

Be the Light

Equipment:

Black scratch paper – available on internet
Pen/cocktail stick or something suitable to scratch the cards.

Instructions:

This activity encourages pupils to think about some of the times they've struggled and others have helped them to feel better.

It also encourages pupils to think about how they might help someone else when they're having a hard time. What can they do to help brighten up their day?

Using the black scratch paper students can write or draw how they can be the light in other people's lives.



Prayer Spaces
in Schools

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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Be the Light

Sometimes in life we go through hard times and things feel difficult. We often rely on those around us to light up our dark days, to encourage us and help us. But sometimes we need to be that light for others.

Do you support and encourage others when they're having a hard time? Take a piece of scratch paper. Write or draw a thought or prayer of what you could do to support someone else. It might be making someone smile, bringing a gift, being a listening ear...