
Sorry Sand

“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 the word ‘sorry’ in the sand as you think about something that you want to say sorry for, and move on from, before then brushing it away.

Thank You

What are you thankful for?

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

We can be thankful for physical things like cars, food, homes, water, games consoles, clothes, holidays...

We can be thankful for spiritual things like friendships, peace, happiness, love, hope, kindness...

If you would like to, make something you are thankful for out of the play dough as a prayer or reflection.

Please Leaves

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.

If you would like to, write or draw something that you are thinking about on a leaf and attach it to the tree as a prayer or reflection.

World Hopes

There are lots of bad and sad things in our world. But there are lots of good things too!

What's good in your life? What's good in the world? What are you hoping for?

If you want to, you can choose a wooden disk. Draw a picture of the world on one side. Then, on the other side, draw or write your hopes or prayers for the world.

Forgiveness

Sometimes we are hurt by people, they may call us names or say or do things that are not nice. When this happens, we have a choice to forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

Many Christians believe that because God forgives them, it helps them to forgive other people.

If you would like to, and if you feel you can, think about someone you would like to forgive, and pick up a water squirter. Fill up the squirter from the bucket of water, and as you squirt out the water think about letting go of the feelings you have towards that person and try to forgive them. You can have another go if you feel you need to.

Gratefulness Rocks

There are lots of things in the world that we can be grateful for. Christians like to say thank you to God for these things.

We can be thankful for physical things like cars, food, homes, water, games consoles, clothes, holidays...

We can be grateful for people in our lives: friends, family, teachers, people who help us, people who are kind to us ...

We can also be thankful for moral or spiritual things like friendship, peace, happiness, love, hope, kindness...

As a prayer or reflection, express your gratefulness for something or someone important to you by writing or drawing onto a rock. You could add your rock to the others from your school and give thanks for all the great things and people that we have in our lives.

Please Bubbles

What's on your mind? Do you have worries about the future? Is there anything that you need help with?

What do you hope for? Are there things you would like to happen? Are there things you want to see changed?

Christians believe that God cares about all their worries and hopes and that He hears all their prayers.

If you'd like to you can blow some bubbles, as a prayer or a reflection, as you think about any worries or hopes that you have. You can have another go if you feel you need to.

Community Tree

Who are our neighbours? Can we pray for people we don't know?

We see many people during our day...our families, friends, classmates, teachers, people living near us in houses or on the street, people who work in the shop nearby. Everyone in our local community has needs.

Christians believe that we need to 'love our neighbours'. That means people around us, not just people who live next door!

Think of someone in your local community that you would like to think about or pray for, perhaps they need help or encouragement. Once you have thought about someone, take a ribbon and tie it to the tree. You can say a thought or prayer about that person if you'd like to.

Labyrinth

For many years, people have used labyrinths to help them reflect and think or to pray and walk. They tend to lead towards the centre, to a place where people can focus on feeling uplifted, blessed and renewed.

Christians believe that this helps them to bring concerns or worries to God and listen to His wisdom.

If you would like to, you can walk the labyrinth. Take your time. Try to think about unwinding things that worry you or distractions and focus on the route. If you would like to, you can pray and talk to God in your head. Try not to distract others.

Sorry Chalk Boards

“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 the word ‘sorry’ or draw a picture of something you are sorry for on the chalk board. When you are ready to move on, you can wipe the chalk off the board.

Thank You Mosaic

There are many wonderful things to be thankful for.

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

Christians like to thank God for all the good things in their lives.

You can stick a few mosaic pieces to the mural as a thank you prayer or reflection.

Thankful Sticks

Who are you thankful for? Why are they important to you?

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. Christians like to thank God for these special people.

Think about the people that are really important to you, it might be your best friends or your teachers, your parents or a grandparent, your brother or sister, or someone completely different!

If you'd like you can take a stick and a piece of yarn. As you think about each person you are thankful for, wrap a different coloured piece of yarn around the stick and as you do, you can think about that person and why you are thankful for them as a thought or a prayer. You can take a different piece of wool for each person you are thankful for in your life.

Worry Knots

What things are worrying you at the moment. Worry can tie you up in knots and stop us being who we were truly meant to be.

As you think about something that is worrying you at the moment, you can tie a knot or knots in the string (don't tie them too tightly!)

Christians believe that God wants them to give all their worries to Him because he cares about all their worries. It can help to try and let go of any worries you are holding on to.

If you'd like, you can now untie the knot(s) you made in the string as a prayer or wish to take that worry away.

Worries Plant Markers

Often Jesus would go to quiet places and pray to God His Father. Before Jesus died, he went to pray in the Garden of Gethsemane because he was worried and wanted to spend time with God, seeking His help.

Is there anything that you need help with?

Is there anything you are worried about?

Write down a prayer or a thought onto one of the plant markers and place it into the soil.

Prayeroplanes

Is there anything that you are worried about? Is there anything that you need help with?

Christians believe that God cares about them and listens to all their prayers. It can help to try and let go of any worries that you are holding onto.

If you'd like to, you can write or draw something that is worrying you, or that you would like help with onto a piece of paper. Then you can fold it into an aeroplane shape and throw it into the air as a way of letting go.

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.

Hope Bunting

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 write or draw it onto the bunting as a prayer or a wish. As you attach your bunting to the string, and as it blows in the wind, you might like to think about God listening to our hopes and dreams.

Refugees

Many of our journeys are safe and free from worry. Imagine if you had to suddenly leave your home because of danger...how would you feel? A refugee is someone who has had to leave their home because of danger. Sometimes people take huge risks to get to safety, such as travelling in unsafe, overcrowded boats and they can take very little with them.

Many Christians believe that they should care for those that are sad or in distress, such as refugees who are far from their homes.

If you would like to, you can write a hope or a prayer for those people who have had to leave their homes and lost their precious belongings. Then you can fold the piece of paper into a paper boat. As you place it onto the water you might like to say a thought or a prayer out loud on in your head for those people who have had to leave their homes and lost precious possessions.

Community Teepee

Who are our neighbours? Can we pray for people we don't know?

We see many people during our day...our families, friends, classmates, teachers, people living near us in houses or on the street, people who work in the shop nearby. Everyone in our local community has needs. Christians believe that we need to 'love our neighbours'. That means people around us, not just people who live next door!

Think of someone in your local community that you would like to think about or pray for, perhaps they need help or encouragement. Once you have thought about someone, take a ribbon and weave it around the teepee. You can say a thought or prayer about that person if you'd like to. You could also think about what you could do to help your local community.