

## Classroom Prayer & Reflection Activities

### Additional Activities

*With Sets 1 & 2 we use an 'I-STOP' theme. The first activity thinking about themselves and their identity, then the usual BeSpace themes of **Sorry/forgiveness**, **Thank you**, thinking about **Others** and **Please**. You might like to consider following a similar theme when you choose your activities.*

#### 1. Identity Zebra

*You will need a copy of a blank zebra for each child.*

Did you know that each zebra is unique? What does unique mean? It means that there's no other zebra like that zebra in the whole world. You are unique too. You have unique fingerprints like the zebra has unique stripes. There is no-one like you in the whole world either.

Christians believe that God made each one of us unique and special and he loves us just as we are.

**Use some felt pens to colour your zebra in a unique way to represent you. All the people in your school/class will have created a unique zebra, which is unique and special just like you!**

*Credit: Abingdon Team, Safari themed prayer & reflection space*

#### 2. Sorry Strings

You might like to watch a video introducing this activity, provided by Prayer Spaces in Schools:  
<https://vimeo.com/27733277>

We all get things wrong. Sometimes we do and say things that hurt other people. Saying sorry is admitting that you are wrong and that you want things right again.

Do you need to say sorry for something?

**If you want to, write or draw a sorry thought or prayer and peg it up. Don't use any names.**

#### 3. Shining Stars (Thanks for others)

*You might like to pre-prepare a night sky to stick all the stars on.*

Who supports you? Who could you support? We are all connected with people who support us, people who shine light into our lives and light us up.

Christians believe that God calls them to 'shine like stars' in our world, to help, encourage and support people.

**If you would like to, draw or write a name of someone that supports you onto a star (and add it to the night sky). Perhaps you could be the light for someone else, add that to your star as a reminder and as a sign of commitment to them. Be thankful for the people who support you.**

#### 4. Pipe People (Thank you)

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 someone that's important to you, it might be your best friend or your teacher, one of your parents or a grandparent, your brother or sister, or someone completely different!

*(Give everyone a pipe cleaner)*

***Perhaps you'd like to spend some time thinking about or praying for that person, as you do make them out of pipe cleaners as an outward expression of your thoughts and prayers.***

*(NB. There is just one pipe cleaner each and it's possible to make a person out of 1 pipe cleaner!)*

#### 5. Empty chair (coping with loss)

*This activity may be more suited to secondary aged students. You should have a box of tissues handy.*

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.

*Credit: Matt Rushby and the BCY team*

#### 6. Big Questions

*You might like to watch a video introducing this activity provided by Prayer Spaces in Schools:*

<https://vimeo.com/27599196>

Discussion about faith and religion has always prompted people to ask 'big questions'.

When disasters, pandemics and bad things happen in our world, we can think 'Where was God in that?', or 'Why did God let that happen?'

Christians believe that God wants to hear our questions, whether they are coming from a sad, angry or hopeful place.

**What are the big questions you would ask God? If you would like to, write one onto a piece of ripped up cardboard and take a moment to pray or reflect on it. Then when you're ready, peg it onto the string.**

*It might be helpful to reflect on some of the questions during or after the session. Remember that saying 'I don't know' is OK. The Bible is full of question prayers. Christians believe that whatever happens, God is a loving God who*

*walks alongside them during hard times. The purpose of this activity is to reinforce the idea that questions are OK and that asking honest questions is essential to authentic faith.*

## **7. Moving on**

What were your feelings about being in lockdown? Lockdown has been challenging for everyone, in many different ways. Was there something that you really did not enjoy during lockdown?

Christians believe that God can help them to move on from things that have upset, disappointed or hurt them.

**Write or draw a picture of something that you didn't enjoy about lockdown. Then scrunch it up and throw it away as a sign that you want to move on. You might want to do this as a prayer or a wish.**

## **8. Labyrinth (Worries, concerns)**

*You will need a copy of a finger labyrinth for each student.*

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. There is a verse in the Bible which says: "Give all your worries to God, because he cares for you." (1 Peter 5:7)

**If you would like to, use a finger labyrinth to take some time to think and reflect. As you use your finger to follow the path to the centre of the labyrinth, allow your concerns or worries to come into your head, let them flow, release them. When you come to the centre of the labyrinth you can rest, pause for a while, and spend time receiving new thoughts, feelings and blessings.**

**When you are ready, return back, along the same path recognising and reflecting on any new feelings, new inspiration or changes to be made. When you exit the labyrinth, you might like to give thanks to God for any changes he has prompted or simply take some time to reflect on your experience.**