well-being from adolescence to young adulthood: An outcome-wide analysis', American Journal of Epidemiology, 187(11), pp. 2355–2364.

3 Horst, J.S. (2013) 'Context and repetition in word learning', Frontiers in Psychology, 4, article 149. doi: 10.3389/fpsyg.2013.00149. Available at: https://pmc.ncbi.nlm.nih.gov/articles/PMC3619249/ (Accessed: 6 September 2026).

4 Selman, S.B. and Dilworth-Bart, J.E. (2024) 'Routines and child development: A systematic review', Journal of Family Theory & Review, 16(2), pp. 272–328. doi: 10.1111/jftr.12549. Available at: https://onlinelibrary.wiley.com/doi/10.1111/jftr.12549 (Accessed: 6 September 2026).

Our Kids Church Code



We listen carefully and show respect when someone is talking.

We try our best and join in, even if something feels new or a bit scary.







We are kind, cheer each other on and support each other as we all learn about Jesus.

We follow instructions to help everything run smoothly and stays fun.





We all help take care of our space, including tidying up.