

Feeling loved:

The Bubble Tube

Slowly & quietly invite the children to sit/lie still and watch the bubbles.

Give them time to settle -

"How does that make you feel?" - accept answers. Suggest "at peace" or "warm inside"

"As you sit here, watching the bubbles, imagine you are in warm, bubbly bath.

Imagine the water is love, surrounding you and supporting you.

Just as we need water to live, so we need love if we are to flourish.

Sometimes our busy lives cut us off from that love.

Where can you be quiet and take time to feel loved?

Imagine you are sending love to fill that place up, so it'll be full of love to help you, next time you need it."

Love links:

The paper chain

"Have you ever felt really cross with the world

- perhaps angry with your parents or friends?

It's easy to shut people out when you get like that,

and it can feel really lonely, when you cut yourself off from people who love you.

I'm going to give each of you a slip of paper. When you get it, hold it gently and think of someone who loves you very much."

Hand each child a strip & give them time to think.

"When you get a pen, write their name or draw their face on the first strip."

Hand out pens & give them time. Then hand out a second strip.

"This time put *your* name or face on the strip.

When you've done that, fasten the two together and link them onto the chain."

"Real love lasts forever. It is like a strong chain that's hard to break."

Just as we are:

Jigsaws

"Can you see how closely these pieces fit together? " *Pull pieces gently*

"They're quite difficult to pull apart. Yet every piece is a different shape and size - and it's those differences (the knobbly bits) that help them all join together. " *(Pause)*

"Now I'm going to give you a piece of jigsaw each. When you get it, draw your face on it. Make sure it really looks like you"

Hand out pieces.

"As you draw, try and think what makes you special. Not just looks, but the way you are inside. What is that people like about you? What helps you & your friends stick together?"

As the children finish, encourage them to fit the pieces together.

"Each one of us has a part to play in the world. Our differences are important, because we can use our different skills to work together and build something good"

Love grows

seeds

"Have you ever tried to be nice to someone & they've just ignored you? Sometimes people can be unkind, when you're trying to be nice to them."

Bring out dishes of compost & seeds. Pause.

"Soil - not very nice, is it? Let's plant some seeds in it to make it look nice."

Let children scatter seeds on soil through the heart stencil & cover with compost.

"Does that look better?"

What will we need to do to make the seeds grow into something beautiful?"

Spray moisture onto seeds.

"It'll be a while before we see the heart shape.

We'll need to keep the seeds damp and warm.

Friendships need looking after, like these seeds. It can take time to make them flourish. Sometimes we have arguments and fall out, but if you work at it, your friendship will grow and blossom into something beautiful."