

# Using Your Prayer Bags

These bags have been designed to help children engage in prayer during their free time. They include activities to help them calm down, be still, practise techniques to manage their feelings, be grateful for the world and connect with people in their lives.



## Calm Jars

What are the things on your mind at the moment? Pick up the jar and shake it. Watch the glitter swirl and settle. Imagine the things on your mind slowly settling down.

## Friendship Zips

Do you know people who don't get on well together? Perhaps it is you and someone else? Zips bring two sides together. Pick up a zip and think about people you want to bring back together. You could say a quiet prayer for them as you do up the zip.



## Found

There are many precious things in the world. Use the magnifying glass to look closely around nature. Can you find anything you or God would think is precious? You could say thank you to God for that precious thing. Remember you are precious too!



## Thankful Tic Tac Toe

What are you thankful for? Find 9 objects and 4 sticks to make a grid. Play tic tac toe on your own or with a friend. Each time you place an object say thank you to God for someone or something.



## Breathe Hand

Breathing techniques can help us cope with big feelings. Stretch out a hand, trace a finger from your other hand up and down the side of each finger. As you go up, breathe in thinking of good things. As you go down, breathe out and let go of your worries.