

This week you might like to try this prayer and reflective activity.

PRAYER ACTIVITY

Keep Others Safe



● Equipment

Tissues/ toilet roll, pens

● Set up

You could do this activity at a table, maybe with your family. Or in your bedroom



● Instructions

Tissues are fragile. They tear easily. Think about someone you know, or groups of people (e.g. those who are elderly or homeless) who may feel 'fragile' or vulnerable.

If you want to, you can write or draw a hope or prayer for them onto one of the tissues. Keep the tissues in your pocket or put it beside your bed to remind you to keep these people in your thoughts and prayers.

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>)