

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

PRAYER ACTIVITY

Kindness Postcards



● Equipment

Postcards or homemade cards, envelopes

● Set up

An adult to help you find the address of a local care home

● Instructions

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.

For more information visit ageuk.org.uk

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>)