



RAINBOW CLASSROOM WORSHIP

Supporting small group worship

ABSTRACT

Collective worship in a classroom has a different feel from worship in the hall. The more intimate nature of the worship can make everyone feel more readily included. It is also the perfect setting to look at some of life's big issues in a prayerful and reflective manner. This resource supports small group worship through the six themes of:

Relationships

Outward looking

Yourself

Grateful

Be Still

Valued

Classroom Worship for Autumn Term 2020

Themes
Relationships
Outward looking
Yourself
Grateful
Be Still
Valued

Preparing for Classroom Worship

- Classroom worship can be organised at any time of day which best suits the needs of the group.
- Collective worship in a classroom has a different feel from worship in the hall. The advantages of class worship are:
 - The more intimate nature of the worship can make everyone feel more readily included—there is nobody on the far edge or at the remote back
 - The worship can be planned to be more appropriate for the age and understanding of the children present than is possible in a large mixed age gathering
 - Children and adults may feel happier at leading worship in a more familiar setting with their peers rather than in front of the whole school
- Preparing for class worship is very important. If the pupils have been busy just before you are due to start encourage them now to pause and sit quietly, stilling themselves ready to begin.
- **Create calm, quiet atmosphere** – this can be done through music or changing the lighting in the room
- **A worship focus-** in all places of worship there is what may be termed a worship focus, in your own hall this may be a cross or a candle. It is helpful to have a worship focus for your class worship. This does not have to be a permanent feature but something that can be brought out just for the worship. Consider what would be an appropriate worship focus for your classroom e.g. a cloth, candle, cross, bible, ornament, prayer bear. You may want to have a number of appropriate worship foci in a basket that the pupils can choose and set out ready for worship.

Relationship	
Weekly bible focus: Genesis 1 https://www.biblegateway.com/passage/?search=Genesis%201&version=ICB	Reflection ideas for the classroom or outdoor area Link value of Respect



Rainbow Class
Worship Relationship

Monday



Windows

Windows are for looking out onto God's world and being inspired by its wonders.

Gathering

Once everyone is calm and the space is set up ready for worship you may want to start by lighting a candle and saying / signing a greeting.

Examples:

The grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with you
and also with you

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you
and also, with you.

Lord, open our lips
and we shall praise your name.

This is the day that the Lord has made.
Let us rejoice and be glad in it.

We meet in the name of God:
**God the Father,
God the Son,
God the Spirit:
God is one.**

Forest Thanks

<https://www.prayerspacesinschools.com/resources/116>

This activity encourages pupils to look at, and think about the beauty in nature, and it invites them to express their gratitude.



Resources:

Paper, pens, glue

Below is an example of the instructions you could use for this activity:

The natural world around us is amazing and beautiful!

Find a leaf that you like – remember, no two leaves are alike – the one you've chosen is unique!

Stick your leaf in the middle of your piece of paper, then draw or write things that you're grateful for in the world.

It's important to be grateful.

If you want to, you can draw or write these things as a prayer of thanks to God.

Plastic Planet <https://www.prayerspacesinschools.com/resources/175>

This activity aims to bring awareness to pupils about the effects of single use plastic and encourage them to think about how they could live differently to help save the planet.

Let us worship God:
Father, Son and Holy Spirit.

Engage

Read Genesis 1

Or watch:

<https://request.org.uk/restart/2020/03/26/bible-quest-creation/>

Explain:

For Christians, the most important relationship is between God and his creation – this includes God’s relationship with people and our relationship with creation. They believe God created our beautiful world, that he created every part of it. The land, sea, creatures, woodland etc.

Christians also believe that God gave us the world as a gift for us to look after, to share with others and to pass on to the next generation. A lot of us are really good at looking after the world but sometimes, sadly, we can do things that damage our world.

Going deeper

How do you feel when you hear that God gave **you** the responsibility to look after the world?

What do you think the job would entail?

Do you think you can do the job?

What makes you think you can or can’t do the job?

Respond

Listen to (join in if you would like):

It's All Good (Beautiful World) - Bob Hartman's Rhyiming



Resources:

Facts about plastic - <https://lessplastic.co.uk/>

Ways to reduce plastic use

Facts about the planet

Fishing net

Single use plastics on display

Luggage tags

Pens

Below is an example of the instructions you could use for this activity:

The world we live in is beautiful. But slowly humans are destroying the planet. One of the ways we are damaging the world is using single use plastic.

Take some time to read the facts about the world and plastic.

Now read the ways that we can begin to reduce single use plastic.

Take a moment to think about what you could do to help change the amount of plastic in our planet. Then if you would like to you can write a promise or a prayer onto a luggage label and hang it onto the net with everyone else’s promises.

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Links to worship songs:

Feels Good Upbeat song -

<https://www.youtube.com/watch?v=LJxVHzARMmE>

God of Science (Our Great God)

<https://www.youtube.com/watch?v=uqoYaksgnc0>

Made in the image

<https://www.youtube.com/watch?v=leueTdUskos>

Bible Songs

<https://www.youtube.com/watch?v=ZeqnkUd2sh4>

Or get active with this 'spiritual workout'

<https://www.youtube.com/watch?v=WzIMsAleIsM&list=PLfdy6Q-talte6-7A7yS4x8bXsXLpY1I9g&index=12>

Encourage the pupils to respond with their own prayers first and then if appropriate use the Lord's prayer.


Our Father, in heaven,
Holy is your name.
Your Kingdom come,
Your will be done on earth, as it is in heaven.
Give us this day our daily bread,
And forgive us our sins,
As we forgive those who sin against us,
And lead us not into temptation,
But deliver us from evil.
Amen.


Sending/Blessing

"Sending" is the completion of the worship. When your worship in the hall comes to a conclusion there is literally a "sending", as people exit and go back to their classrooms—how you follow the same pattern in the classroom will depend on how you prepared and gathered for worship.

Blessing examples:

Go out into the world in peace. Be brave. Don't repay evil with evil. But always seek what is good. Lend your strength to those who are weak. Support those who are in need. Respect everyone. May God bless you, And may you be a blessing to our community, and to our world.

	<p>For each step that I might take Be my guide, O Lord of life For each load that I might bear Be my strength, O Lord of life For each mountain I might face Be my power, O Lord of life For each danger that I might come across Be my safety, O Lord of life For each place where I might rest Be my peace, O Lord of life For each sunrise and sunset Be my joy, O Lord of life God is great! God is good! Let us thank Him For this time</p>	
<p>Tuesday</p> <p> Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often help us to see things more clearly.</p>	<p>Gathering As above</p> <p>Engaging Look at images or film clips of creation. You may find this version of a wonderful world useful: https://www.youtube.com/watch?v=21LGv8Cf0us</p> <p>What are the things within creation that make us go ‘WOW’ or that you see as ‘awesome’? We often use the word awesome today but have you thought what it actually means? The original meaning of awesome is of “something which inspires awe” (that is respect mixed with admiration or veneration).</p>	

	<p>Responding Write a thank you note or prayer for the amazing world that we have been given. Get creative – artists all through history have responded to the awesomeness of creation through their arts – e.g. songs, paintings, photographs, dance, even designs for fabric. Create something amazing that is inspired by creation.</p> <p>Sending As above</p>	
<p>Wednesday</p> <p> Doors</p> <p>Doors are for walking through in order to then act or respond in some way; it might mean moving on, making choices, doing something creative or purposeful in response.</p>	<p>Gathering As above</p> <p>Engaging Recap on what you have done so far this week. Remind the class that you have been looking at the creation account in Genesis and about the relationship between God, creation and humans. In the last session we thought about the awesomeness of creation and the things that make us go ‘WOW’ within creation. In this session we will be thinking about the ‘OWs.’ When God created the world He looked at it and said, ‘It is good’ but now it seems things have gone wrong. ‘What has happened?’</p> <p>Watch the following film clips to help think about the environmental issues that are facing God’s creation and the Christian response:</p> <p>Older - https://operationnoah.org/resources/salote/</p> <p>Younger – https://request.org.uk/restart/2015/03/04/exploring-gods-</p>	

creation/ (or if possible, do an Eye Spy Nature walk for yourselves)

Going Deeper

How good are you at sharing? Christians believe that the world God created has enough food, water, and resources in it for everyone to live a good life if we all shared what there was fairly. However, the balance has been lost and relationships have broken down. Some people have become greedy and have taken too much for themselves which has meant others have had to go without. Throughout history wars, building of empires, slavery, unfair business practices and pure greed have all meant that the world is no longer the fair place it should be. Watch 'If the world was a village of 100 people' <https://www.youtube.com/watch?v=A3nllBT9ACg>

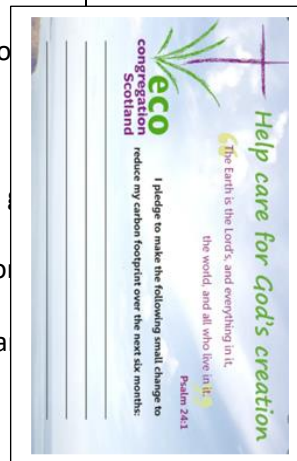
Responding


Think and discuss


- What did you see in the clips that has spoilt creation what ways are these things impacting people and creation in general?
- What can we do to help keep creation how God intended it to be – after all this is the job that God humans right at the beginning of time?
- How can we make the world a fairer place again for everyone?
- Design and create your own pledges and pledge cards at the side is one example...



Sending

As above



<p>Thursday –</p> <p>Meditation</p> 	<p>Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher’s pack: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/</p> <p>(This can be adapted for use with all ages)</p> <p>You may want to use the following reflection from the pack:</p> <p>Good Enough</p> <p>God wants me to be myself For He created me this way, And since God made me who I am, Myself I’m quite content to stay.</p> <p>In His eyes I’m good enough – It matters not what others say; I need not act as if I’m tough Or copy other children’s ways.</p> <p>God doesn’t care if I’m not cool – If I’m not stronger; or an athlete; In His hands I am a tool To reach out to others is what matters.</p> <p>So when people look at me May it be God’s own Son they see.</p> <p>Belinda van Rensburgs</p>	
<p>Friday –</p> <p>Celebration</p>	<p>Take this time to celebrate what has happened during the week – you may want to give out awards. If possible join the bubbles using Zoom or Teams so that the whole school</p>	

	<p>can come together in a time of celebration.</p> <p>Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.</p>	
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Outward looking (possible links with Harvest)		
<p>Weekly Bible focus: Feeding of the 5,000 John 6:1-15 https://www.biblegateway.com/passage/?search=John+6%3A1-15&version=ICB</p>  <p>Rainbow Class Worship Outward Loc</p>		<p>Reflection ideas for the classroom or outdoor area</p> <p>Link Value of Kindness</p>
<p>Monday</p>  <p>Windows Windows are</p>	<p>Gathering</p> <p>Once everyone is calm and the space is set up ready for worship you may want to start by lighting a candle and saying / signing a greeting.</p> <p>Examples:</p>	<p>Daily rations reflection station</p> <p>This activity encourages the children to think about the</p>

for looking out onto God's world and being inspired by its wonders.

The grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with you
and also, with you

Grace, mercy, and peace
from God our Father
and the Lord Jesus Christ
be with you
and also, with you.

Lord, open our lips
and we shall praise your name.

This is the day that the Lord has made.
Let us rejoice and be glad in it.

We meet in the name of God:
**God the Father,
God the Son,
God the Spirit:
God is one.**

Let us worship God:
Father, Son and Holy Spirit.

Engage

Read the Bible passage John 6:1-15 (you could encourage the class to imagine that they are part of the crowd listening to Jesus – discuss how they are feeling at different points in the story).

issue of hunger around the world.

Have this statement somewhere on the prayer station.

We live in a world in which there is enough food to feed everyone, and yet one in eight women, men, and children go to bed hungry every night, mainly in sub-Saharan Africa and South Asia

Set up a bowl with a handful of rice in it,



Have a notice attached stating: **For many in our world, this small portion represents their daily food intake.**

Next to the rice have images of the food that we waste in this country.

Or watch:

<https://request.org.uk/restart/2015/11/12/feeding-of-the-5000-people/>

Explain:

News of Jesus' miracles and life-changing teaching was spreading—he was becoming something of a celebrity. One day, on a hillside near the Sea of Galilee, a massive crowd of over 5,000 people gathered to hear him. In the midst of the crushing mass, a bad situation became obvious to Jesus' disciples: These people would soon be hungry and clearly there was no possible way to feed them all.

Christians believe that this miracle demonstrates that God will provide even when it may not seem possible to us, and that he may also want to involve us (our time, our abilities, and so on) in the process of his provision.

Get creative

Use this either as a demonstration or allow each child to do.

You will need a piece of paper and a pair of scissors

Ask: How many corners does the piece of paper have? But what if I want to give someone a corner? Cut off a corner of the paper, and hand it to a child. Hold up the paper, and say: Okay, now that I've given a corner away, how many corners do I have? Allow time for answers, and then say: Wait a minute. I have five. Count the corners. Cut another corner off.



For older classes you may want to include some facts: In the UK alone we waste over 7 billion tonnes of food. Most of which can be eaten and is perfectly fit for human consumption.



Say: You see, the more times Jesus divided the bread and fish, the more he had to give away.

Have class discuss in small groups:

What surprised you about our activity?

Which things amazed and surprised you about what Jesus did?

What is something you give that God could use to help others?

Going deeper

How do you respond to the belief that God can provide for our needs, even in miraculous ways?

How do you feel when you think that God may want **you** to be involved in providing for others?

Respond

Listen to (join in if you would like) as you do so think about the fact that we are all special and have a unique job to do in helping others – just like the boy who shared his lunch:

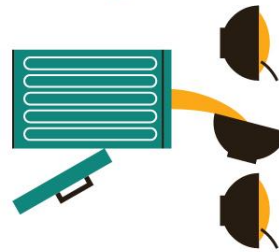
Nobody's A Nobody

<https://www.youtube.com/watch?v=zxID0LkVWpw>

Encourage the pupils to respond with their own prayers first and then if appropriate follow with:

Our Father, in heaven,
Holy is your name.
Your Kingdom come,
Your will be done on earth, as it is in heaven.

ALMOST A BILLION PEOPLE
are going hungry, while we waste
1/3 OF THE FOOD WE PRODUCE.



2.3 million children die each year from malnutrition in developing countries (Save the Children, A Life Free From Hunger, 2012); and women are more likely to go hungry compared to men. At the same time, around 500 million adults are obese and 40 million children under the age of five are overweight (WHO).

Give us this day our daily bread,
And forgive us our sins,
As we forgive those who sin against us,
And lead us not into temptation,
But deliver us from evil. Amen.

Sending/Blessing

“Sending” is the completion of the worship. When your worship in the hall comes to a conclusion there is literally a “sending”, as people exit and go back to their classrooms—how you follow the same pattern in the classroom will depend on how you prepared and gathered for worship.

Blessing examples:

Go out into the world in peace. Be brave. Don't repay evil with evil. But always seek what is good. Lend your strength to those who are weak. Support those who are in need. Respect everyone. May God bless you, And may you be a blessing to our community, and to our world.

For each step that I might take
Be my guide, O Lord of life
For each load that I might bear
Be my strength, O Lord of life
For each mountain I might face
Be my power, O Lord of life
For each danger that I might come across
Be my safety, O Lord of life
For each place where I might rest
Be my peace, O Lord of life
For each sunrise and sunset


Have Post-it notes (if possible, use ones that are in the shape of food or leaves) available for the children to write thank you prayers on for the food that we have. The older children could also write sorry prayers for the food that we waste and promises to not to waster what they have.

Planting and Growing reflection station

Set up a station where people can plant something. You could provide pots of soil and some seeds, like sunflower seeds. (Alternatively have pictures of plants or flowers to colour

<https://www.twinkl.co.uk/resource/t-t-26967-plants-and-growth-themed-mindfulness-colouring-sheets>)

Around the growing area, post some pictures of farmers in developing communities who are working the land and growing their own food.

	<p>Be my joy, O Lord of life God is great! God is good! Let us thank Him For this time</p> <p>God is great! God is good! Let us thank Him For our day God is great!</p>	<p>You could print this case study from Pakistan at: http://bit.ly/Y0Q5b2 Place a sign above the station, inviting children to plant a seed, and at the same time to pray for a farmer elsewhere in the world who is tending their own seeds today.</p> <p>Links to worship songs: Hungry and Thirsty https://www.youtube.com/watch?v=r5HzhGq66Sg</p> <p>Jesus you're my superhero https://www.youtube.com/watch?v=1FY4C930M2Y</p>
<p>Tuesday</p> <p> Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often help us to see things more clearly.</p>	<p>Gathering As above</p> <p>Engaging Get creative Either in groups or individually design a healthy lunch box for a picnic that you would go on with your friends. This could be either drawn or made as a model from a shoe box. For younger children this could be turned into a Teddy Bears' picnic. Encourage the picnic to contain:</p> <ul style="list-style-type: none"> • a starchy food, e.g. potatoes, bread, rice, 	

pasta

- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber
- a source of protein, e.g. beans, pulses, egg, fish, meat
- a healthy drink,
- a treat

Explain why it is so important to eat a healthy diet.

Responding

Say: Today we're thinking about eating together, which is something Jesus loved doing with his friends and something many people of faith have always done together.

Quickfire questions for everyone:


- Favourite food?
- Worst thing in the world to eat?
- Best meal you've ever had with someone else?
- Weirdest place you've eaten a meal?
- If you could put anything on a pizza, what would it be?

Take time to say thank you for the provision of food that we have each day.

Going deeper - Pizza Prayers

Cut a circle of paper into segments and give one to everyone. On one side draw (or write) your favourite pizza topping, and on the other write a short prayer of thanks for the provision of food that we have each day or draw something for which you are thankful.

The segments are returned to the table centre,

	<p>topping side up, to form everyone's favourite pizza. Everyone takes a slice at random and they are read out in turn.</p> <p>Sending As above</p>	
<p>Wednesday</p> <p> Doors</p> <p>Doors are for walking through in order to then act or respond in some way; it might mean moving on, making choices, doing something creative or purposeful in response.</p>	<p>Gathering As above</p> <p>Engaging Recap on what you have done so far this week. You have been looking at the challenge of 'outward looking', reflecting on the things that you have to be thankful for, and now it is time to think about how you can be like the boy in the Bible account and be a blessing to others.</p> <p>If appropriate you may want to use these images to prompt the class to recap the story. http://www.freebibleimages.org/illustrations/lgr-boy-lunch/</p> <p>Think about the people in the account of the Feeding of the 5,000...</p> <p>How did different people respond? Jesus saw that the people were hungry and needed food – he put a plan into place to help. Philip couldn't see any solution only the problem and so did nothing. Andrew saw one solution but didn't think it was good enough and so passed it on to someone else. The boy was willing to give whatever he had to help others.</p>	

How do you think you would have responded had you been there at the time?

Responding
Think and discuss

There are times when we all need help – do you know of anyone in particular need at this time?

Do you know anyone who is hungry and in need of food – either in this country or elsewhere?

Is there anything you can do to help these people?

You may want to take time to pray for these people.

Going deeper

Do you know of any organisations that help people who need food?

Can you think of ways that you can be helping support these or to do something as a class?

Explore these resources and maybe you can get some inspiration on what you as a group could be doing to help:


‘We need love’ **Feeding the 5,000** - official song. This is the story of ‘ordinary’ people who have done some amazing things to help others.

<https://www.youtube.com/watch?v=g3omNrtpII>

The story of **Trussell Trust** and food banks school resources <https://www.twinkl.co.uk/resource/t3-p-79-foodbanks-resource-pack>

Professor Green visits Lewisham Foodbank



<https://www.youtube.com/watch?v=oSmX7Q8Hqz8>

	<p>Feed the Hungry Visit their website - https://feedthehungry.org.uk/ School resources: https://feedthehungry.org.uk/schoolsfundraisingpack/ https://feedthehungry.org.uk/downloadables/ A collection of film clips explaining their work in more detail https://www.youtube.com/channel/UC6Vs4umiDXAMen0TA3_pKzQ</p> <p>Respond to what you have been thinking about with prayer and, if appropriate, action.</p> <p>Sending As above</p>	
<p>Thursday</p> <p>Mediation</p> 	<p>Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher’s pack: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/ (This can be adapted for use with all ages)</p> <p>You may want to use the following reflection from the pack: ‘Mindful of Us’ by David Hopwood</p> <p>As you meditate you may want to thank God for the way that he cares for us all and ask him to help you to be someone who cares for others and who shares what you have to help those in need.</p>	
<p>Friday</p> <p>Celebration</p>	<p>Take this time to celebrate what has happened during the week – you may want to give out awards. If possible, join the bubbles using Zoom or Teams so that the whole school can come together in a time of celebration.</p>	




Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.




Yourself		
<p>Weekly bible focus:</p> <p>Daniel 6:1-28 – Daniel and the Pit of Lions.</p> <p>The Parable of the Good Samaritan Luke 10:25-37</p> <div style="text-align: center;">  <p>Collective Worship Yourself.pptx</p> </div>		<p>Reflection ideas for the classroom or outdoor area</p>
<p>Monday</p> <div style="text-align: center;">  <p>Windows</p> </div> <p>Windows are for looking out onto God's world and being inspired by its wonders.</p>	<p>Gathering</p> <p>As your worship space in the classroom is prepared, you may wish to consider gathering the children together for worship using a focus of music, a piece of art work, or a short video that links to this week's theme of Yourself. This may be something that is personal to who you are as a teacher or may link to the content of this week's worship.</p> <p>As children are ready to start, you may wish to light a candle (or switch on a candle), and gather the children with a suitable greeting as the children gather for worship:</p> <p>This is the day that the Lord has made. Let us rejoice and be glad in it.</p> <p>Psalm 118:24</p> <p>Other alternatives can be found through the</p>	<p><u>The beatitudes</u> https://www.prayerspacesinschools.com/resources/168</p> <p>This activity encourages pupils to think about things which are unfair on other people when people are treated differently.</p> <p>Encourage pupils to write a thought, prayer, or action onto a piece of paper, to bring justice to a situation – it could be local or global. Add their paper to the side of the scales to level it out.</p> <p>Improving mental health resources:</p>

	<p>worship workshop worship planner (and within the embedded PowerPoint (Slides 5-8):</p> <p>https://worshipworkshop.org.uk/worship-planner/</p> <p>Engage:</p> <p>Share with the children slide 9 with the word 'Self-Belief'. Explore with the children what they feel that this means, and when they may need self-belief.</p> <p>Consider with the children different scenarios (Slide 10) of when we may need self-belief (Exams, meeting new groups of friends, talking in front of the class, acting in play).</p> <p>Sometimes self-belief is a voice that makes us feel good, giving us inner guidance and support, but sometimes this inner voice can be an inner critic and cause us to doubt ourselves or worry (slide 11 – 13 inner voice illustrations).</p> <p>What can we do in these situations?</p> <p>Introduce the children to the first part of the bible story of Daniel and the Pit of Lions. Daniel 6 1-10 (this leaves the story incomplete, to explore what actions Daniel could take).</p> <p>Or watch using a suitable YouTube clip: https://youtu.be/I8tXENptCSo (Until 1:36).</p>	<p>https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/return-to-school-resources/</p> <p>Primary:</p> <p><u>I can...</u></p> <p>Invite each child to draw or write about an ability or strength (note this is not necessarily about being the best at something but about enjoyment, using their skills and persevering)</p> <p>Make a 'we can' classroom collage of all the 'I can' statements</p> <p>Or</p> <p>Link the 'I can' statements into a paper chain to display around school.</p> <p>You can...</p> <p>Put the names of each child on a card in a box. In a safe space, encourage children to take a name from the box</p>
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	<p>Daniel had his own beliefs and faith in God, but came under pressure not to show what he believed in.</p> <p>Get creative https://dramaresource.com/hot-seating/</p> <p>Consider how Hot seating might be used as a strategy to consider what might Daniel's inner voice or inner critic be saying, when he learned about King Darius' signed order.</p> <p>Responding Let us look out into the world today, and think about situations where we might need to have self-belief and stand up for what we know is right and be the person that God wants us to be (slide 15).</p> <p>Children may be challenged to respond to this through:</p> <ul style="list-style-type: none"> • Set a goal for this week / term – to have self-belief and stand up for themselves or others around them. • Create a cartoon strip of what to do in a difficult situation for others to learn from. • Write a news headline, to encourage others to have self-belief and stand firm in their own beliefs and faith. <p><u>Let us pray:</u> Holy Spirit, sent by the Father,</p>	<p>and write down something that they admire about that child.</p> <p>Explain to children that we are looking for strengths and qualities and give some examples e.g. always does their best, never gives up, is a good friend etc. Pass the cards around so that all children have a turn to write on everyone's card (being carefully to avoid children being given their own name card).</p> <p>Return the cards to the box.</p> <p>Give each child their own name card to keep privately for them to look at and remember their unique strengths.</p> <p><u>Secondary:</u></p> <p><u>Flip it</u> Another way to consider helpful and unhelpful thinking habits is to practise 'flipping' them. Unhelpful thinking habits are the things</p>
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	<p>ignite in us your holy fire; strengthen us, your children with the gift of faith, so that we may stand strong in the face of injustice, and stand firmly for what we believe to be right, walking in the footsteps of Jesus Christ our Lord. Amen.</p> <p>Sending</p> <p>May God grant to the world justice, truth and peace and make our school a place of love. Amen.</p> <p><i>At the end of this worship, children may be invited to display their worship responses in a pre- determined focal point for class worships (Post-it notes around a mirror, or a specific poem, or piece of inspiring art).</i></p>	<p>we tell ourselves that creep up and get in the way of doing what we want to do. Make a list of helpful and unhelpful thoughts. Give some examples. Encourage pupils to think of an unhelpful thought and 'flip it ' . E.g. unhelpful thought... I failed my French test, I'm useless at languages.</p> <p>Flip it</p> <p>This time I didn't do well but I'm not totally useless. I didn't get every single question wrong. I might not be the best at French, but I can get better at it. I will ask for some help so I can improve. My friend is good at French I'll see if he has any tips... I will work harder for the next test.</p>
<p> Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often</p>	<p>Gathering As above.</p> <p>Engage Provide the children with the word Hero. Slide 22. Ask children to write, discuss or share what a hero looks like to them. How does a hero act? Do the children have any heroes?</p>	<p>Opportunity keys: https://www.prayerspacesinschools.com/resources/104</p> <p>The activity: This activity can be good at the beginning of a new school year or a new term as these are often times of</p>

<p>help us to see things more clearly.</p>	<p>Read the remaining part of the Daniel and the Pit of the Lions bible story – Daniel 6 12-28. Or watch using a suitable YouTube clip: https://youtu.be/I8tXENptCSo</p> <p>Why do you think that Daniel was put in the situation that he was? How was Daniel an example to the King Darius and all of those around him?</p> <p>Was Daniel a Hero?</p> <p>To help us answer this question further, let us explore other examples of heroes:</p> <p>Explore the phrases on slide 24.</p> <p>The following website may be useful to explore an appropriate example of an everyday hero (taken from the assemblies.org.uk assembly) https://www.assemblies.org.uk/sec/1280/heroes</p> <p>https://www.prideofbritain.com/</p> <p>http://www.christian.org.uk/news/video-jesus-was-the-real-hero-of-trapped-chilean-miners/.</p> <p>There may be situations that we face that take us out of our comfort zone, and we might not know at the time. Sometimes this is an opportunity to serve God and do something amazing for</p>	<p>opportunity and challenge.</p> <p>We are faced with lots of small opportunities and challenges every day, and then sometimes we face larger ones too. These opportunities and challenges can stir up feelings of excitement and anticipation, but they can also stir up feelings of anxiety and fear.</p> <p>This prayer activity encourages pupils to think about new opportunities they have in their lives and how they can make the most of them.</p>  <p>https://www.twinkl.co.uk/resource/t3-p-65-my-hero-lesson-pack</p>
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someone else.

Respond

'This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends.'

(John 15.12–13)

There are many remarkable people who should inspire us for what they have done. However, it is down to us to recognize their heroism by allowing them to inspire us and challenge us to become better people. True heroes show us what is morally valuable and what is not. Christians believe Jesus is the ultimate hero who has demonstrated God's amazing love for us.

One of the trapped Chilean miners, José Henríquez, who led Bible studies down in the mine twice a day and was marked out for bringing 'calm, God and unity to the most difficult moments', said that he was not a hero despite being widely praised for helping the other miners. Mr Henríquez said the glory belongs to Jesus Christ: 'He is the only hero that should be mentioned. Apart from whatever man may have done both inside and outside that mine, He is the one who deserves the honour and the glory.'

Let us pray:

Dear God,
Throughout history, you have given people the

A lesson pack with a PowerPoint of images and fact files on 5 different heroes:

Martin Luther King, Hannah Cockroft, Stephen Hawking, Malala Yousafzai and Anne Frank. To help students consider different qualities of a hero there is a word mat which lists many qualities.

A further heroes assembly to take this focus further:

<https://www.assemblies.org.uk/pri/2909/the-hero-inside-us>


Postcard


Send a postcard of thanks to someone who has shown heroic behaviour in our community.


Be an invisible hero:
Hold a 'Random Act of Kindness' day

Once per half term students and staff carry out a random act of

	<p>gifts of courage, caring, strength, wisdom and love to help each other. Help us to learn from these examples. Help us to do good things because we care, not just so that we can receive praise and thanks. Helps us always to seek to love and care for others. Amen</p> <p>Sending</p> <p>May the light of Christ our Lord shine in all our hearts. Amen.</p> <p>Don't let anyone look down on you because you are young: https://youtu.be/HI-P0uRlcPQ</p> <p>Search for the hero:</p> <p>https://www.youtube.com/watch?v=pphYHt9gw4s</p>	<p>kindness for somebody. This could include writing a lovely message on a board, leaving a treat on somebody's desk. If these are done anonymously it can feel even more special.</p>
<p> Doors are for walking through in order to then act or respond in some way; it might mean moving on, making choices, doing</p>	<p>Gather Christ the light of the world is here Lord Jesus shine on us</p> <p>Engage</p> <p>Read with the children the Parable of the Good Samaritan, Luke 10:25-37.</p> <p>https://www.barnabasinschools.org.uk/idea/good-samaritan-helping-others</p>	<p>Make people smile project:</p> <p>https://www.therapistaid.com/worksheets/printable-emotion-faces.pdf</p> <p>Use the emotion faces, for children to cut out at write ways that they have supported and responded to treating all people in a</p>

<p>something creative or purposeful in response.</p>	<p>Or Offer a modern day alternative such as: https://www.assemblies.org.uk/pri/759/the-good-samaritan</p> <p>If the children are familiar with this bible story, you could ask them to re-tell the story using a wordless video: https://youtu.be/Dr0Vn5QBMtM</p> <p>Or watch using a suitable video: https://www.max7.org/en/search?text=good%20samaritan</p> <p>Responding</p> <p>Can you think back to the last few weeks and think carefully about how you have treated people. How have you spoken to them? How have you acted towards them?</p> <p>Do you treat people differently because of their age, where they are from, or the clothes they wear?</p> <p>As you watch this video, think about what reason you give people to smile:</p> <p>https://youtu.be/8YuBxP4CKZc</p> <p>We may not be in a situation every day, like the good Samaritan, but we do have chance to treat</p>	<p>positive way, and how they have made them smile.</p> <p>The Beatitudes – Justice: https://www.prayerspacesinschools.com/resources/168</p> <p>This activity encourages pupils to think about things which are unfair on other people when people are treated differently.</p> <p>Encourage pupils to write a thought, prayer, or action onto a piece of paper, to bring justice to a situation – it could be local or global. Add their paper to the side of the scales to level it out.</p> 
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	<p>everyone with kindness and make them smile. Make people smile project. How might you set yourself a challenge to have self-confidence, let your own light shine, and try and make others smile.</p> <p>Let us pray: God, you are everything to us, giving us life, filling us with love, and setting us free from sin that we might live in you. Accept the work of our hands this day, take our lives, give us your peace and renew us in the service of Jesus Christ our Lord. Amen.</p> <p>Sending</p> <p>Go in peace to love and serve the Lord. In the name of Christ. Amen.</p> <p>Song: Cross over the road my friend – BBC Come and Praise: https://youtu.be/FvCb9VfT1WE</p>	
<p>Thursday</p> <p>Mediation</p> 	<p>Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher’s pack: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/ (This can be adapted for use with all ages)</p> <p>https://youtu.be/5W3GPK5hUME</p>	

	<p>As you meditate you may want to ask God to help you see past people's differences, and be a good Samaritan for anyone needing your help.</p>	
<p>Friday</p> <p>Celebration</p> 	<p>Take this time to celebrate what has happened during the week –</p> <p>What goals have they set at the start of the week? How have the children shown self-confidence?</p> <p>How have the children embraced random acts of challenges to be everyday heroes?</p> <p>Explore the smile challenge with the children, and how many children have made others around them.</p> <p>What lessons have they learned from the smile challenge?</p> <p>Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.</p>	

Grateful

Weekly Bible focus: Luke 17: 11-19 The Ten Lepers

<https://www.biblegateway.com/passage/?search=luke+17%3A+11-19&version=ICB>

**Reflection ideas for the
classroom or outdoor area**



Rainbow Classroom
Worship Grateful.ppt

Possible music:

Thankful – Kelly Clarkson
Grateful – Rita Ora
Thank You For Being A Friend – Cynthia Fee
Thank you - Sly and the family stone

Monday



Windows

Windows are for looking out onto God's world and being inspired by its wonders.

Gathering

Once everyone is calm and the space is set up ready for worship you may want to start by lighting a candle and saying / signing a greeting.

Examples:

Grace, mercy and peace be with you
and also with you.

We have come together to offer our praise and thanksgiving, to pray for the needs of the world, and to seek the forgiveness of our wrongs, that we may give ourselves to the service of God.

The Lord be with you
and also with you

This is the day that the Lord has made.
Let us rejoice and be glad in it.

The Lord is with us
Let us praise his name together

Engage

Have you ever had a sore or rash on your skin? You might have put cream or powder on it to make it go

Prayer Spaces:

Thankful Box

<https://www.prayerspacesinschools.com/resources/45>

This activity encourages pupils to reflect on moments when they have been thankful, and it asks who they want to thank.



Resources:

*A4 box with lid 5 x laminated photos of awesome scenery or beautiful, natural things.

*1 x laminated photo, with a similar landscape and the following question printed on it: 'If you have ever felt thankful for the beauty of the world around you, who or what did you want to thank?'

Below is an example of the instructions you could use for

away. Sometimes the rash or sore might just go away by the next day.

In the times of Jesus people sometimes got sores or a rash that would not go away. No matter what kind of medicine the person used, they did not get better. The sores would get so bad that the person would die. This was called leprosy.

People with leprosy could not get close to anyone else in case others got leprosy too. People with leprosy could not hug anyone or eat with anyone. They had to live away from the city. They could only be with other people who had leprosy.

Read the Bible passage

<https://www.biblegateway.com/passage/?search=luk+17%3A+11-19&version=ICB>

You could use finger/spoon puppets to tell the story or ask children to act it out

Or watch:

https://www.youtube.com/watch?v=1_QOhNJ1Zuc

Explain: Out of the ten lepers, only one said thank you. Jesus looked at him and asked the man if he was the only one of the ten who had been healed. The man said no, they had all been healed. But he was the only one who had come back to say thank you. They were all really pleased to have been healed but only one showed gratitude.

Going deeper

How many different things are we glad that we have? Encourage the children to think about their food, family, friends, clothes, homes, doctors, teachers, etc.

this activity:

Open the box and look inside. Read the question. Think of a moment in your life that was breath taking. What have you seen, where have you been, that you would describe as incredible, beautiful, wonderful? When and where was it? How did it make you feel? If you want to, you can say a silent prayer of thanks to God.

Thankful Activities:

Gratitude walk


Take a gratitude walk around school/ neighbourhood. Try to observe using all of our different senses, for example; what can we hear, see, smell, and feel.


Try to think of the things we might take for granted or not typically notice or appreciate


Gratitude alphabet


A circle time game to explore the range of things we can be thankful for. In a circle ask children to think of the things they are thankful for.

<p>We take these things for granted but we should be thankful for them all. How do we feel when we give thanks? How does it feel to be someone who receives thanks?</p> <p>Respond Write or draw something you are grateful for on a leaf. Place the leaf on a whole school or classroom gratitude tree.</p> <p>Encourage the pupils to respond with their own prayers first and then if appropriate follow with:</p> <p>Thank you, God, for all that we have. Thank you for our food, our family, our friends and all that you give us. We are sorry that sometimes we forget to say thank you. Help us to always thank other people for the things they do for us, and to thank you for all that we have. Amen.</p> <p>Sending/Blessing</p> <p>Blessing examples:</p> <p>We go into the world to walk in God's light, to rejoice in God's love and to reflect God's glory. Amen</p> <p>May the light of Christ our Lord shine in all our hearts. Amen</p>	<p><i>Beginning with "A" take turns and work around the circle all the way through the alphabet to "Z." Have fun and help each other if anyone gets stuck on a letter!</i></p> <p>Gratitude Jar <i>Try keeping a gratitude jar. Encourage students and teachers to write one thing they are thankful for each day. This can be something simple such as a nice cup of coffee or a sunny day, or can be for an act of kindness or the actions of a friend. These anonymous gratitude notes can be shared at the end of the week to explore the wide range of things we can find thanks for.</i></p> <p>Links to worship songs: Thank you Lord https://www.youtube.com/watch?v=H_bfSH-JxI4</p> <p>I Just Want to Thank You Lord https://www.youtube.com/watch?v=GeKvulgMv8E</p> <p>Give Thanks https://www.youtube.com/watch?v=BV_OHTCzoZc</p>
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	<p>Let us bless the Lord. Thanks be to God.</p> <p>The Lord bless us and watch over us, the Lord make his face shine upon us and be gracious to us, the Lord look kindly on us and give us peace; and may <i>the blessing of God almighty, the Father, the Son, and the Holy Spirit</i>, be among us and remain with us always. Amen.</p> <p>Creator God, Make us thankful for what we have received and generous in supplying the needs of others so all the world may give you thanks and glory, through Jesus Christ our Lord. Amen.</p>	
<p>Tuesday</p>  <p>Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often help us to see things more clearly.</p>	<p>Gathering As above</p> <p>Engaging Ask for ten volunteers and ten helpers. Ask the helpers to wrap up parts of the volunteers in toilet roll, bandaging them around the head or around a hand or an arm, for example. Guide them so that they don't get too carried away (they are not to create ten mummies!), but there should be enough bandaging to suggest illness and leprosy. Using a little sticky tape at the start and end of the bandaging process will help keep the 'bandages' in place.</p> <p>When the helpers have finished, thank them, then ask them to sit back down.</p>	

	<p>Now tell the story from yesterday again and, as you do so, have the 'leper' volunteers act out what you are describing is happening to them.</p> <p>At the end, ask, 'How many came back to Jesus to say thank you?'</p> <p>Responding Let's spend a few moments thinking of all the people you have already said 'Thank you' to today. . . . Your parents, your teachers, the person who helps you cross the road . . . maybe even your sister or your brother!</p> <p>Now, let's think about everyone who you didn't say 'Thank you' to . . . Perhaps as we return to our lessons or when you get back home you might say those thank yous.</p> <p>Sending As above</p>	
<p>Wednesday</p> <p> Doors Doors are for walking through in order to then act or respond in some way; it might mean moving on, making</p>	<p>Gathering As above</p> <p>Engaging What is gratitude? Discuss and share definitions of gratitude. Ask for examples of how we show our thanks. Introduce the idea that we can show gratitude in different ways, and for different things.</p> <p>Going deeper Stop and think about the day-to-day things that we take for granted. Share your own examples with the</p>	

<p>choices, doing something creative or purposeful in response.</p>	<p>children. Do we sometimes forget to be grateful? What do you take for granted? How could you remember to be thankful?</p> <p>Think and discuss What are we grateful for? How might we show we are grateful?</p> <p>Responding Postcard <i>Design and send a postcard of thanks to someone you are grateful to in school or at home this week. Postcards can be delivered to each class or taken home at the end of the week.</i></p> <p>Sending As above</p>	
<p>Thursday</p> <p>Mediation</p> 	<p>Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher’s pack: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/ (This can be adapted for use with all ages)</p> <p>You may want use the reflection prompts alongside this week’s Bible reading: https://www.biblegateway.com/passage/?search=luke+17%3A+11-19&version=ICB</p> <p>As you meditate you may want to spend time thinking of the things/people in your life that you are grateful for. Take a quiet moment to consider gratitude using these prompts – or make some prompts of your own.</p> <ul style="list-style-type: none"> • I’m grateful for three things I hear 	

	<ul style="list-style-type: none"> • I'm grateful for three things I see • I'm grateful for three things I smell • I'm grateful for three things I touch/feel • I'm grateful for these three things I taste 	
<p>Friday</p> <p>Celebration</p> 	<p>Take this time to celebrate what has happened during the week – you may want to give out awards. If possible, join the bubbles using Zoom or Teams so that the whole school can come together in a time of celebration.</p> <p>Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.</p>	

Be Still

Weekly bible focus:

Psalm 46:10 <https://www.biblegateway.com/passage/?search=Psalm+46&version=ICB>

Mark 4 35-41 <https://www.biblegateway.com/passage/?search=Mark%204%3A35-41&version=ICB>



Rainbow Classroom
Worship Be Still.pptx

Possible Music:

Peace Be Still <https://www.youtube.com/watch?v=dUpKZzONm7c>

Be Still for the Presence of the Lord <https://youtu.be/ZugvUQ4m90U>

Be Still <https://www.youtube.com/watch?v=4zcHHp0GTuc>

The Sound of Silence Simon & Garfunkel

Reflection ideas for the classroom or outdoor area

<https://www.youtube.com/watch?v=8FB9GYKIT3E>

Monday



Windows

Windows are for looking out onto God's world and being inspired by its wonders.

Gathering

Once everyone is calm and the space is set up ready for worship you may want to start by lighting a candle and saying a greeting.

Examples:

Sign, or sign and say

Peace be with you

And also with you

Listen to quiet music, light a candle and say

The Lord is here

His Spirit is with us

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you
and also with you.

Be still and know that I am God

Engage

Begin by asking the children to 'be still, be quiet and stop.' Play a 30-60s clip from a video such as these ones:

<https://www.youtube.com/watch?v=8myYyMg1f>

[FE](#)

https://www.youtube.com/watch?v=ec_xGmM_t

[Jc](#)

<https://www.youtube.com/watch?v=LiiYMEWKVn>

[Y](#)

Forest Listening

<https://www.prayerspacesinschools.com/resources/116>

This activity encourages pupils to listen to the sounds around them



Resources:

Paper, pens, timer

Below is an example of the instructions you could use for this activity:

We are surrounded by noise almost all the time. However, even though we can hear those sounds, we rarely stop and listen.

Be still for a couple of minutes.

What can you hear? If you want to, you can draw or write about what you can hear onto a piece of paper.

How can we be better listeners?
How can we listen to each other better? And maybe; How can we listen to God?

Ask children to look carefully and to listen to any sounds they can hear:

Take responses from the children

1. What did you hear? What did you see?
What are your favourite sounds?
2. How many things do you miss every day because you don't really notice them?

*We live in a busy, noisy world. How many times do we stop and truly notice the things around us?
The changes in nature, the sounds all around.*

3. Is there also a place for silence and stillness in our noisy world?
4. How many of you try to get away from noise during the day? Why or why not?
5. How would you feel if you were trying to talk to someone, but they couldn't hear you because of noise?
6. Would that be frustrating? Why?
7. Do you think that God wants us to listen to Him?
8. Is it easier to listen to God when it is quiet and when we are still or when we are busy, and it is loud?

Read Psalm 46:10

God says,

"Be still and know that I am God.

I will be praised in all the nations.

I will be praised throughout the earth."

Calm Jars

<https://www.prayerspacesinschools.com/resources/69>


This activity invites pupils to pause and be still for a few moments. It works best as a guided narration on an MP3 player, but if there is enough space (and quiet) it can work just as well in a corner of a classroom.




Resources:

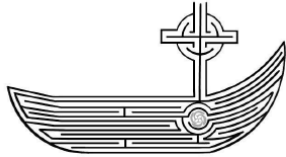
- Jar – an acrylic jar is best, with a well-fitting lid, as it is less likely to break. You can buy jars which are used as water bottles in most supermarkets and large chemists.
- Water
- Glitter

	<p>Explain: For Christians, the most important relationship is between God and His creation – this includes God’s relationship with people. Christians believe that stopping and listening to God is really important. Jesus also knew that silence, stillness and solitude - time alone, away from distractions - was good. The Bible speaks about times when he withdrew to ‘lonely places’, such as in Luke 5.16 (NIV): ‘But Jesus often withdrew to lonely places and prayed.’</p> <p>Going deeper</p> <ol style="list-style-type: none"> 1. Is it good to be quiet sometimes? Why? 2. What is one thing you can do this week to be still and listen, maybe listen to God? <p>Respond</p> <ul style="list-style-type: none"> • Ask children to take time during the day to stop, be still and really notice their surroundings. • Encourage them to draw something, they’ve not noticed before or write simple prayers of gratitude. • Encourage the pupils to still using one of the breathing techniques found within the meditation resource: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/ • Lord, you have given us a time of reflection and rest. Calm us, and give us your peace to refresh us. Keep us close to Christ that we 	<ul style="list-style-type: none"> • Glycerine • Food colouring • MP3 players with headphones (not the ear bud type) You will need to record the script and mix it with some ambient music. <p>Below is an example of the instructions you could use for this activity:</p> <p>Sit down. Put on the headphones and switch on the MP3 player. Try to ignore everything else in the room. Listen to the instructions and follow them if you want to.</p>
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	<p>may be closer to one another because of his perfect love. In his name we pray. Amen</p> <p>Sending/Blessing “Sending” is the completion of the worship. When your worship in the hall comes to a conclusion there is literally a “sending”, as people exit and go back to their classrooms—how you follow the same pattern in the classroom will depend on how you prepared and gathered for worship.</p> <p>Blessing examples: May God’s blessing surround us today Amen</p> <p>Go in peace to love and serve the Lord. In the name of Christ. Amen</p> <p>Go in the peace of Christ. Thanks be to God.</p>	
<p>Tuesday</p> <p> Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often help us to see things more</p>	<p>Gathering As above</p> <p>Engaging <i>Ask: Is there anything that frightens you?</i> Collect ideas/thoughts from the children.</p> <p>There is a story in the Bible where Jesus’ friends were very frightened. Watch https://youtu.be/98tJfu-Jq8c</p> <p>Sometimes, we have a storm raging inside us:</p>	

clearly.	<p>Have you ever felt angry recently? <i>Pause to allow time for thought.</i></p> <p>Have you ever felt worried recently? <i>Pause to allow time for thought.</i></p> <p>Have you ever felt frightened recently? <i>Pause to allow time for thought.</i></p> <p>Christians believe that Jesus is with them throughout their lives. They believe that they don't face any situation on their own; God is always with them.</p> <p>Ask children to think what they might learn from the story?</p> <p>Remember the words from the Psalm yesterday: "Be still and know that I am God". When life is busy and things frighten us, it often helps to stop, be still and breathe. It can be hard sometimes to be brave enough to tell someone. However, it is always better to share our worries and this can help to calm the storm inside us.</p> <p>Responding Dear God, Please help us when times are difficult and we feel like a storm is going on inside us. Help us to be brave and to talk to someone who can help us. Amen.</p> <p>Encourage the pupils to still using one of the breathing techniques found within the meditation</p>	
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	<p>resource: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/</p> <p>Sending As above</p>	
<p>Wednesday</p> <p> Doors</p> <p>Doors are for walking through in order to then act or respond in some way; it might mean moving on, making choices, doing something creative or purposeful in response.</p>	<p>Gathering As above</p> <p>Engaging Remind children of Psalm 46:10 'Be still and know that I am God' and of the story of Jesus commanding the wind and waves to 'Be still!' Make a paper boat like the one in the story and use as a prayer focus – write the things that frighten them/worry them on the boat. https://www.youtube.com/watch?v=1wu5oKy4m5s Display a large boat and get children to add worries with post its.</p> <p>Responding Think and discuss <i>What things worry you?</i> <i>How might you respond when you feel unsettled?</i></p> <p>Encourage children to improvise their own prayers</p> <p>Labyrinth prayers</p>	



Labyrinths lend themselves to quiet, individual prayer. You can choose labyrinths that have a specific focus or theme (such as the one above).

- **Purgation** (releasing) ~ entering the labyrinth and moving towards the centre. Key thought: what do I need to let go of? What do I need to open my heart and mind to?
- **Illumination** (receiving) ~ at the centre of the labyrinth. Key thought: What is here for me to think about? What is knocking at my heart? [pupils should spend some time in quiet stillness and reflection when they reach the centre of the labyrinth]
- **Union** (returning) ~ leading back out of the labyrinth. Key thought: What can I bring to the world from my labyrinth experience? How can I share it with others?

Sending

As above

Thursday –
Meditation

Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher’s pack:

<http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/>

	<p>(This can be adapted for use with all ages)</p> <p>You may want to use either of the Bible readings as a focus for this meditation:</p> <p>Psalm 46:10 https://www.biblegateway.com/passage/?search=Psalm+46&version=ICB</p> <p>Mark 4 35-41 Jesus Calms the Storm https://www.biblegateway.com/passage/?search=Mark%204%3A35-41&version=ICB</p>	
Friday - Celebration	<p>Take this time to celebrate what has happened during the week – you may want to give out awards. If possible, join the bubbles using Zoom or Teams so that the whole school can come together in a time of celebration.</p> <p>Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.</p>	

Valued

Weekly bible focus:

Luke 15: 3-7 <https://www.biblegateway.com/passage/?search=luke15&version=ICB>

Luke 12: 6-7 <https://www.biblegateway.com/passage/?search=Luke+12%3A+6-7&version=ICB>



Rainbow Classroom
Worship Valued.pptx

Possible Music:

You Say <https://www.youtube.com/watch?v=slaT8Jl2zpl>

My Lighthouse <https://www.youtube.com/watch?v=IFBZJGSgyVQ>

Great Big God <https://youtu.be/eaXPXWBcE3I>

Who You Say I Am

<https://www.youtube.com/watch?v=YOLHTDVy5C0&list=PL8ZuKC7Hc>

Reflection ideas for the classroom or outdoor area

[G3EMscpCqDphLjat6d8rx4f4](https://www.youtube.com/watch?v=G3EMscpCqDphLjat6d8rx4f4)

Shine <https://youtu.be/W2xc-w8Zcbo>

He's got the whole world in His hands BSL

<https://www.youtube.com/watch?v=d-xK8ArLEP0>

This is Me <https://www.youtube.com/watch?v=WpYeekQkAdc>

Monday



Windows

Windows are for looking out onto God's world and being inspired by its wonders.



Gathering

Once everyone is calm and the space is set up ready for worship you may want to start by lighting a candle and saying a greeting.

Examples:

Sign, or sign and say

Peace be with you

And also, with you

I will give thanks to you, Lord, with my whole heart

I will tell of all your marvellous work

God is good! God is truth! God is beauty
Praise Him!

Make us to know your ways, O Lord
And teach us your paths

Engage

Read

Luke 15 3:7 The Lost Sheep.

You could use children to role play the story or use a story sack for interest.

Or watch:

Pom Pom Prayers

<https://www.prayerspacesinschools.com/resources/117>

This activity encourages pupils to think about how they are different, unique, and special.



Resources:

- Hundreds of pom poms – from Amazon, or students could make their own
- Feet outline (see photos),
- Decorations (googly eyes, stick on items),
- Glue Pens

<https://www.youtube.com/watch?v=tyWZeOlaRo4>

Explain:

The story is a parable. A parable is a story with a special hidden meaning. Can you find the hidden meaning and put it in the box (use a special gift box)

Have you ever been lost?

How did you feel? *Thoughts could be added to post its.*

Why do you think the shepherd went to look for the sheep that was lost when he had so many sheep?

Would you do the same? Explain why/why not

Going deeper

What do you think Jesus was trying to explain with this parable?

You could go on and ask the children to make hidden meaning boxes. Use nets and decorate. Put the hidden meaning on the inside so that anyone who chooses to open it finds the meaning.

Jesus was trying to explain the worth of every single person to God. In this parable, he shows how a shepherd will search for each and every one of his sheep, just like God will keep looking for each of his people.

Respond

Encourage children to improvise their own

Below is an example of the instructions you could use for this activity:

Pompoms come in different shapes, colours. and sizes. People come in different shapes, colours, and sizes too. You are unique and wonderful! Choose a pompom and a foot-shape. Stick some googly-eyes onto the pompom, and then glue it to the foot-shape. If you want to, you can draw or write about a few things that you are good at. When you've finished, stick your pompom with the others.




Mirrors

<https://www.prayerspacesinschools.com/resources/36>

This activity encourages pupils to see and think about themselves in a more positive way.



	<p>prayers</p> <p><i>Say a prayer:</i> Dear God, Please help us to understand that we are precious and loved. Help us to accept our value and allow our lives to reflect this. Help us to value others and to take the time to see them clearly. Amen. Dear Lord, Thank you for all the children here. Thank you that we are all unique and different, and thank you that we are precious to you. Please help us to show other people that we value them and their uniqueness, too. Amen.</p> <p>Sending/Blessing</p> <p>Blessing examples: May God's blessing surround us today Amen</p> <p>May the light of Christ shine in all our hearts Amen Let us walk in God's light, rejoice in God's love and reflect God's glory Amen</p> <p>May the almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. Amen</p>	<p>Resources:</p> <ul style="list-style-type: none"> • Full length mirror or series of mirrors hung on a wall. • Positive self-image quotes • Fabric or sheets to create a more private area in the room. (optional) • Lamps. (optional) <p>Below is an example of the instructions you could use for this activity:</p> <p>Look in the mirror. What do you see? Are there things about yourself that you don't like? Read some of the quotes around the mirror. Take your time. Christians believe that God made everyone, and more importantly, that God loves everyone. No one is perfect, but each person is unique and special.</p> <p>Tapestry Prayers: Create small, square wooden frames by gluing 4 lollipop sticks together. Have a large selection of coloured yarn/wool available, cut into manageable lengths.</p>
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	<p>Go in peace, We go in peace Go in joy We go in joy Go in love We go in love Amen.</p>	<p>Pupils think about themselves as wonderful individuals created by God as they tie the end of the wool to the frame and begin randomly weaving in across and up and down. You may wish to suggest colours might have meanings for different character traits. Each tapestry will be unique and vibrant, just like the wonderful diversity of the class.</p>
<p>Tuesday</p> <p> Mirrors Mirrors are for looking into and reflecting upon things, either alone or together. Mirrors often help us to see things more clearly.</p>	<p>Gathering As above</p> <p>Engaging Show children £6 in money. What could you buy for £6? Show children items that could be bought for £6. Ensure that children have a concept of £6</p> <p>Tell children the story of Venkatamma using the powerpoint.</p> <p>Venkatamma was sold for just £6. Look at the things that could be bought for £6</p> <p>Christians believe that God cares for each one of us and that we are worth more than any sum of money. Read Luke 12: 6-7 <i>“When five sparrows are sold, they cost only two pennies. But God does not forget any of them. 7 Yes, God even knows how many hairs you have on your head. Don’t be afraid. You are worth much more than many sparrows.”</i></p>	<p><i>‘You knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made.’ Psalm 139:13-14</i></p>  



Responding

How much are you worth?
Think of any sum of money you can – it won't be enough.
Think of the most expensive thing possible: a private plane, a private spacecraft, your own island, your own country, your own planet, your own universe ... But none of these things can think and feel and live and love like you can. You're priceless.

Encourage children to respond with their own prayers. You could be creative:

- Prayer wall
- Tapestry prayers
- Graffiti wall

Sending

As above

Wednesday



Doors

Doors are for walking through in order to then act or respond in some way; it

Gathering


As above

Engaging

Remind children of the Bible focus from yesterday:

Luke 12: 6-7

"When five sparrows are sold, they cost only two

<p>might mean moving on, making choices, doing something creative or purposeful in response.</p>	<p><i>pennies. But God does not forget any of them. 7 Yes, God even knows how many hairs you have on your head. Don't be afraid. You are worth much more than many sparrows."</i></p> <p>Build a giant paper aeroplane which they draw on to make look like a bird.</p>  <p>https://www.youtube.com/watch?v=54noZe-0B1c</p> <p>Have a competition to see whose paper bird flies the furthest. The activity can be used to discuss how it doesn't matter what we do or how far we travel in life, God cares about us and never stops loving us.</p> <p>Responding What can you do in your daily life to show others their value? Create a class pledge /individual pledges of one thing we can do to show others they are valued.</p> <p>Form a 'Secret Service' team – try to do a small act of kindness for others each day.</p> <p>Sending As above</p>	
<p>Thursday – Meditation</p>	<p>Use the Meditation resource alongside the Spiritual Encounters – bible based meditation teacher's pack: http://www.ldbe.co.uk/about/guidance-resources/worship-and-meditation/ (This can be adapted for use with all ages)</p>	

	<p>You may want to use the following as a focus for this meditation:</p> <ul style="list-style-type: none"> - You are loved. - You are valuable. - You are crafted with beauty and purpose. - There is no one like you. - You don't need to look like the rest or talk like the rest or be like the rest. - This world needs you as you are. - There is no truth in the lie that you don't matter. - You were put here for a reason. - You are loved. - You were not an accident. - You are not a mistake. 	
Friday - Celebration	<p>Take this time to celebrate what has happened during the week – you may want to give out awards. If possible, join the bubbles using Zoom or Teams so that the whole school can come together in a time of celebration.</p> <p>Remember that this should also be a time of worship and celebration so begin with a gathering, include a prayer, a blessing, and a song of celebration.</p>	