



Introduction

It is often a good idea to start off a session with children using some simple warm-up games that involve physical exercise. It can help children focus better for any teaching later and is particularly important if they have been sitting passively for a while beforehand.

Preparation

No particular equipment is necessary just some energy and enthusiasm!

Development

The Lord's Prayer

Here are some actions linked up to the words of the Lord's Prayer. This is also a way to slow the prayer down and make each line more meaningful.

Our Father... in heaven

Belly-breathe in, counting, 1, 2, 3 for the first two words; then pause and count silently, 1, 2, 3; before saying the next two words, as you breathe out, 1, 2, 3

Hallowed be your name

As you say these words, sit or kneel crossing your ankles in front or behind you. In addition, stretch out each arm in front of you, crossing hands at the wrist. Now link up the fingers and then bring the clasped hands back underneath towards your chin. Hold this for a while.

Your will be done on earth as it is in heaven

Reach out both arms in front of you and with your index fingers simultaneously trace the shape of a circle in the air either side of the centre of your body (= Your will be done on earth) and then trace the shape of a triangle (= as it is in heaven).

Give us this day our daily bread

Imitate the slow and deliberate drinking of a glass of water.

Forgive us our sins as we forgive those who sin against us

Stand with feet apart and swing both arms linked together to touch first your left and then your right knees, several times.

Lead us not into temptation but deliver us from evil



Stand upright and still again. Hold your left shoulder with your right hand, while you then slowly move your head from one side to the other. Repeat this action, but this time holding your right shoulder with your left hand.

For yours is the kingdom

Lift your right arm upwards above your head and hold on to it with your left arm folded around the back of your head.

The power and the glory

Repeat this action but with your left arm held high and your right arm holding on to it around the back of your head.

For ever and ever

With one arm extended out in front, trace with your index finger the mathematical shape for eternity (a lazy 8) across the front of your body, following it with your eyes but not moving your head.

Amen

Bring both hands together in front of your face with all fingertips and thumbs touching those on the opposite hand, to create a structure like an open, upturned basket. Hold this for a few moments.