

Letting Go

Spend some time identifying and letting go of your worries.

- **Equipment**

Any kind of container – box or jar with a lid – cardboard, paper, pens

- **Set up**

Put the container in front of you with a label that says ‘worry box’

- **Instructions**

Sometimes we worry about new experiences and changes to our lives. Is there anything worrying you about going back to school?

Tear a piece of card or paper, and write or draw the things you are worried about on it.

When you’re ready put your worry into the box, as you do imagine you are letting go of your worry or imagine you are giving it to God.

You can do this as many times as you like!

The Bible says: ‘Cast all your worries on Him (God), for he cares for you.’

Be The Light

Can you be an encouragement to others?

- **Equipment**

Candle, matches

- **Set up**

Put the candle in the middle of a table or on a windowsill. (Please ensure an adult is present)

- **Instructions**

When things change people find it hard. We might need someone to encourage us and help us. When someone encourages us or helps us it is like they are lighting up our darkness. Our friends or family might need someone to encourage and help them, someone to light up their darkness. Can you do that?

Think about others from your class, or elsewhere, who will also be going back to school. Who do you know that needs encouragement or help as they make that change? Who needs light in their darkness?

Ask an adult to light the candle (or supervise you lighting it). Say a prayer (talk to God) for the person or people you've thought of asking God to help them and/or think about how you could encourage them today. Could you send them a message? Go and do it!

The Bible says: 'Therefore encourage one another and build one another up'

Message in a bottle

As you think about going back to school what do you need help with?

- **Equipment**

Any empty bottle, paper, pens

- **Set up**

Wash and dry the empty bottle

- **Instructions**

Have you seen a movie where someone is stranded on an island? Sometimes, to ask for help, the person might put a note into a glass bottle and then throw it into the sea, hoping that someone else will find it and come to rescue them.

As you think about going back to school what do you need help with? Or what do you need help with today?

Write a prayer or message for help onto a piece of paper and then put it into the bottle. If you want to, keep chatting to God about what you need help with. Think about who else you could ask for help.

The Bible says: 'God is our refuge and strength, an ever-present help in trouble'

Thankful Board

What or who are you thankful for?

- **Equipment**

A pin board/piece of thick cardboard, pins or tape, magazines and pictures.

- **Set up**

Collect everything together. Cut out letters from magazines to spell out the word 'thankful'. Stick/Pin them onto your board.

- **Instructions**

Think about your experiences when you've been learning at home. What or who are you thankful for?

The Bible says 'give thanks in all circumstances'. That means we should give thanks even in times which haven't always been easy or fun. Thankfulness begins with recognising goodness and beauty in people and in the world around us. Think of 5 things that you are thankful for today. Try to find images in the magazines or online to represent those 5 things, cut them out and pin them to your Thankful Board. (if you don't have magazines or pictures, find some paper and pens and do your best doodling!)

Think about who you are thankful for? Who has been important to you during your time learning at home? Maybe you've got a picture of them -stick it onto the board, if not you could draw them (stick men pictures are great!) or simply write their names on your board.

Take a moment to thank God or reflect on all these things and people. Why not send a message saying thank you to the people you've thought about.

The Bible says 'give thanks in all circumstances'

Jumping for Joy!

As you think back over your time when we've been learning at home, what makes you feel joyful?

- **Equipment**

Trampoline or cushions or pillows

- **Set up**

Find somewhere to jump enthusiastically

- **Instructions**

Think back over your time learning at home. Who or what makes you feel joyful? What could you celebrate? How many things can you think of?

Jump for joy!

As you jump, say, shout or think about these things.

The Bible says 'Clap your hands, all peoples! Shout to God with loud songs of joy!'

Hope Blossoms

Think ahead to going back to school. What are you hoping for?

- **Equipment**

Paper squares, pens, sink, tub or paddling pool

- **Set up**

Fill your sink, tub or paddling pool with water

- **Instructions**

As you think ahead what are you hoping for? Maybe something for yourself, a friend or your family.

Write or draw your hopes onto a square of paper. Fold the four corners of the square so they meet in the middle. Carefully place your square on top of the water, with the folded corners facing upwards.

Wait and watch it slowly unfold. As it does you could chat to God about your hopes or spend time thinking about what those hopes mean to you.

The Bible says: 'I know the plans I have for you, declares the Lord ... plans to give you a hope and a future'

How are you feeling?

All of us have experienced a range of emotions as we have been staying at home. What emotions have you been feeling?

- **Equipment**

A printed copy of a mini labyrinth. Or be creative and make one at home – use a stick in sand/mud or lay out wool or string on a table.

- **Set up**

Find a quiet and comfy space.

- **Instructions**

A labyrinth path can help us be still in a busy world and home. Place your finger at the entrance and slowly trace the path to the centre. As you do it let your thoughts wander, think back through this time at home. What has been hard or tricky? What did you not enjoy? How did these things make you feel? If you want to, chat to God about your thoughts as you 'go' round the labyrinth.

In the middle pause for a moment then trace the path back out again. Let your thoughts wander to the fun or easy experiences? What have you enjoyed? How did these things make you feel? Again, if you want to, chat to God about your thoughts.

If you want to, you could write down your thoughts like a diary entry, or find someone to talk with about what you've been thinking about.

The Bible says

**'The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.'**

Climbing shoes

What have been the challenges about being at home? What has been good? What will you miss?

- **Equipment**

A pair of your shoes and a set of stairs or steps.

- **Set up**

Put your shoes on.

- **Instructions**

If you want to take on the challenge of climbing a mountain, you need to wear climbing shoes. When we face challenges it can feel like an uphill climb. What challenges have you faced during this time at home?

Put on your shoes and slowly climb the steps or stairs. As you do this think about the challenges you faced. If you want to, talk to God about them.

At the top, pretend you're at the top of a mountain looking at an amazing view. Imagine you're looking back over your time at home, what would you see? What would stand out? What don't you want to forget?

The Bible says: 'Be careful never to forget what you yourself have seen. Do not let these memories escape from your mind as long as you live! And be sure to pass them on to your children and grandchildren.'

Time to forgive

Do you need to forgive someone? Is there something that happened during this time at home that upset you?

- **Equipment**

Some pebbles, a bowl

- **Set up**

Fill up your bowl with water.

- **Instructions**

When we don't forgive someone it can make us angry and grumpy about what happened for a long time.

Think back to your time learning at home. Did something happen that upset you? Is there someone you need to forgive?

Pick up a pebble and hold it in your hand. Imagine it represents your feelings of anger and hurt. Are you willing to let it go? Think about forgiving the person who hurt you. If you're ready to forgive them gently drop the pebble into the bowl of water. Let go of those feelings of anger and hurt.

If you want to, chat to God about what happened and ask him to help you forgive that person.

You might need to talk to someone about what happened. Find an adult you can trust and tell them what happened.

The Bible says: 'Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you.'

These resources are based on ideas created by Prayer Spaces in Schools. Visit their website for lots more ideas.

<https://www.prayerspacesinschools.com/>



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