



## Classroom Prayer & Reflection Lesson Outline

*With social distancing in place, therefore, a full blown BeSpace installation not being possible. We have created some prayer activities that can take place in the classroom, with children sat at their desks or in another space. These follow a STOP theme, using some of the activities that we use in a full BeSpace.*

*In light of all that has happened due to the Corona virus pandemic, there is also an activity to reflect back on the impact that has had on the children's' lives.*

*We suggest that you put on some quiet background music – there are some instrumental music CDs in the box.*

### Welcome and Explanation (approx. 5-10 minutes)

If the session is being led by someone from outside the school, explain who you are and your connection to the school.

- Explain that we have some activities to help us think about prayer & reflection that have been provided by BeSpace as they can't come and do the usual BeSpace this term.
- Explain the prayer and reflection space is a place where they can have the opportunity to pray or reflect **if** they would like to, using the activities to do so **if** they wish.
- **It is important that no-one feels forced to pray against their will.**

Then begin with the usual BeSpace introduction about prayer:

### **What** is prayer and reflection?

- Talking to God (you could explore what kind of things Christians might talk to God about)
- But not only is it talking to God - what are all of you doing as I'm talking? That's right, listening. In the same way, often when people pray to God, they do some talking and then they spend time listening to what they think God might be saying to them.
- What about reflection? Yes, it can help us to be calm, to spend time thinking about our day and what went well or what we would like to make better tomorrow. Reflecting might help us think about how to solve a problem, or think about what is important to us, such as special people or goals we want to achieve. For Christians prayer is a way of reflecting, they direct their thoughts to God."

### **Where** do people pray or reflect?

- "Where do people go to pray? That's right, Christians might pray in churches and yes, people from other religions might go to other buildings to pray. Do you know what? Christians believe that you can actually pray anywhere.
- Christians believe that God is always listening to what they have to say, so they can pray wherever they are: at the beach, when they're on a walk or at home in their bedroom.
- We can also reflect in different places too, often people find places that help them think, where might you go to pray or reflect?"

### **When** do people pray or reflect?

- "In the same way that Christians believe that you can pray wherever, Christians also believe that you can pray or reflect whenever you like.

- Over the next half an hour or so, you will all have the opportunity to pray or reflect if you would like to. It's good to remember, though, that being in a Prayer and Reflection Space isn't the only time when you can pray or reflect, but that you can do it whenever you want."

### How do people pray or reflect?

- "If I asked you to draw a picture of someone praying, how would they look? Yes, they might be kneeling, with their hands together and eyes closed. Now, that can be a really useful way to pray as it means people won't get distracted by what's going on around them.
- But do you know what? Christians believe that there are loads of ways we can communicate with God. It doesn't just have to be talking. It might be by drawing, or writing, or even making something.
- This is the same for reflecting, some people like to do something as they are reflecting, other people like to be still and calm as they reflect."

### Setting behaviour expectations (Approx. 1-2 minutes)

- It might be good to set behaviour expectations. One way this can be done is by explaining that sometimes prayer can be really loud and noisy as Christians may be praying out loud all at once in prayer meetings, or it can be totally silent as people may be talking to God quietly by themselves, or that sometimes Christians pray together in small groups and so use quiet voices.
- Suggest that this space might be a good time to be silent or very quiet so that we don't distract the other people in the room whilst they are doing the activities.
- Explain that some people may finish the activity before others, so ask them to sit quietly and pray or reflect whilst their classmates finish off each activity.

### Activities (Approx. 25 minutes)

Take the children through the activities that you have chosen (see separate sheets)

### Conclusion (Approx. 5 minutes)

Once the children have completed the final activity, bring their attention back to you.

- The whole group should then be given a chance to consider what they did or didn't like or how they felt about the Prayer and Reflection Space and why.
- Older children can write down their thoughts anonymously on post it notes, whilst younger children might prefer to discuss their thoughts. If possible, it is good to type up the comments and a selection of post it notes from some of the zones to give to the school, as this will provide evidence of spiritual development for OFSTED and SIAMS (an inspection for Church Schools). We have a report template that you can use for this.
- Finish off by reminding the children that they can **pray or reflect** anywhere and at any time and in lots of different ways, there is no right or wrong way, it is about finding the best way for them. You could challenge them to find some time each day to reflect on or pray about things in a way that works for them.

## Overview of Prayer and Reflection Activities

*NB. Most BeSpace or Prayer Spaces in Schools activities could be adapted to be used in the classroom setting if you had a particular favourite you wanted to do. Please contact us for further advice:*

[info@bespace.be](mailto:info@bespace.be)

*You can choose to either use a set suggested or feel free to mix and match the activities. For further detail on the activities, please see the relevant document for each set/additional activities.*

### Set 1

1. Change butterflies
2. Sorry whiteboards
3. Thankful hands
4. Rainbow bunting (Others)
5. Worry knots (please)

### Set 2

1. Stilling/Calm jars
2. Sorry stones
3. Thankyou scratch cards
4. Community flower
5. Please tags

### Other activities

1. Identity Zebra
2. Sorry strings
3. Shining stars (thanks for others)
4. Pipe people (thank you)
5. Empty chair (coping with loss)
6. Big questions
7. Moving on
8. Labyrinth (worries, concerns)

### Remembrance and Thanksgiving

1. Remembrance poppies
2. Peace doves
3. Paperchain people (thank you)
4. Autumn leaves
5. Healing prayers