

REFLECTING ON THE DAY TOGETHER

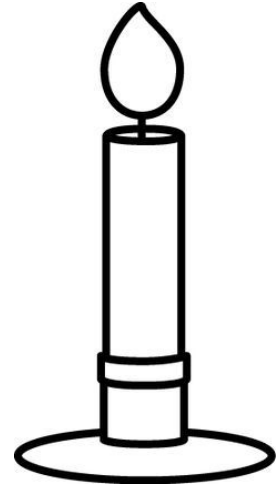
You will need:

A pile of stones or pebbles (if you can find them in your garden and wash them).

If not, use some play bricks, or dominoes.

A bowl that won't break. If you are feeling creative you could draw a big pair of hands on paper instead.

A candle (only if an adult is present!)



What to do:

- At the end of each day: towards bed time sit down with your family. Light a candle/ LED light/ lava lamp.
- Sit in quiet for a minute (you can set a timer if you want)
- One by one ask everyone to say if there is anything that has made them worried or anxious today. For each one take a stone and place it into the bowl/ onto the hands. Explain that this is like placing our worries into God's hands.
- When everyone has been able to talk about their day, you could pray this prayer together.

"Into your hands God we give everything,

All that has happened today,

and all that is in our heads and hearts.

Help us lie down and sleep

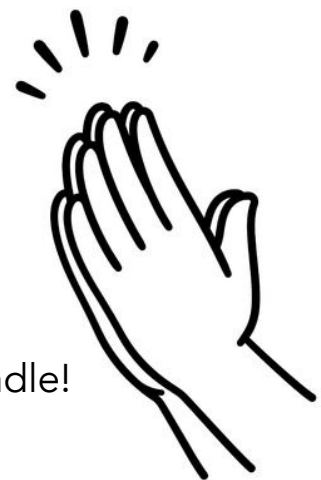
Knowing you are with us

For the day is over and night time is here

Dwell in our home with your restful presence

So we can know your peace.

Amen"



At the end don't forget to blow out/ turn off the candle!