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# Under my Umbrella

Umbrellas protect us from the rain.

When we feel scared or upset, we need people to look after us, and sometimes to protect us. The Bible talks about God sheltering and comforting people in times of trouble, which Christians believe they can ask Him for when they pray.

Can you think of a time when you needed someone to look after you, or even to protect you? Maybe at school, or at home, or when you were out somewhere? Who looked after you, or protected you?

**If you want to, you can write or draw a simple thank you, as a prayer or reflection, for that person onto a tag and peg it onto one of the strings.**

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# Dove of Peace

Have a look at the images from around the world on the table.

Is there one that really stands out to you? How do you feel about it? Who needs peace in that situation?

The symbol of a dove often represents peace in the Bible. Christians believe that it is important to do what they can to pray for and help bring peace in our world.

**If you would like to, take a paper square and write a word or two about one of the events in the middle. You can then draw or write a hope, a wish or a prayer around the edges.**

**Next, follow the instructions to fold your hope, wish or prayer into an origami dove of peace and then add it to the others.**

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# Journey

Life is like a long journey. There are many stages and seasons to go through. Christians believe that God goes with them on their journey, often helping to guide them and support them when they need to change direction, or just to keep going.

Look at all the images and decide which one best describes where you are at the moment.

How does this image describe how you feel? Is this where you want to be?  
If you need to change direction, how will you do that?

**If you would like to, take a copy of your chosen image and write your thoughts, wishes or prayers on the back.**

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# Joys and Sorrows

Our lives are like journeys; sometimes they are easy and happy as we enjoy things and admire the view; other times they are hard and sad, like bumps in the road.

Christians believe that it is good to celebrate the positive experiences that we have by giving thanks to God, and to pray and reflect on how we can use the negative experiences to move forward in life.

**If you would like to, pick up a yellow post-it note and write or draw some of the joys, blessing or exciting times that you have had in the last year. Stick this on the large sunshine, to remember and celebrate them, thinking of a thankful thought or prayer as you do so.**

**Then pick up a pink post-it note and write or draw some of the struggles, sad times or regrets that you've had during the last year. Then scrunch up your pink post-it note and throw it in the bin, helping you to move on and start afresh.**

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# The Wheelbarrow

Farmers sometimes use wheelbarrows to move rubbish from one place to another, clearing space on their farms.

We've all got rubbish in our lives, not just 'outside' rubbish like broken things and old clothes, but 'inside' rubbish too...shame, disappointment, failure or hurt. Christians believe that God can help them to clear out all the junk from their hearts by asking for His help and power to do this.

What 'inside' rubbish are you carrying around? What do you need to clear out?

**If you would like to, you can write or draw about your 'inside' rubbish onto a piece of paper, and then screw it up and throw it into the wheelbarrow. Get rid of it.**

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# Opportunity Keys

Life offers lots of opportunities...it also presents us with lots of challenges. Christians believe that God can help them to have the motivation and courage to try something new, or to keep going when things are hard.

What opportunities and challenges are you facing? Maybe you've got an opportunity to do something new? Maybe a particular friendship is challenging? It could be at home, at school or something for you.

What key do you need to unlock the door?

**Imagine that these things are like a door into something new. If you would like to, place one of the keys in the bowl as a symbol of choosing to unlock your opportunity or challenge. You can also write a wish or a prayer onto a post-note about this, perhaps to help you have courage.**

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# Playing Card Prayers

Choose one of the playing cards.

Which suit is it?

**If you would like to, you can use these themes as a guide for your thoughts or prayers:**

**Hearts** – write or draw about someone you love or care for.

**Clubs** – write or draw about something that you are struggling with, or need help with.

**Diamonds** – write or draw about something precious to you, that you are thankful for.

**Spades** – write or draw about something you need to work at and make better.

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# Broken Friendships

Friends sometimes argue- that's normal. But when friends say or do mean things and hurt each other, but then don't apologise and sort things out, the friendship gets broken. The longer we leave it, the worse this can feel inside. Christians believe that God can give the courage to apologise, and to accept an apology.

This is a bit like magnets. Sometimes, they stick together tightly and are difficult to separate. But when they are turned to face the other way, there is an invisible force between them, causing tension and keeping them apart.

Do you know someone whose friendship with someone else has been broken? Maybe it's you?

**If you would like to, find two magnets and hold one in each hand. Hold them close together, but without connecting them, and feel the force between them. Think of two people you know that have fallen out. Pray about, or reflect on, what could be said or done to bring them back together into friendship. Then turn the magnets the other way to stick them together.**

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# Masks

Pick up a mask. If you want to, hold it in front of your face.

Do you talk and act differently around different people?

Do you ever say or do things because you want to be liked, but deep down you know that you're not being yourself?

Do you sometimes wear a mask to fit in, to belong?

Christians believe that we are all unique and special in our own way, and that is the way it's supposed to be. We all have our own talents, abilities, skills and interests. Sometimes we share these with people, other times we might find peace on our own.

**If you would like to, on a paper mask, write or draw something about the way you talk and act when you're not being yourself. Then, on the other side, write or draw something about who you are- the real you- when you're being yourself. Maybe you'd like to think about or pray for courage to be the real you.**

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# Take What You Need

What obstacles might get in the way of keeping a promise you have made, to yourself or to others?

Once we have chosen goals to reach or promises to keep, we can find it hard to keep going. Sometimes we need help and encouragement to not give up.

Christians believe that they can help others by encouraging them to use their skills, talents and abilities and noticing when people need their help.

**Have a look at the encouragements on the slips of paper. Choose one to tear off and keep with you in your pocket. Read it and think about or say a prayer to have more of this in your life. Then think about someone who you could encourage. In your mind, choose something to say or do for them. Feel free to write it on a post-it note to share your ideas. Try and do that today!**

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# Playdough Colours

How do you feel today? Is there something on your mind?

Many Christians use different things to help them reflect and pray about what is going on in their lives.

Colours can represent different feelings. Some people may think the colour 'blue' represents sadness, whilst others may think 'blue' is relaxing. For some, the colour 'red' means anger. For others, 'red' represents energy.

**Take a moment to think about your day...people you've seen, words you've spoken, places you've been or thoughts you've had. Choose one colour of playdough to represent how you feel and make a model of something from your day so far. This could be a person, a place or an object. As you do so, think about, or pray, about how you feel. Be thankful if you feel positive; think about how you could move forward if you feel negatively.**

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# Healing Hands

Do you know anyone who is sick or in pain?

Is there someone you know that is worried, upset or lonely?

Many Christians believe that praying for people who are finding life difficult, are in pain or are sick can help them to feel better, by giving them comfort and letting them know that they are loved.

**If you would like to, draw around your hand on a piece of paper and cut it out. On the shape of your hand, you can write a prayer or a wish for someone you know who is sick, in pain or finding life hard. Then attach it to the person.**

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# Honour Wall

When someone we love leaves or dies, they leave a gap in our lives. We miss them. Christians believe that remembering can help them with their sad feelings and think about happy memories.

Is there someone that you miss?

**If you would like to, take a ribbon to represent this person and stick it onto the wall. You can also take a post-it note and their name or a memory or something positive about them that you want to remember them for. Then stick this next to the ribbon. If you want to, you can talk to God about how you feel, or an adult that you trust.**

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

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# The Empty Chair

I look for you  
But you're not there.  
Instead,  
There's just an Empty Chair.

As people laugh-  
You would have too,  
But you're not here.  
And I miss you.

I think of favourite memories  
Of times we spent  
Just you and me

Your face, your smile,  
Your favourite stuff.  
At times like these  
It's really tough.

I'm thankful  
For the fun we had,  
But right now...  
I'm just feeling sad.

So, I'll turn  
My sadness into prayer,  
As I look  
At your Empty Chair.

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# The Empty Chair

When someone that we love leaves or dies, they leave a gap in our lives. We miss them. Christians believe that remembering can help them with their sad feelings and think about happy memories.

Is there someone that you miss?

**If you would like to, you can write the name of the person onto one of the labels and attach it to the chair. Say a quiet thank for the good memories that you have of them. If you want to, you can talk with God about your sad feelings too, or an adult that you trust.**

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

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# Flags

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

Christians believe that even though their lives change, God never leaves them and is always ready to listen to and help them.

**If you would like to, choose a flag. You can write prayers or reflections on your flag.**

**On one side, write or draw something about your school or your form group/subject class that you are thankful for.**

**On the other side, write or draw something about your new school or form group/subject class that you are looking forward to or something that you are worried about. Then add your flag to the display.**

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# Bought and Sold

More than 1.2 million children are bought and sold against their will every year. This is called 'human trafficking'. These children are taken from homes and families, forced into forms of slavery, often threatened and made to work for little or no pay.

Many Christians pray for and seek to change the situations that these people are in, in the UK and around the world, so that they are treated fairly.

How much is a human being worth? Is it OK to buy or sell a human being?

**If you would like to, you can write or draw a hope, a wish or a prayer onto one of the price labels for people who are being bought and sold into slavery today.**

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# Be Still

When do you have time to stop, be calm or relax?

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' (*Psalms 46 verse 10*).

**Take a calm jar and an MP3 player and listen to the track. Use this as an opportunity to be still, reflect and, if you would like to, pray inside your head.**

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# Hopes and Dreams

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 a 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 post-it note, perhaps as a prayer asking God to help you achieve them, or simply as a reminder to yourself, and then stick them onto the bubble tube.**

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# Supportive Shoes

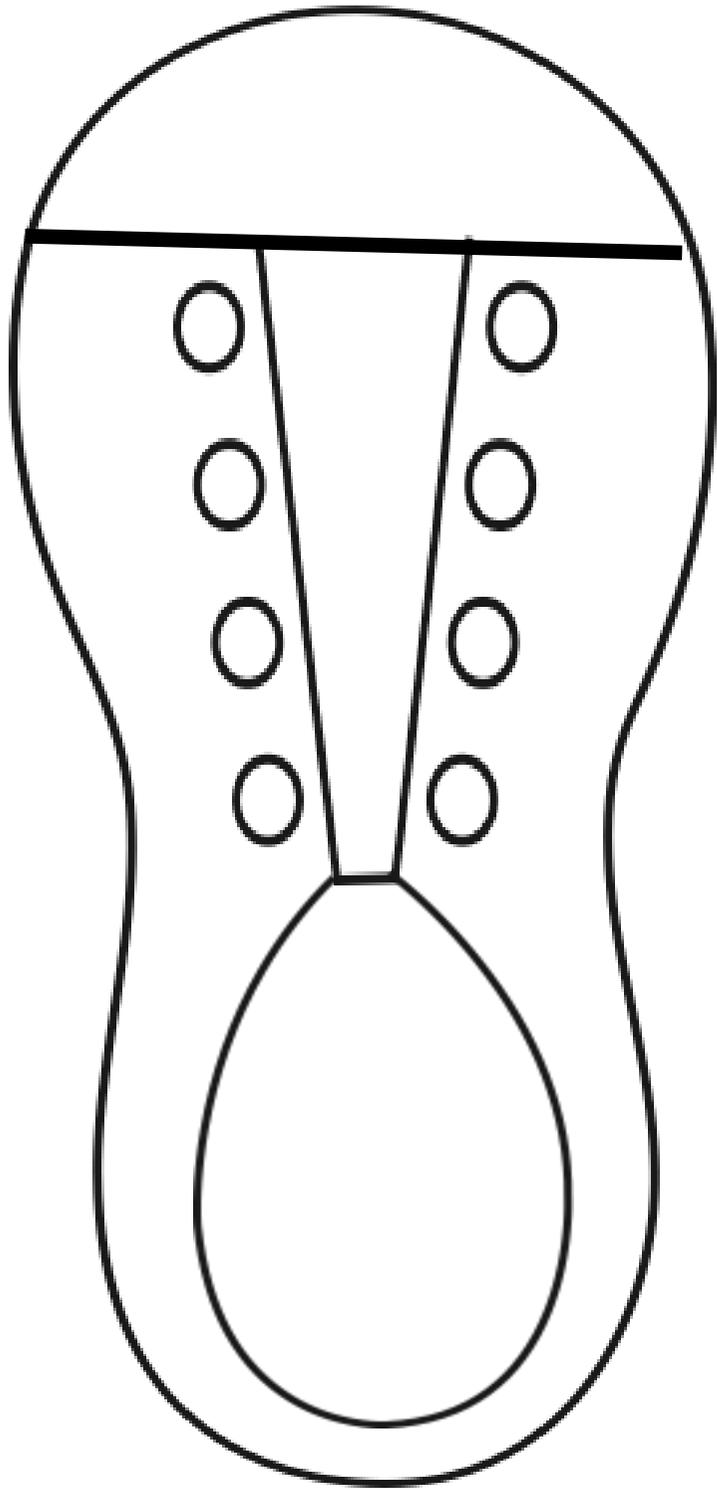
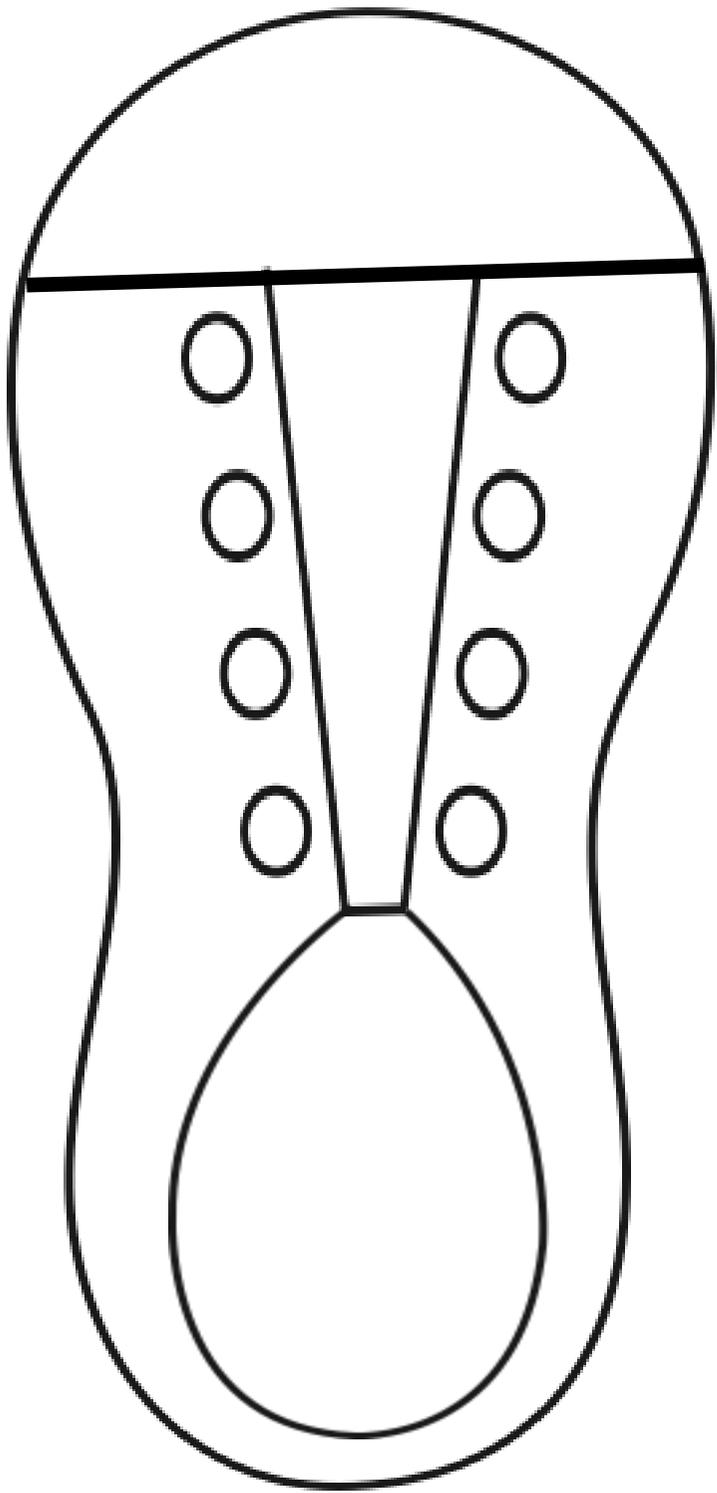
Why do we need shoes?

Shoes provide protection for our feet, such as from the weather, extreme temperatures, difficult terrain, objects that may injure or to support the foot bones and muscles on long journeys.

Christians believe that God guides and supports them in their life journey, such as when they question their direction in life or if they need help to persevere when things are tough.

Who supports you? Do you feel like you need to change something? Is there someone that you could help or encourage?

**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 help change or improve something, for yourself, for someone you know, or for the world.**



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# Belonging

Sometimes we feel like we don't fit in anywhere, and that can be lonely.

In reality, there are lots of places like home, school, groups, clubs and teams where you not only belong, but are a key part of that community.

Christians believe that we also belong in God's community, and that no matter what, He accepts us for who we are, and we have a place with Him.

**As you reflect on the different places you belong, and the uniqueness you bring to those communities, put a fingerprint that represents you into one of the letters on this banner.**

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# Reaching Out

Who are the people in your life that you care about?

What are some of the ways they let you know they care for you?

What are some of the ways you show them that you care about them?

Christians believe that Jesus instructs us to love one another, and do things to show each other this love. Whether that's spending time with them, telling them what they mean to us, or doing things to help them out, it's important to let these people know what they mean to us.

**Think of someone that you want to make feel valued and write their name on the palm of a hand. On each finger write one thing you're going to do to show them how much you value them.**

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# Encouragram

These days we spend a lot of time on social media. This is a great way to stay connected with others, but often it gets used as a way of being offensive to each other.

One part of reflection and prayer is being aware of the impact we can have on others. We can use our influence to have a positive impact on the lives of others, or we can use it to have a negative impact. Today we are focusing on how we can have a positive impact on others.

**Take the piece of paper from someone else in the class, and leave them a positive “comment”. It can be a simple hashtag, or several sentences, but use the opportunity to tell them what you think is great about them.**

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# Hope Blossoms

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 keep going when they're finding it hard.

What do you hope for? Maybe it's a something that feels quite small, or maybe it's something that feels really big.

**If you would like to, write a hope or dream onto the flower shape, as a prayer or a wish. Then fold the petals of the flower in towards the centre of the flower shape.**

**Carefully place your flower onto the water with the folded petals facing upwards. And now wait as it slowly unfolds.**

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# 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.**