



PACE

PACE have put together a Prayer Spaces pack for your school to use in any way you might need to during these current times.

We're sorry that we cannot be with you but encourage you to set up some of these stations in an unused classroom or hall. You can visit this as part of a lesson or leave open for students and staff to visit when they need to.

We have chosen stations that should be easy to set up and require things that you should be able to access but are also relevant to what children or staff may be feeling. We'd love for you to send us some pictures of these being used so we can share them and encourage others to do the same!

In this pack you will find the set up instructions and the station cards.

We hope this is helpful to you in some way.

WORRY LILLIES

You will need:

- A tray filled with water
- Felt tip pens
- Paper lillies (in pack!)
- Scissors



Set up the tray in the middle of a table along with the pens, scissors and paper lillies. You may need to take these out as they sink to make room for more lillies!

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WORRY LILLIES

Is there something you are worried or scared about?

Would you like to let go of these worries and feel lighter?

Cut out your lily and write or draw on it something you are worried about or scared of.

Fold in each petal into the middle so you have a pentagon and gently place the lily on the top of the water with the petals facing up.

As you watch what happens to it, remember that talking about your worries can help you feel better.

If you want to, you can ask God to help you with your fear or worry.

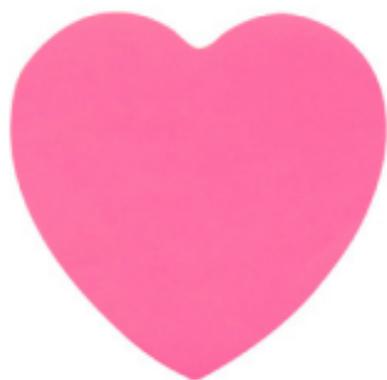
It is also good to talk with a trusted adult (teacher, parent, etc.) about your worries too. By sharing your worry it can help you feel better.



LOVE > FEAR

You will need:

- Paper
- Pens,
- Heart shapes or heart Post-It notes



Use some A3 or larger paper with LOVE > FEAR written on the top. Cut out some hearts large enough to cover some writing or use heart Post-It notes.

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LOVE > FEAR

There is no fear in love, but perfect love casts out fear. 1 John 4:18

Fear can feel HUGE and overwhelming. You can write your fears about the coronavirus disease onto this piece of paper.

But then, you can stick love-heart shapes on top of those fears, completely covering them, as a hope or a prayer to be set free from fear.

Remember it is ALWAYS a good idea to talk to someone you trust about your fears and worries, especially at the moment. Don't keep it inside as this can make you feel more sad.

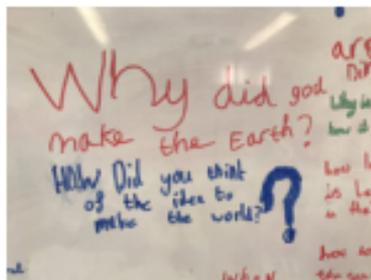


BIG QUESTIONS

You will need:

- Post it notes or a whiteboard
- Pens

This can be done on a whiteboard or post it notes stuck to a wall, wherever there is space to show the questions to others.



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BIG QUESTIONS

Are you a bit confused with what is happening at the moment? Do you have big questions?

Everyone has big questions about life. Everyone has questions about what is going on right now.

What are your big questions?

Write your questions onto the the paper or whiteboard provided so that others can see it.

Christians believe that we can ask God anything! Sometimes we can hear an answer, other times he shows us the answer later on.

Why not try asking God your questions? Close your eyes and ask him!



BEING BRAVE

You will need:

- A4 sheets of letters (in pack!)
- Pens

Lay out the letters and pens on the floor or table and let the children think about being brave.

They can draw or write to express themselves!



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BEING BRAVE

*What do you need to be brave about at the moment?
How are you feeling right now?*

What does it mean to be brave? When was the last time you were really brave?

We all need to be brave sometimes.

We need courage to face difficult situations.

What do you need to be brave about today?

Find the letter that starts your name and write or draw a thought or a prayer for courage on it.



BE STILL

You will need:

- Cushions/Beanbags/Blankets
- Lava Lamp/Fairy lights

Make a comfy area where the children can just sit and be still. If you have a lava lamp available or something similar that's great - if not just a comfy den would work! The children could help build this!

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BE STILL

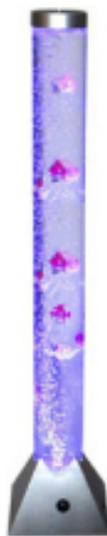
Life gets very busy! Sometimes we need to just stop and be still. To be with our thoughts or with God.

For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God.

In our busy world, this isn't easy.

This is a place to be still. So get comfy and if there is one watch the lava lamp.

There is no need to talk, no need to do anything.
Just 'be'.



KINDNESS POSTCARDS

You will need:

- Postcards/homemade cards
- Envelopes
- Pens
- Stamps
- https://www.carehome.co.uk/care_search_results.cfm/searchcounty/Guernsey

Simply invite the children to write a card to someone who may be lonely at the moment, perhaps in a carehome local to the school.

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KINDNESS POSTCARDS

At the moment people in care homes will be missing their families as they cannot visit them.

Elderly people in care homes sometimes feel lonely because they miss family and friends.

Brighten someone's day by drawing a picture or writing an encouraging message on a postcard and send it to a care home in your area.

Ask an adult to address it to 'The Residents' and put it in the post. Pray that those who read it will feel loved and valued.

