

1. Stilling jars

Do you have time to stop, be calm or relax? Do you have a place to go to where you feel comfortable and safe? Even when we've been in lockdown without being able to do many of our sports, clubs and other activities that we do, you might feel that you haven't had a lot of time to be still and relax. Or maybe you did feel you had time to be still and relax and you would like to carry on doing more of that?

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). *(Give everyone a calm jar)*

Take a calm jar, give it a gentle shake, and then put it down on your desk or in front of you. As you watch the glitter settle, take time to listen to the calm music. Use this as an opportunity to be still, reflect and, if you would like to, pray inside your head.

2. 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. *(Give everyone a stone each)*

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.

When you are ready, and if you would like to, take the stone to the bowl of water and drop it in to have a fresh start.

3. Scratch cards (Thank you)

What are you thankful for? *Is there anyone or something that you have been particularly thankful for during lockdown?*

We are living in difficult times, but there are still many things that we can be thankful for. Christians like to thank God for these things.

We can be thankful for physical things like people, food, our homes, water, toys, games consoles ...

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

If you would like to, write about or draw something or someone that you are thankful for on a scratch card as a prayer or reflection.

4. Community Flower

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

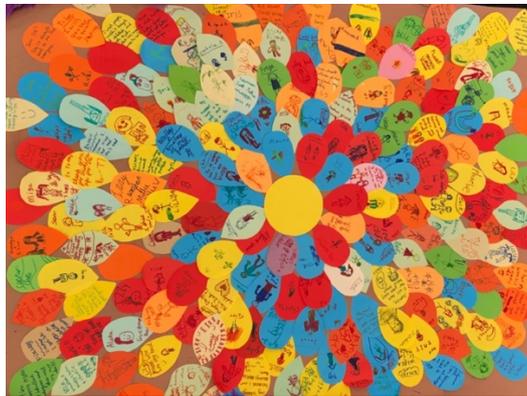
Who are our neighbours? Can we pray for people we don't know?

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!

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

Think of someone in your local community that you would like to think about or pray for, perhaps they need help or encouragement. Perhaps someone who helped you or supported you during lockdown. Once you have thought about someone, take a petal and write their name or draw them onto it. 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.

(After the activity you can stick all the petals around a circle to make a community flower)



5. Please tags

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.

(Give everyone a luggage tag, they will also need a pen)

If you would like to, write or draw something that you are thinking about onto a luggage tag as a prayer or reflection.

(If you would like to you could make your own prayer wall in the classroom or a shared area, or you could tie the tags onto some branches to make a prayer tree.)