

# A shared experience

Part of the joy of Prayer spaces in schools is that although children complete the activities/reflect/pray individually they are sharing the experience. In some of the activities they can read what others have written. This can inspire them, encourage them and help them feel like they are not alone.

Completing these activities at home means it is harder to share the experience. Below we've suggested ways you can extend the activities into a shared experience with the hope that children will be inspired and encouraged by their class mates. There are not ideas for every activity, some are very personal and do not translate well into this kind of digital sharing. A simple idea to bring it all together at the end would be to ask "Which activity did you enjoy and why?"

- **Letting Go**

It can be helpful to recognise that others share the same worries as us. Use Google slides or Jam Board (or whatever!) to allow them to share their worries. They may want to do this anonymously. Remind them to come back and look at everyone's worries. Are they similar?

- **Be the Light**

Perhaps you could allocate each child another child to send a note or message of encouragement to? Keep it secret who has who and encourage them to keep the notes and messages anonymous. Invite the children to be secret agents and their mission is to encourage others without being spotted.

- **Message in a bottle**

Create a list of ten things you think the children may need help with as the move to their next stage. Turn these into an online survey. Invite the children to order them from 1-10. 10 being what you think you will need most help with and 1 being what you think you will need least help with. Collate and share the results. Ask the class, can we help each other with these things? Or who can we ask to help?

- **Thankful board**

Create a digital one. You could use Google slides. Invite the class to add pictures or text of what they're thankful for.

- **Jumping for Joy/Feeling excited**

Ask the children/parents to video the jumping! Collect the videos and edit them together.

- **Hope Blossoms**

Encourage the children to share their hopes in whatever format you wish. Collate them and share them with the class. Again these could be anonymous.

- **I spy**

Ask parents to send in pictures of what their children spotted, use these to create a digital 'I spy' thank you board.