

Change prayer & reflection space activities

During your time within the Prayer and Reflection Space the chances are that you will, at some point, have to explain one or more of the prayer and reflection activities. At each activity, there will be a short instruction card which explains the purpose of the activity. The text for these instruction cards has been included below so that you will have an idea of the different activities before you arrive. Please do not feel that you have to learn these, though!

During each session, you will be stationed at a particular prayer and reflection zone. As each group is directed towards you by the Prayer and Reflection Space leader, you will need to welcome them (ask their names) and encourage them to explore the activity. Depending on the age and ability of the students you may need to explain the activity to them again or help them by scribing their response to an activity. We would always encourage the Prayer and Reflection Space volunteers to interact with students as much as they think is necessary. Some students may want to quietly explore the activity by themselves, whilst others may be happy to just chat with you for the whole time, it is important that they are made to feel welcome in doing either. When talking with the students please use the language '**Many Christians believe...**' or '**As a Christian I believe...**'. **Do not** pray with individual students or do any kind of corporate group prayer.

1) 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.

2) 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

3) 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.

4) 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.

5) 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