

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

## PRAYER ACTIVITY

# Thankful Board



### ● Equipment

A pin board/ memo board, pins, magazines and pictures

### ● Set up

Have the magazines and pictures to hand somewhere near your pin board

### ● Instructions

The Bible says 'give thanks in all circumstances'. Thankfulness begins with recognising goodness and beauty in people and in the world around us. Think of 5 things that you are thankful for today.

Try to find images in the magazines or online to represent those 5 things, cut them out and pin them to your Thankful Board. Take a moment to thank God for them.

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>)