

Letting Go

You're starting Primary 1! Are you worried about anything?

- **Equipment**

Bubble mixture and wand

- **Set up**

Take your bubble mixture outside

- **Instructions**

Have fun blowing bubbles together.

Ask your child to think about going to school. Ask them if they're worried about anything.

Blow more bubbles and think about those worries. Encourage your child to resist the urge to burst the bubbles and instead imagine their worries floating away with the bubbles.

If you want to, say this short prayer together.

"Dear God, please help me not be worried about Amen"

The Bible says if we give our worries to God, he will give us peace.

I spy

You're starting Primary 1! What do you remember about nursery and being at home? Say thank you for those things.

- **Equipment**

A cardboard tube (e.g. kitchen roll tube), items or pictures that remind us about nursery/being at home, pictures of people from nursery/home

- **Set up**

Make your cardboard tube into a telescope. Lay out the objects and pictures. (you may not need to do this, your child may enjoy moving round your home and community looking for things linked to nursery/being at home.

- **Instructions**

Have fun together spying things through your telescope.

Ask your child to look at the objects/pictures you've laid out (or to use their telescope to hunt out objects/pictures that remind them of nursery/being at home).

Each time they look at/find one encourage them to say "I spy ..." And then to say "Thank you for ..."

If you want to, say this short prayer together.

"Dear God, thank you for all my time at nursery and at home. Amen"

The Bible says 'give thanks in all circumstances'

Feeling excited!

You're starting Primary 1! What are you excited about?

- **Equipment**

Trampoline or cushions or pillows

- **Set up**

Find somewhere to jump enthusiastically

- **Instructions**

Have fun jumping together.

Remind your child that when we're excited we often start jumping.

Ask them to think of 3 things about starting P1 that they are excited about.

Encourage them to jump as high as they can three times, on each jump they should shout out one of the things they are excited about.

If you want to, say this short prayer together.

"Dear God, I'm excited for Amen"

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

Hope Blossoms

You're starting Primary 1! What do you hope it will be like?
What do you hope you will learn or do?

- **Equipment**

Paper squares, pens, sink, tub or paddling pool

- **Set up**

Fill your sink, tub or paddling pool with water

- **Instructions**

Chat with your child about what they are hoping for in P1? What do they hope it will be like? What do they hope to learn or do?

Write their hope into the centre of a square of paper (or ask them to draw a picture of it).

Together fold the four corners of the paper so they meet in the middle. Ask your child to carefully place the folded paper on top of the water (with the folded corners facing upwards)

Watch together as it slowly unfolds.

If you want to, say this short prayer together.

"Dear God, when I start P1 I hope Amen"

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

It didn't sink!

You're starting Primary 1! As you think about going to school for the first time what do you need help with?

- **Equipment**

Two oranges or tangerines, a jug of water, a felt pen or sharpie.

- **Set up**

Fill the jug with water. Peel one of the oranges.

- **Instructions**

Hold the peeled orange. Ask your child if they think it will float or sink. Place the peeled orange into the water. Watch it sink.

Ask your child to think about starting Primary 1. What do they think they will need help with? Draw or write their answers onto the unpeeled orange. Chat with your child about who they could ask for help? Talk about family and teachers and friends. You might want to talk about God. Christians believe he always listens and always helps.

Ask your child if they think this orange will float or sink? Carefully place the orange into the water. Wow! It floats.

Chat together. When things are hard or tricky or unknown we can feel like we're sinking. When we ask for help it can stop us feeling like that!

If you want to, say this short prayer together:

"Dear God, you are big and powerful and promise you will always help us. Please help me with Amen"

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

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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