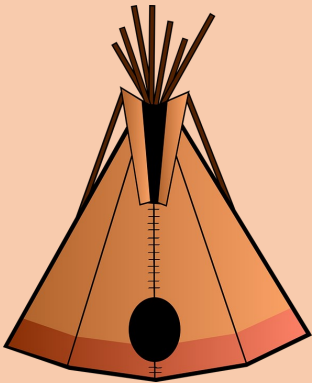


Reflection Space - 'time to think'

Watford Schools Trust is a Christian charity that offers lessons and assemblies in local primary schools. One of our special activities is the Prayer and Reflection Space which is a space designed to help you think about God, our world, ourselves and other people. It is meant to encourage you to think about things that are important to you, to give you time to be still and give way to your thoughts. As we currently can't offer this special event in schools, we would like to encourage you to create your own Reflection Space at home. Here are some ideas!

Be Still



You need: Bed Sheets, pillows and or beanbag

Build a den in your home, make it comfy and peaceful. This den is a place to be still. To breathe slowly. To listen or to pray.

Gratitude Jar

You need: Empty Jar, paper or Post-it notes, pens



It's good to be grateful – to say thank you. What are you thankful for today? Each day write or draw something that you are thankful for and put it into the jar. At the end of the week, open the jar with your family, and read what you've all been thankful for together.

Fizzy Forgiveness

You need: glass of water, Vitamin C tablet (or a spoon of sugar)

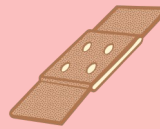


When we feel hurt by the things other people say or do to us it can make us sad, or angry. Forgiveness is about letting go. Take a tablet (or spoon of sugar) and think about your hurt feelings. Then drop it into the water. As it dissolves imagine forgiving the person who has upset you and the hurt disappearing.

Get Well Soon

You need: Fabric plasters or a picture of them, pens

Do you know someone who isn't well? If you want to, you can write their name onto one of the plasters as a hope or a prayer that they feel better soon.



Stick the plaster somewhere visible where you'll see it every day.

Help the Helpers

You need: Hand soap and water or Hand sanitiser

While you wash or clean your hands, think about the nurses, doctors and other health professionals who are trying to help people who are sick to get better. We can be grateful for the work they do.



Pray for the World

You need: World map or globe

Look at the map or globe. Who do you know who lives in a different country? Can you find a place or country that you have heard about on the news? If you want pray for peace and healing for those people.



For more activities check out www.prayerspacesinschools.com

www.watfordschoolstrust.org

