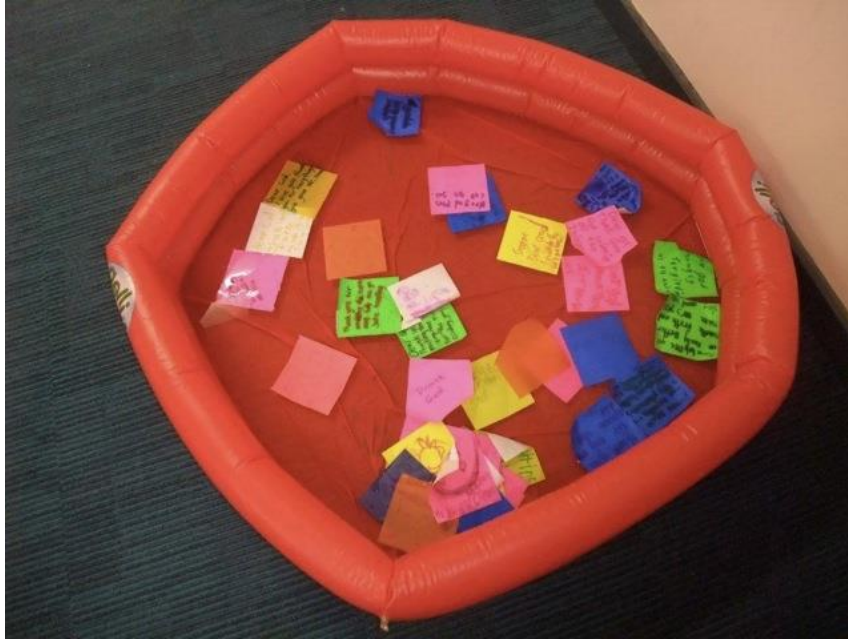


Prayer activities

These can also be activities for reflection and mindfulness.



Hope Blossoms: Fill a sink/bucket/bowl/paddling pool with water. Ask children: What are you hoping for? Maybe something for yourself, or for your family, or for the world?

Write or draw your hopes onto a square of paper. Fold the four corners of your square so they meet in the middle. Carefully place your square into the water, with the folded corners facing upwards. Wait as it slowly unfolds. You might like to offer your hope to God as you wait.

Hope Ribbons: Cut some lengths of ribbon, about 15cm. Ask children: What situations are you hoping will change?

For each thing you're hoping for, take a piece of ribbon and hold it for a moment as you reflect/pray. Then tie the ribbons somewhere where you will see them every day to remind you of your hopes.

Hope Rope: Tie lots of loose knots along a rope or pieces of string.

Sometimes people say that they feel 'knotted up' inside with worries and anxieties. Ask children: What are you worried about right now?

Pick up the rope/string and slowly untie one of the knots for each of your worries. As you untie them, imagine your worries becoming untied too. You might like to ask God to help you untie your worries and give you hope instead.