

Set 1

1. Change Butterflies

(You will need to cut out a butterfly for each child from coloured paper, using the template provided)

Firstly, we're going to think back about what it has been like over the last xx months, because it has been very different hasn't it? Some of us have stayed at home in lockdown, some of us came into school but there weren't many others there. We haven't been able to play with our friends, see our wider families, do sports, clubs and other activities we're all used to doing.

(Give everyone a butterfly, they will also need a pen)

- So, we're going to each take a butterfly and think about 2 things, which we can write or draw onto each wing.
- On one wing, can you write or draw something that you didn't enjoy about being in lockdown.
- On the other wing, write or draw something that you have enjoyed whilst being in lockdown.

As you do that you can reflect about the changes that lockdown made to your lives, and if you'd like to you could say a thank you prayer about anything that changed for the better or that you enjoyed, and maybe ask God to keep those good things going.

2. Sorry whiteboards

"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.

(Give everyone a whiteboard, whiteboard pen and eraser)

If you want to, use the whiteboard and write the word 'sorry' on it as you think about something that you want to say sorry for, and move on from.

Then wipe it away and think about how it feels to have a fresh start.

3. Thankful hands

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.

(Give everyone a folded piece of paper, they will also need a pen and a pair of scissors)



Fold a piece of paper in half and draw around your hand making sure that your thumb and forefinger are over the fold.

As you cut out your hand shape, think of some of the things that you are thankful for. This could be people, places, things or feelings.

When you have cut out your hand you can write or draw some of the things that you are thankful for onto your fingers, as a prayer or reflection. If it has worked, there should be a heart shape in the middle of your hands.

4. Rainbow bunting (Others)

(You will need to photocopy the bunting template so that each child has one)

Whilst we were in lockdown, many people drew rainbows as a sign of hope during the crisis, and often including words and pictures to show key workers how much they appreciated them during this time.

Christians believe that God sent the rainbow after he flooded the earth (remember Noah and his ark?) as a promise of his commitment to the earth, and all living creatures, that he would never flood the earth again.

Think about the people who worked hard to make our lives safe during the coronavirus pandemic: NHS staff and other keyworkers, emergency services, shop staff in the shops that needed to stay open, care workers, cleaners, refuse collectors, delivery drivers, our teachers and many more.

(Give everyone a blank rainbow bunting, they will also need pens)



Write or draw about some of these people in the rainbow bunting (you might want to use rainbow colours). You might know someone personally who carried on working during the crisis, so you could write their name down.

You could give thanks for these people in our community who carried on working hard to keep us safe during this crisis and say a prayer for them if you would like to.

5. Worry knots (please)

What's on your mind? Do you have any worries about the future?

When we feel worried, it can feel like our insides are 'tied up in knots'. Christians believe that they can pray to God about things that they are anxious, fearful or worried about and that he will bring them peace.

(Give everyone a short piece of string)

If you would like to, take your piece of string and tie a knot in it as you think about something that you're worried about. (Don't tie the knot too tight!) Maybe you're worried about more than one thing. If so, tie some more knots to show how your insides might be feeling.

Once you have finished tying your knot(s), take the piece of string and feel the knots between your fingers. If you would like to, you could say a prayer to ask God to take away your worries and fears. Or you could think about practical ways you could try to stop worrying, perhaps taking deep breaths to feel calm.

When you have done this, gently undo your knot(s). This could symbolise letting go of the worry or fear you have or giving your worry or fear to God.