

This week it looks like we are going to have a lot of sunshine! You might like to go outside and try this prayer and reflection activity.

PRAYER ACTIVITY

Bubble Prayers



● Equipment

Bubble mixture or washing up liquid and water

● Set up

Mix washing up liquid and water together. Go outside or open a window

● Instructions

The Bible says that we can throw (or blow!) all our worries to God, because God cares for us.

What are you worried about today? You might want to talk with one of your household about this.

When you're ready, blow the bubbles.

Imagine that you are blowing the bubbles to God.

Remember God cares about you.

After a time of quiet you might like to finish by saying or singing this blessing. You can learn the song and the actions by looking at the website below.

A blessing for each other at home and at school

May you find peace, may you find hope,
May you find joy this day.
May you find love,
May you find rest,
Here in this place together.



(Fischy Music <https://www.youtube.com/watch?v=J6v-UlvMXgU>)