

## Additional Primary prayer & reflection space activities

The following activities also work well in a primary prayer & reflection space and may be used as an additional station (if needed) or substituted for another activity. We recommend that you follow the STOP acronym in a prayer and reflection space as it has a good balance of thoughts and activities.

S – Sorry, forgiveness

T – Thanks

O – Others, community

P – Please, hopes, dreams

### 1) Hope Bubbles (A)

What do you hope for in the future? What would you like to do or achieve?  
Are there things you want to see changed? What do you hope the world will be like?

You might have a small hope or a really big hope! It could be something that you would like to do when you're older or something you would like to see changed in our world.

Christians believe that God hears their prayers, whether they are spoken out loud or silently in their hearts.

**If you would like to, write or draw something that you are thinking about on a post-it note and stick it onto the bubble tube as a prayer or reflection.**

### 2) Hope Bubbles (B)

What is on your mind? Do you have worries about the future?  
Is there anything you need? Are there things you want to see changed?

Christians believe that God cares about all their worries and needs and that He hears all their prayers. The bubbles going up the tube in the middle here represent all our prayers and thoughts.

**If you would like to, write or draw something that you are thinking about on a post-it note and stick it onto the bubble tube as a prayer or reflection.**

### 3) Hope Blossoms

What do you hope for in the future? What do you hope the world will be like?  
You might have a small hope or a really big hope!

Christians believe that God hears their prayers, as they open up to Him, like the flowers do when they feel the sunshine.

**If you would like to, write or draw your hopes and dreams on a piece of paper. You can do this as a prayer to God, or as a wish. Fold the four corners of your square so they meet in the centre (ask someone to help if you need to). Then carefully put your square onto the water with the folded corners facing upwards. Wait and watch as it slowly unfolds.**

### 4) Dream Clouds

What are your BIG dreams?  
What would you like to achieve?  
Where would you like to go?  
What would you like to be better at?

Sometimes, it's hard to dream BIG because we feel small and unimportant. But, BIG dreams can change the world.

Christians believe that God has asked them to make the world a better place in different ways, with His help.

**If you would like to, you can write or draw a BIG dream onto a cloud-shape and stick it onto the large cloud with everyone else's, as a prayer or reflection.**

### 5) Hopes & Dreams (A)

Everyone has hopes and dreams – things they would like to have, or to be, things they would like to do, or places they would like to go.

Some hopes and dreams are small and could happen today; others are huge and may take a whole lifetime to reach. Some hopes and dreams feel impossible.

Christians often share their hopes and dreams with God. They might ask Him to help them find a way forward or to keep going when they're finding it hard. Is there anything you are hopeful for?

**If you would like to, you can add a flower onto the display. You might like to take a flower post-it note and write a prayer or a wish on it, or maybe you would prefer to use the tissue paper to make a blossom to represent your wish or prayer.**

### 6) Hopes & Dreams (B)

Everyone has hopes and dreams – things they would like to have, or to be, things they would like to do, or places they would like to go.

Some hopes and dreams are small and could happen today; others are huge and may take a whole lifetime to reach. Some hopes and dreams feel impossible.

Christians often share their hopes and dreams with God. They might ask Him to help them find a way forward or to keep going when they're finding it hard. What do you hope for? Maybe it's something that feels quite small, or maybe it's something that feels really big.

**If you would like to, write down your hopes and dreams onto a piece of paper, perhaps as a prayer asking God to help you achieve them, or simply as a reminder to yourself, and then hang them up.**

### 7) Plasma Ball

Explore the ball. Touch it.

What is it doing? What happens when you touch it?

Does this remind you of God? If so, how?

**If you want to, write your ideas on a post-it note and stick them around the plasma ball. You could write a prayer or a thought if you like.**

### 8) Please Bubbles

What is on your mind? Do you have worries about the future?

Is there anything you need? Are there things you want to see changed?

Christians believe that God cares about all their worries and needs and that He hears all their prayers. The bubbles going up the tube in the middle here represent all our prayers and thoughts.

**Write a prayer or reflection onto a post-it note and stick it to the bubble tube or write straight onto the paper underneath the bubble tube in a 'graffiti style'.**

### 9) Prayer Wall

What is on your mind? Do you have worries about the future? Is there anything you need or want to see changed?

In Jerusalem, there is a wall called the Wailing Wall. This is where people have posted their thoughts and prayers to God for nearly 2000 years. This is our prayer wall.

**If you want to, write or draw a please prayer or thought and stick it onto the Prayer Wall.**

### 10) Sorry Maagnadoodles

"I wish I hadn't..." "I'm sorry I..." "I didn't mean to..."

How would you finish these sentences?

All of us have done things we regret, or wish we could change. Maybe you feel like you want a fresh start?

Christians believe that when they say sorry to God, he forgives them and gives them a fresh start.

**If you want to, write a sorry prayer or thought on the magnadoodle and then wipe it away as an opportunity to move on. (You don't need to ask the children what they have written).**

### **11) Sorry Stones**

Have you been unkind or unfair towards someone? Have you done, said or thought mean things about someone?

Even if we get on really well with someone, sometimes things can go wrong and we fall out. When we hurt others, we need to say sorry if we want to fix things.

Christians believe that when they say sorry to God, He forgives them and gives them a fresh start.

**If you would like to, pick up one of the stones and think about saying sorry to that person. If you want to, you can also say sorry to God. Take your stone over and put it in the basket beside the cross as a way of saying sorry.**

(When you see them next, you might want to say sorry to the person too.)

### **12) Homeless**

In cities, towns and villages all over the world, there are children around your age who do not have a home.

Christians pray for and help to care for those people who don't have as much as we do, such as those who don't have homes.

Think about your home. Imagine if you did not have a home to go to. Imagine if all you had was a cardboard box. How does that make you feel?

**If you would like to, write a prayer or thought onto the cardboard for children that do not have a home.**

### **13) Our World**

Look at the world map and think about the things that are going on around our world.

Think about any family or friends you may know in another part of the world.

Think about different situations happening around the world that you've heard about, where people are in need.

**If you would like to, take one of the scratch cards and scratch out either a prayer, a thought or a picture for a person or situation.**

### **14) Empty Plate**

What food do you like?

How can we make sure that everyone in the world has enough food?

Millions of people around the world, and many people in our country, don't have enough food to eat.

Christians believe that what they have is a gift from God and that it is important to share food with people, like by giving food to a local Food Bank.

**Look through the magazines and cut out pictures of the food that you like, or draw the food you like. Then stick them onto the paper plate. If you would like to, you can draw or write a wish or a prayer onto the paper plate next to your food pictures.**

### **15) Community Tree**

Who is in your school community, or the community where you live?

Christians believe that people belong in community with one another, because God made everyone to be part of His family. Every nationality, every culture, we belong together, and so we should care for one another. Just like a leaf can't survive on its own without the tree, we need each other, to learn and grow and to make our communities better places.

If you want to, choose a hand shape, write your first name and draw something about yourself as part of the school community or where you live. This could be something you do there, a place you go to or people you see. Then fix it onto the Community Tree. Look at the names on the tree. How can you help these people in your community?

### **16) Protection Bubble**

When you need help, do you have people you trust that you can ask for help?  
Do you have a safe place that you like to go to?  
We all have times in life when we need to ask others for help.

Christians like to ask God to help them and they trust that He will help them with what they need. Is there anything you need help with at the moment?

**If you would like to, stand in the paddling pool and as the bubble surrounds you, think of God protecting you, or someone that you trust.**

### **17) Autumn Leaves**

As the seasons change, the trees change. Leaves change colour and eventually they fall to the ground. In the Spring, trees use the leaves that have become part of the soil to help them grow.  
People go through seasons too. Some things come to an end, and others begin, but the change can be difficult.

Christians find comfort in knowing that God is always loving and always with them present, giving them strength in all seasons.

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

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

### **18) Friendship Flower**

What makes a good friend? Who supports you and looks after you? Do you know of someone that needs your help?  
Friendships work best when people look out for each other, celebrating the happy times together and helping each other when things are hard.

Christians believe that God is their friend, always there to listen and help them.

**If you would like to, on a petal write the first name of a friend or someone you are thankful for, and then write or draw a short thank you prayer or thought for them. Then add it to the Friendship Flower when you're ready. Look at all the special friends that we have!**

### **19) Olympic Flame**

Olympic athletes train hard to be the very best that they can be in their sport.

Christians believe that God helps them in their lives and that He asks them to do their best with the talents He has given them.

Is there something that you wish you could do really well? It might not be a sport, it might be something artistic or musical, or it might be a school subject that you want to improve in. Or maybe you would like to be more helpful or kind?

**If you would like to, you can write a prayer or wish about the things you would like to do better and weave them into our Olympic torch.**

### **20) Reconciliation Zips**

When people argue and fight, they get separated from each other, they might stop talking to each other. They feel hurt and often the relationship gets broken.

Have you argued with someone recently? Do you know people who don't get on well together?

Zips are clever, zips bring two sides together. Reconciliation means bringing two sides together and restoring relationships. Christians believe that this can be done by saying sorry and accepting forgiveness, helping people to start again.

**Pick up a zip and think about the people that you want to bring back together. If you would like to, you can say a quiet prayer or wish for the people you're thinking of as you do up the zip**

### **21) Be Still**

When do you have time to stop, be calm or relax?  
Do you have a place to go to where you feel comfortable and safe?

Sometimes our lives can be so busy with our phones, the internet, our learning, TV or seeing people, that we don't have time just to be still.

Many Christians believe that it is important to take time during their day, be still and speak to God about what is going on in their lives. In the Bible it says, 'Be still and know that I am God' (Psalm 46 verse 10).

**Take a calm jar and listen to the calm music. Use this as an opportunity to be still, reflect and, if you would like to, pray inside your head.**

### **22) Thankful Chains**

What makes your life good? What are you thankful for?

There are many wonderful things to be thankful for in our world.  
Christians like to thank God for these things.

**If you would like to, write or draw something that you are thankful for on a paper strip and then attach it to the paper chain as a prayer or reflection.**

### **23) Pipe People**

Who is special to you? Why are they important to you? Do you know of anyone that needs help?  
There are lots of people that we meet that have a positive effect on our lives, who help us out, treat us kindly or love us.  
Many people also need our help, maybe they are finding something hard and they need someone to encourage them.

Christians believe that God cares about all their worries and needs and that He hears all their prayers.  
Think about someone that's important to you, or someone you know that needs help.  
Perhaps you'd like to spend some time thinking about or praying for that person.  
You could think about how you might encourage them.

**As you do, have a go at making a person out of a pipe cleaner, as an outward expression of your thoughts and prayers.**

### **24) Supportive Shoes**

Shoes are very useful! They support our feet as we travel from place to place, as we change direction or keep going to reach our destinations.

Christians believe that God goes with them on their journeys, wherever they go, often helping to guide them and support them when they need to change direction, or just to keep going during the long journey.  
Are you finding something difficult? Do you need help to keep going? Is there something you want to change?  
Perhaps you would like to be better at helping others, or work harder in a subject at school?

**If you would like to, take a shoe shape and thread the laces through the holes. As you do so, think or pray about what you would like to change or improve for yourself, a friend, your family, your school, your neighbourhood, your community or the world.**