

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

PRAYER ACTIVITY

Half Full/ Half Empty



● Equipment

3 cups, stickers, pens, paper

● Set up

Half-fill one of the cups with water and put it on the table. Add 'half-full' and 'half-empty' stickers to the other two cups.

● Instructions

Is the cup half- full or half-empty? Sometimes it's easier to see the bad/difficult things in our lives than the good things.

Write a few bad/difficult things in your life onto the pieces of paper and put them in the half-empty cup. For every bad/difficult thing, write a good thing and put it in the half-full cup too.

You might like to thank God for the good things and ask for God's help with the bad/difficult things.

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>)