

**Plan for Prayer Spaces at Carswell Community School
Monday 9th - Wednesday 11th November**

Setting up on Mon 9th morning in school time, taking down on Wednesday afternoon

Proposal:

Use school hall - divided by curtains & gazebos,
to give four prayer spaces & a central "settling area"

4 prayer zones on theme of remembering:

- good things in life - plasticine modelling
- to share the load - bubble tube
- love - badges
- to take time - calming jars

50mins per class:

- 8 min - in, settle, explain
- 8 mins x 4 sessions = 32 minutes
- 10 minutes - gathering, song?

Mon: 1:00 - 1:50; 2:00 - 2:50

Tuesday: 9:00-9:50; 10:00-10:50; 11:10 - 12:00; 1:00-1:50; 2:00 - 2:50

Wed: 9:00-9:50; 10:00-10:50; 11:10 - 12:00

Prayer Spaces open after school on Tuesday, for children and adults

A. Remembering good things in life - thank you modelling

Sit children on the floor in a group.

- *It's easy to fill your minds with all our difficulties and forget the good things in life.*
- *I'd like you now to stop & think about today (pause)*
..... what have you eaten?who have you met?what have you done?
..... can you think of something you're grateful for? (accept answers)
- *How do you feel when you think about good things?*
- *Now I'd like you to think about important things in your life*
- it might be a person, a place, a pet - or a sport that makes you feel good.

Invite the children to move to the clay. Give out pieces (no choice, to avoid issues)

- *Use this plasticine to make a model of something that you are thankful for.*
- As they model, discuss with individuals:
.....why is it so important to you ?
.....how can you make sure you won't take it for granted?

Conclusion:

Remembering all the good things we have makes us stronger to deal with the nasty bits. People of faith thank God for all the good things in life, which remind them of God's love.

Put the models safely on the display & have a quick tidy. Get fresh clay out.
(Children can take models home at day end if they collect them then)

B. Remembering to share the load - bubble tube

Invite the children to sit around the bubble tube. Pause while they look at it.
Speak slowly - don't rush anything!

- *When you sit still, is your mind still, or is it full of thoughts?(accept brief answers)*
- *Sometimes our minds can be full nasty feelings - worries, anger.....
They don't help us, they just get in the way and stop us feeling good.....
Try being still now..... & focus on the bubbles.....
Imagine those nasty feelings floating away inside them.....*
- *How did that feel? (accept answers)
Sometimes people talk about worries weighing us down.....
..... we say sharing our worries can lighten the load.....
.....like the bubbles floating them away*
- *Who could you share your worries with? (accept answers - suggest teacher if stuck)
Write their name on a post-it and stick it to the tube.*

Conclusion:

We all need somebody to rely on - to listen to us

A friend, someone in the family, someone nearby or far away.

People with a faith use prayer to talk with God & tell him their worries.

Please remove the post-its at the end of each class.

C. Remembering love - badges

Sit children down.

I'd like you to close your eyes now and think of someone who's special to you...

..... maybe someone in your family, or a friend.....

someone who's helped you.....or made you feel loved

Open your eyes

We all need to feel loved -

Remembering that we are loved can help us feel better when we're feeling down.

Hand out badges & put out felt tip pots.

I'd like you to make a badge that says "I am loved" - it can say it in words or in pictures.

You could draw a rainbow, or a heart, or the cross, as a sign of love.

Wait until most are finished.

When you're feeling sad or angry, it's easy to think no-one loves you. That's why it's important to tell people you love them. Sharing love on makes us feel better, too.

Let's try that - if you'd like to, give your badge to someone else here. As you pass it on, tell them they are loved.

Ensure that no-one is obviously missed out. Allow anyone upset to keep own badge.

Workshop D: Remembering to take time

Sit the children down & carefully give them each a glitter jar

- *Hold your jar like this - in both hands .*
- *Imagine this jar is your life. It all looks still and easy, doesn't it?*
- *Sometimes things happen that can upset everything and disturb our lives*
Swirl your jar as hard as you can. (demonstrate)
See how the glitter is whirling around.
Sometimes life feels like that - hectic, out of control
- *Try and look through the jar - can you see through it?*
- *Sometimes you can feel you just don't know what to do next*
- you can't see our way through....
- *But just stay still, keep tight hold of the jar and watch what happens*
(demonstrate - children hold jars in front of face, very still & watching carefully)
..... The glitter settles down all by itself.....
.....and now you can see your way through.
.....Sometimes it can take time to let things settle down
.....but its worth the wait.