

'Under the Sea' Prayer/Reflective Space

Identity

What is this? (*Point to treasure chest*)

We often hear stories or watch films about people searching for treasure under the sea. When they find the treasure they are so happy. Christians believe that God believes each one of us is precious, like treasure.

Whose face is on a coin? (*The Queen/King*). They are special, but you are too. Draw your face on a coin, put it in the treasure chest and remember how valued you are.

Alternative for Zone 1

Identity

What is this? (*Point to treasure chest*)

We often hear stories or watch films about people searching for treasure under the sea. When they find the treasure they are so happy. Christians believe that God believes each one of us is precious, like treasure.

Choose one of the stones/pebbles/tiles inside the treasure chest to represent you. You may choose your favourite colour or the one you think looks pretty.

Once you have chosen your stone/pebble/tile add it to the big school stone (*with an adults help*) to remind yourself not just how special you are but how you are also part of something bigger. At the end of the week this stone is going to be added to your reflective garden here at school and whenever you see it, it will hopefully remind you of how special you are and how you are part of something bigger.

Sorry

When people say something that upsets us, or they hurt us, it can be difficult to forgive them. Do you find it hard to forgive other people? Are there times when it's harder to forgive them? (*Think about who it is, what they've done, frequency etc.*) When we are still upset with someone or cross with them it can make us feel bad inside as well as them feeling bad. It's important that we try to forgive them.

Christians believe that God forgives us when we do things we shouldn't and that he wants us to forgive other people.

Take a fizzy tablet. Hold onto it as you think about a time when someone hurt you or upset you. Let go of the tablet into the water and watch it fizz away. How does it feel letting go of those feelings?
(*Discourage the children from sharing the thing or person they are thinking about*)

Thank you- Teamwork- being thankful for friends and family who support us and work with us

There are lots of things we do working together as a team, in the classroom, in sports, at home. Who do you like being in a team with or spending time with?

Isn't it great that we have friends and family around us who support us and encourage us? We're going to spend some time thinking about them and saying thank you for them.

Take a fish and cover it with as many names or pictures of people you want to say thank you for. Then attach it to the net/string.

Others

There are lots of situations in the world where people are struggling.

Do you know of anything going on around the world? Have you heard about any of them from the news?
(Prompt them if they need it: Storms, flooding, fighting, famine etc.)

Think about a something going on around the world that you would like to change. What positive thing would you like to happen in that situation? Write your thought or your prayer on a post-it note and stick it to the Bubble Tube. Then spend some time watching the bubbles and the fish.

(Encourage them to think of solutions e.g.: homeless people to find a home, fighting to stop) (Encourage the children to write on the post-it before they remove it from the pad otherwise it will lose its stick.)

Please

Sometimes when we are worried about something it can be a bit like we are in a rocky boat or in a storm.

Can anyone tell me what this is? *(Show anchor picture)*. The anchor is the thing that stops the boat from floating away and keeps the passengers safe. In the Bible Jesus is described as our anchor which means Christians believe He with us in all the situations we face in our lives.

Is there something you are worried about or afraid of? Write that thing on a piece of card. Use the stamp to put an anchor on your card and then put it in the boat as a way of thinking or praying about how you need help with that situation.