
Butterflies

How does change make you feel?

If a caterpillar doesn't change, it will never become a butterfly and won't be able to fly.

Changes happen to us all the time, some are big and some are small. Some changes we can control, some we can't. Some people feel excited about change, some people feel worried. Sometimes we feel lots of feelings all at once!

Christians believe that it can be helpful to pray or reflect about changes that happen to us. They often ask God for help and strength when things change.

If you would like to, choose a butterfly shape. As a prayer or a thought, on one wing, write something that you have really enjoyed about this school year. On the other wing, write or draw something you are looking forward to in the coming year.

Flags

Some people like change, some people don't. Some people feel excited about change, others feel worried. Perhaps you feel a bit of both? That's OK.

Christians believe that God never changes; He is always loving and He can help us with times of change.

If you would like to, choose a flag. On one side, write or draw something about the school or class you are leaving that you are thankful for.

On the other side, write or draw something about the new school or class that you are looking forward to next year, something that you are excited or worried about. Add your flag to the string.

Honour Wall

When someone we love leaves or dies, they leave a gap in our lives. We will miss them. Many Christians believe that reflecting on good memories or positive things about them can help with their sad feelings and to think about the impact they had on their lives.

Is there someone that you miss?

If you would like to, take a ribbon to represent this person and stick it to the wall. You can write the person's name or a memory or something positive about them that you want to remember them for. If you want to you can talk to God about how you feel, or an adult or friend that you trust.

Take your time. You are welcome to talk to an adult afterwards if that would be helpful for you.

Thankful Tree

Do you like surprises?

Sometimes, things can change and we are surprised in a good way. We can be surprised by how well we get on with new friends, or how interesting and fun new places are.

Christians often like to remember what has gone well and see these as gifts from God that they would like to say thank you for.

If you would like to, take a gift tag. As a thank you prayer or thought, write or draw something that you have been surprised by this year. Perhaps you made a new friend, or found a new skill, or you achieved something you didn't think you would. When you're ready, attach it to the thankful tree.

Autumn Leaves

As the seasons change, the trees change. Leaves change colour and eventually they fall to the ground. The leaves then become compost and can help the trees to grow stronger.

We go through seasons too. Some things come to an end, and others begin. But the change can be difficult. Christians find comfort in knowing God is always loving and present in their lives, giving them strength in all seasons.

What's changing for you? School? A friendship? Family? Is there something that you want to change to make something better?

If you would like to, you can write or draw something about what's changing onto an Autumn leaf, as a prayer or a thought, and add it to the tree.