

31 May 2026

Trinity Sunday

Today is Trinity Sunday when Christians especially think about God being one God but in three persons - Father, Son and Holy Spirit. Trying to explain how God can be one God but in three persons is very difficult. Sometimes people might use an egg to illustrate the Trinity because an egg has three parts - a shell, the white and a yoke. Traditionally St Patrick used a shamrock leaf to explain the Trinity. Each shamrock or clover leaf is usually made from three leaflets - one leaf but in three parts.



Your Task:

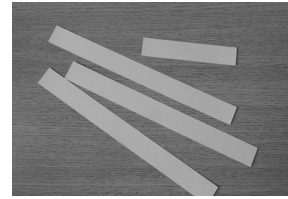
Make a shamrock

What you will need:

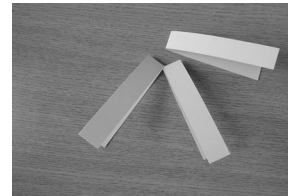
Thin green card, scissors, stapler and staples.

You could use white card and colour it green with crayons or felt tip pens

The Activity:



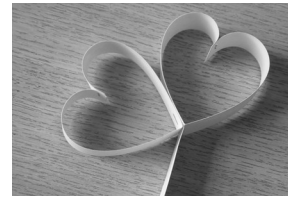
1. Cut three strips of card about 21cm x 2cm and one strip about 10cm x 2cm.



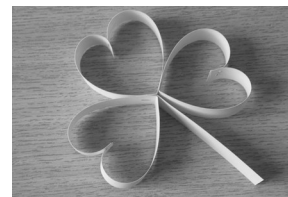
2. Fold the three long strips in half.



3. Bend round the ends of the strips and staple them to make heart shapes.



4. Sandwich the shorter strip between two of the heart shapes and staple.



5. Staple the third heart to make your shamrock or clover leaf to remind you of the Holy Trinity - God the Father, God the Son and God the Holy Spirit; three persons but one God.