

Workshop A: At peace - letting go of worries.

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

- *How often do you get a chance to sit down & be quiet? (accept answers)*
- *When you sit still, is your mind still, or is it full of thoughts?(accept brief answers)*
- *Try being still now.....*
rest your hands by your side..... & focus on the bubbles.....
take a slow breath in..... then let it out slowly.....
.....now try to stay quiet & just watch the bubbles.
- *As they watch, quietly & slowly describe what they're seeing:*
"The bubbles start at the bottom.....
as they go upwards they change colour - then they disappear."
Try a time of silent relaxation
- use eye contact/example to encourage the restless few
- *Brighter tone: "How did it feel to be quiet like that?" - discuss*
- *How do you think you'd feel if your worries could disappear like the bubbles?*

Conclusion:

We can't always get rid of our problems, but worrying doesn't really help, either..

People who believe in God, and some who don't, try to be still and let go of their worries.

Allow children to gaze for longer if there's time.

Discuss making time to be still - when...where....

Workshop B: Peace with yourself- forgiving yourself/fresh starts

Sit the children around the sand tray, ensure they're settled.

- *Put your hands flat into the sand, like this..... (demonstrate & allow children to do it)*
- *If you took your hands away now, they'd leave a mark behind.....*
- *Like your hands marking the sand,*
each of us makes a mark on the world, with the things that we do and say.
- *As you rest your hands in the sand,*
think about all the things you have done in the last week
- *Have you ever done anything that you wished you hadn't? (don't encourage details!)*
- *How does it make you feel when you think about them? (take answers)*
- *Feelings like that can get in the way. Before you can move on or can ask anybody to forgive you, you need to be able to forgive yourself.*
Now gently lift your hands out of the sand and wipe away your hand-prints.
As you do that, imagine you've just wiped away the things you wished you hadn't done.
- *How does that make you feel? (take answers)*

Conclusion:

Don't let regrets get in the way - we can always make a fresh start in life.

The Bible says that God will forgive us & help us make a fresh start, if we let Him

Workshop C: Peace with God: thank you

Sit children on the floor in a group.

- *It's easy to get caught up in our difficulties and forget the good things we have.*
- *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)
- *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.*

Put the models safely on the display & have a quick tidy. Get fresh clay out.

Workshop D: Peace with others -forgiving

Sit the children in a group, settle them.

- *Has anyone ever done something that has annoyed you? (don't encourage details!)*
- *How did you feel when you thought about them, afterwards? (listen)*
- *Holding onto those nasty feelings - anger, jealousy,- can make you feel worse.*
You can upset yourself as much as the person did.
- *Now I'm going to give you a tablet.*
Hold it in your hand & think about a person who has upset you.

Hand out the Vit C tablets - one per child

- *Come over to the table and gently drop your tablet into the water.*
- *As you watch it dissolve, try to let go of the hurt and anger you feel.*
- *Do you feel any different now? (discuss - it's difficult to do, might take time)*

Conclusion: *Jesus told people to forgive those that have hurt them.*

That can help you feel better, too..

Workshop E: Peace within - stillness

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

- *Hold your jar like this - in both hands - & swirl it as hard as you can. (demonstrate)*
- *See how the glitter is whirling around*
.....Try and look through the jar - can you see through it?
- *Sometimes life feels like that*
- so hectic or out of control that we can't see our way through....
- *but just stay still..... 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 the way. All you had to do was hold it still and wait.*

Conclusion:

Life can be very busy, but stillness is important, whether or not you believe in God - it gives you time to stop & think, to rest.

Sometimes people of faith think of God when we see powerful things like storms, but there are lots of stories when God comes in the quiet times.

How often are you still? (discuss, if time)

Workshop F: Peace for the world - caring

Sit children in group & hand them a globe each

- *I'd like you to hold these globes carefully.*
As you hold the globe, look carefully at all the different places on it.
Perhaps you've seen somewhere on the news,
or maybe you know somebody who is abroad now
- *Not everyone in the world is at peace.....*
some are hungry, or caught up in war....(look towards photo-prompts on wall)
.....some are worried about the future.
- *Can you find a place on your globes where people aren't at peace?*
(Encourage children to answer, & help them find the places)
- *Now hold the globes gently & imagine you are giving those people a hug.*
- *Sometimes we can help people who are having a hard time,*
even if they are a long way away..

Can you think how? (answers might include giving, fair trade, cutting energy use)

Conclusion:

Sometimes people say that the world is in our hands

- they mean that you can make a difference. Think about what you could do.

Hand out post-its & pens.

Before you go, write down a way you could help the world & stick it on the map.

Help them find places to stick their pledges.

Collect pens & tidy spare post-its