



Prayer Space *Impact Report*



Billinge St Aidan's Prayer Space 28th June - 3rd July

Prayer Space

What is it?

Prayer Spaces in Schools is a national organisation which encourages churches to work together with schools to provide creative opportunities for prayer. Most of the activities used in the prayer space were based on resources from Prayer Spaces in Schools.

Prayer Spaces in School Website
<https://www.prayerspacesinschools.com>

How did this prayer space come about?

Ali Rice (independent consultant) worked with Rachel Fisher, Headteacher, to plan and create the prayer space using resources from the prayer spaces in schools website and other prayer activities linked to the school's vision and values.

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How did it work?

A host of volunteers, and clergy from St Aidan's Church Billinge, along with volunteer pupils from Y6, helped to lead sessions in the prayer space. This involved welcoming pupils to the space, explaining activities and talking to pupils about their experience of the space.

Pupils came in small groups of ten from each class across school. After the prayer space they had an opportunity to think about what it meant to them.

How did the prayer space support spiritual development for pupils and adults?



We ensured that there were a balance of activities in this space to help pupils engage with spiritual development using the terms developed from Prayer Spaces in Schools Based on the research of Hay / Nye.

Me & Myself

- Identity and self-image
- Who am I?

Me & The World

- Beauty, awe and wonder in creation
- Justice and the natural world
- What difference can I make in the world?

Me & Others

- Relationships and resolving conflict
- How can I be reconciled with others?

Me & God

- Faith and big questions
- What do I believe about life?
- How can I connect with God?

We planned a range of opportunities to support spiritual development. We included opportunities to:

- Think about the 'wows' and 'ows' of life
- Develop curiosity
- Practise stillness
- Reflect
- Think deeply
- Be creative
- Be challenged into action
- Respond in prayer

Hope Rope

Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now? Create a knot in the pipe cleaner to represent each worry.

Pick up the pipe cleaner and slowly pull it tight. As you untangle the knots, imagine your worries becoming untangled too. You might like to ask God to help you untangle your worries and to give you hope instead.



Hope

Prayer Spaces
in Schools

May the God
of hope fill you with
all joy and peace as
you trust in Him,
Romans 15:3

Be the Light

Everyone goes through hard times, when things feel difficult.

In these times, we need people around us to light up our dark days, to encourage us and bring us hope. Sometimes we need to be that light for others. As we do this we point people to God's love for them.

Take a piece of scratch paper. Write or draw a thought or a prayer about what you could do to support someone else. It might be making someone smile, bringing a gift, helping with a chore, sharing a kind word or asking someone to play. When you have finished peg your card up. If you want to, quietly ask God to help you to be the light and bring hope to others.

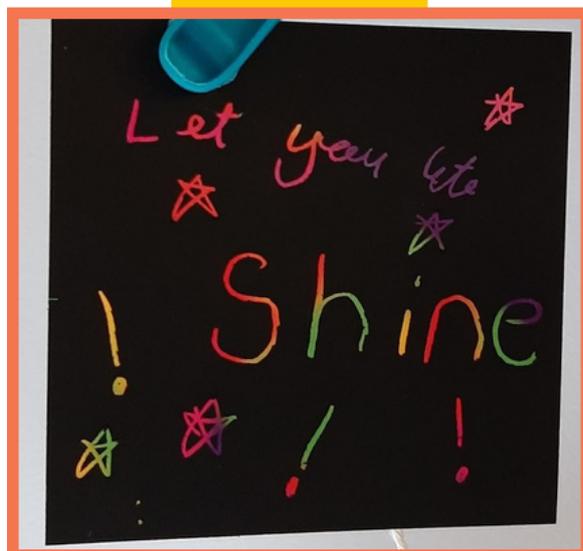
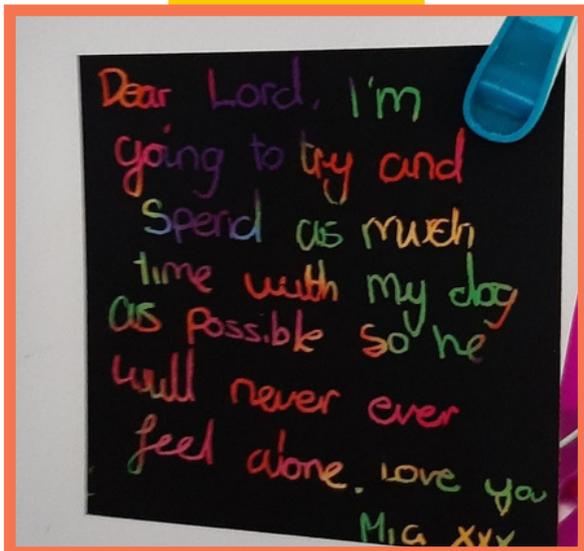
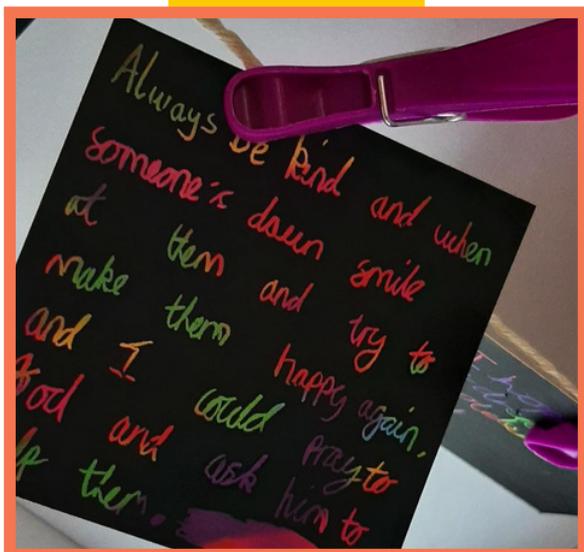
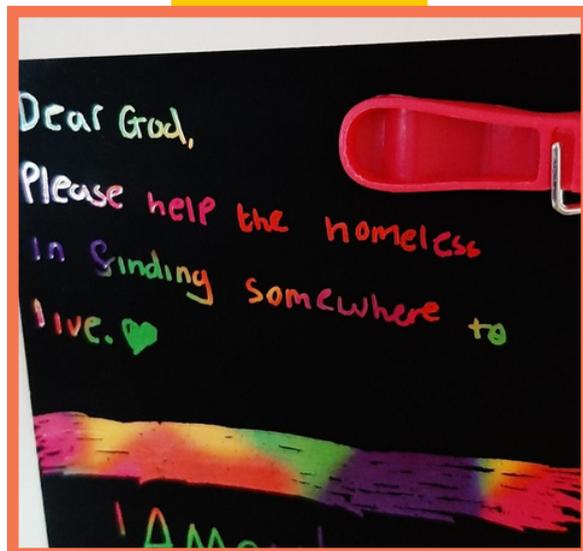


Hope



May the God of hope fill you with all joy and peace as you trust in Him,
Romans 15:3

Be the Light



Mirrors & Crowns

A crown is a symbol of power worn by a King or Queen. The Bible teaches us that God is the King of Kings. This means that God has more power and authority than any King on this earth. The Bible also teaches us that we can be children of God. This means that we can be sons and daughters of the King of Kings. Kneel on the cushions and take the crown in your hands. Have a good look at it. Think about what it symbolizes. If you'd like to, put the crown on your head and look in the mirror. How does it make you feel to wear the crown? What do you think God might want to say to you as you wear the crown? What do you think it means to be a child of the King of Kings? When you are ready, take the crown off and place it on a cushion.



Love



I am...
made in the
image of God.
Genesis 1:27

Comfort Blanket



Love

Some people live in places where it is not safe.

This might be because of war, or due to natural disasters.

Take the blanket and wrap it around yourself. Pull it as tight as you can.

As you do this, think about those living in parts of the world which are not safe and who need love, support and comfort right now. If you want to, you can whisper your hope or prayer for them.



God comforts us every time we have trouble.
2 Corinthians 1:4

Pray for The World



Love

Look at the world map.

Do you have family or friends who live in another country?

Have you heard about any of these countries on the news?

Take a sticker and place it on the country you have been thinking of.

If you want to, put your hand on the sticker and say a quiet prayer for that place.



Do not worry about anything. But pray and ask God for everything you need. Philippians 4:6

Plastic Planet

How can we be a good friend to our earth? Christians believe that God told human beings to look after the world.

The world we live in is beautiful, but human beings are slowly destroying it. One of the ways we are damaging the world is with single-use plastic.

Take a look at some top tips to reduce the use of single use plastic. What could you do to help change the amount of plastic in our world? If you want to, you can write a promise or a prayer onto a luggage label and hang it onto the net along with everyone else's promises. Let's save the world together!



Friendships



"...work it and take care of it."

Genesis 2: 15

Plastic Planet



Friendships

I hope that I can stop pollution when I am older.

I promise to look after the world and not take our planet for granted.

I promise to always recycle my plastic bottles.

God,
Please help us to stop littering.

Dear God, I pray that the human race stops littering and destroying our earth.

Plastic Planet



Friendships

I promise to not use plastic straws and help put things in the bin.

Dear God,
We should stop littering so animals can still live.

Dear Lord, To be a good friend to earth we can do lots of litter picks in school.

Dear God, Please stop people from using all of the one use plastic Keep the world clean!

Please God, tell people not to throw rubbish into the sea.

Friendship Flower



Friendships

Who is your best friend?
Which friends support you
and look after you?
What makes a good friend?

If you want to, write the
first-name of a friend or
someone in your family
you are thankful for, and
then write or draw a short
thank you thought or
prayer for them.

Add it to the Friendship
Flower.



A sweet
friendship
refreshes the soul.
Proverbs 27:9

Friendship Zips

Friends fall out at times.

When people argue and fight, they get separated from each other. Have you argued with someone recently? Do you know people who don't get on well together?

Zips are clever. Zips bring two sides together. Reconciliation means bringing two sides together. Pick up a zip and think about the people that you want to bring back together. If you want to, you can say a quiet prayer for the people you're thinking of as you do up the zip. This is a reconciliation prayer.



Friendships



This is my
command:
Love each other.
John 15: 17

Fizzy Forgiveness

Everybody gets things wrong at times.

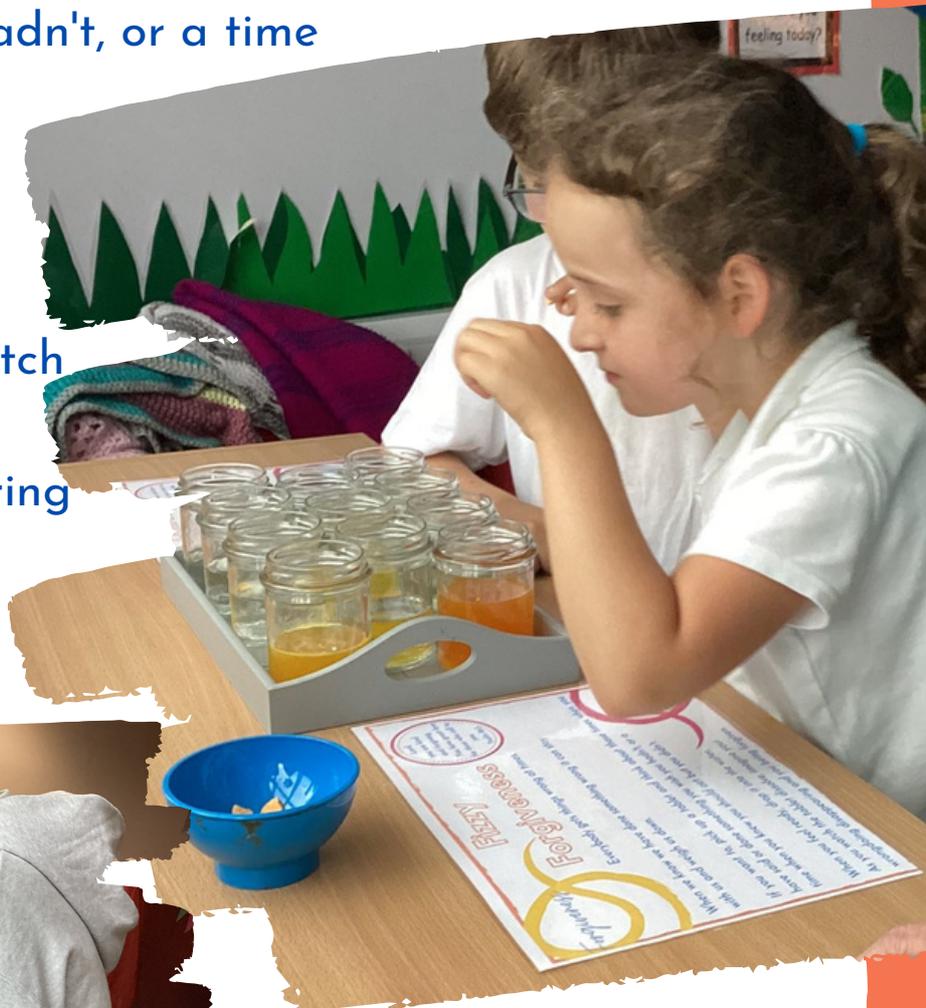
When we know we have done something wrong it can stay with us and weigh us down.

If you want to, pick up a tablet and think about those times when you have said or done something you wish you hadn't, or a time when you knew you should act but you didn't.

When you feel ready, drop it into the water. As you watch the tablet dissolve, imagine your wrongdoing disappearing and you being forgiven.



Forgiveness



Lord, you are kind
and forgiving.
You have great love for
those who call to you.
Psalm 86:5

Forgiveness Stones



Forgiveness

Sometimes people hurt us.

Maybe you have been hurt by the unkindness or unfairness of others?

If you want to, pick up one of the stones. The stone represents the hurt you are carrying.

Take your stone over and put it down beside the cross as a way of letting go of the hurt.

If you want to, quietly talk to God about this while you place down your stone.



...we forgive every person who has done wrong to us.
Luke 11:4

Big Questions



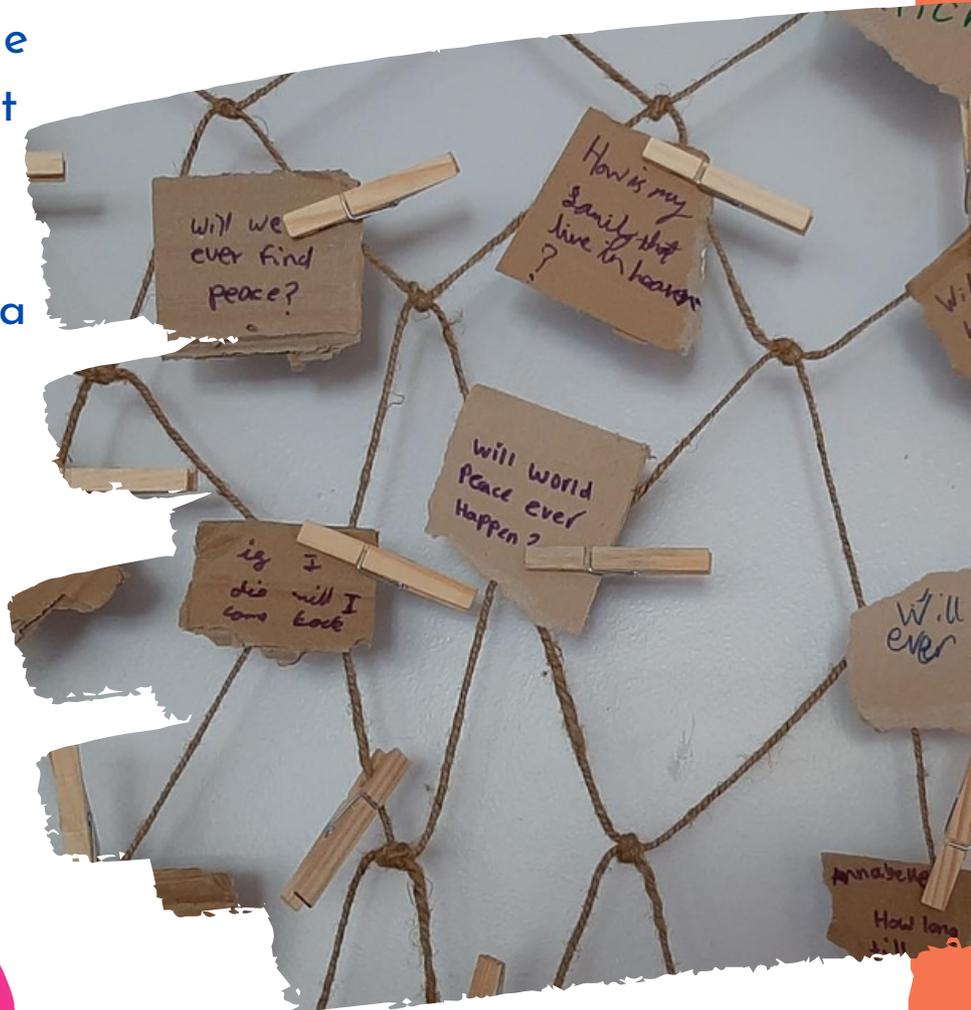
Truth

Everybody has questions.

Asking questions of God is a great way of seeking the truth.

If you could ask God one question right now, what would you ask?

Write your question on a piece of cardboard and peg it up.



Big Questions



Pupils asked a range of Big Questions. Here is a sample of what they were asking God...

Creation

If the world ends will a new one start?
Why did you make the world?
When will you make a new world?
Will climate change kill the world?
Will the world turn into a kinder place?
Will the world last forever?
How did you make the world?
Are we capable of saving this world from evil and pollution?
Why did you make animals?

God's Character

How many people have hurt your feelings?
How many families have you got?
What do you look like God?
is God married?

Heaven & Life After Death

What is heaven like?
Is my loved one ok?
When people die why do they have to go to heaven?
How long until everyone dies?
If I die will I come back?
Will people ever arise?
Is my cat in heaven?
Will you come back as different animals?

Mystery

Are you real?
How do you help people?
Is it real that you came alive at Easter?
What is it like being God?
What is life for?
What was it like back in the day?
Is God in heaven?

Science

Why do we need gravity in space?
How does the electricity stay on?
Is the world flat?
Is it God in the sun?
Why can't we see space?

Big Questions



Pupils asked a range of Big Questions. Here is a sample of what they were asking God...

Personal

Please carry on helping people
Will I live happily?
Help me be brave.
Please can you bless me?
Can you help our people?
Will my Mum and Dad be nice to each other again?
How long 'til my Grandad is out of hospital?
Will I be ok for my operation?
How can I be rich?
Can you help me with my family?
What should I do when I am older?
Can you help my cousin get better?
I am hoping for love.

War & Suffering

Will world peace ever happen?
Will world wars ever stop?
Why do people get sick?

Character Development

Can you make everyone be kind?
Can you make everyone stop being naughty?
Why are people mean?
Why do people litter?
Is it good to tell the truth?

Analysis of Questions

The most frequently asked questions were about what heaven is like and life after death.

The majority of other questions were on the themes of:

- Character development
- Personal requests
- The mystery of life and God
- Creation

Fewer questions were posed on the themes of:

- Suffering eg, war, poverty, sickness



Seat of Power



Truth

Leaders often have a chair that symbolises their power. In America, the President has one in the Oval Office in the White House. In the UK, the King has a throne. Let's imagine that our chair represents the people who have power to influence the war in Ukraine... the politicians, the military leaders and the other leaders too.

If you want to, you can write or draw a thought or a prayer onto one of the luggage tags for the leaders who have the power to influence and end the war. Those in Ukraine, in Russia and in other nations too. When you're ready, tie it to the chair.



Speak up and
judge fairly.
Defend the rights of
the poor and needy.
Proverbs 21:9

Seat of Power

I pray for leaders
that they will...

Keep people safe.

Help people that are
suffering from poverty.

Ban guns so people do
not die.

Please help to cure awful
things like cancer and world
hunger.

Make the world a better
place.

Seat of Power

I pray for leaders
that they will...

Dear God,
Help all the important
people to make the right
and fair decision.
Amen.

Dear Lord,
Please let the people who
are doing bad, start to be
good. Amen

Dear God,
Please make world leaders
recognise what poor people
need.
Amen

Dear God,
I think leaders should be
kind and loving.
Amen.

I want leaders to listen to
everyone and try to help
them.

Lifeline

When a mountain climber slips or is struggling, their friend throws down a rope to help them to keep climbing. This is sometimes called a 'Lifeline'. There are times in life when we struggle and find things difficult. When this happens, we can turn to others for support and strength. They can throw us a 'Lifeline'.

Take a ribbon. As you hold it think of someone who helped you when you were struggling. How did they help you? How did you feel? Tie the ribbon onto the Lifeline. If you want to, you can say a prayer thanking God for that person and their help.



Perseverance



Always be happy.
Never stop praying.
Give thanks
whatever happens.

1 Thessalonians:5:16-18

Clean Water

In some parts of the world, people walk miles to collect their water, and often it's filled with dirt or diseases.

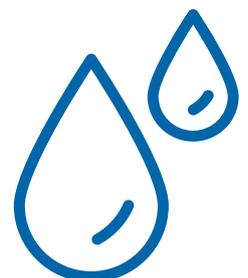
Charities like Christian Aid work with partners all over the world to help communities who don't have access to clean water.

Look at the water bottles. Which water would you drink?

If you want to, you can write or draw a thought or prayer for people without clean water onto a droplet, and then drop it into the bucket.



Perseverance



Clean Water



Dear God, Please
help to share all the
water cross the
globe to those who
need it. Amen

I promise
to try to help
those people
who have
dirty water.

Dear God,
I hope the
people living in
poor places get
help and have
perseverance.
Amen

Dear God,
Please make the
rivers clean as it
is sad that
people die.
Amen

Clean Water



Please help
people who
drink dirty
water and
stop viruses.

Dear God,
Please help
the ones that
need it the
most.
Amen

Remember to
always be
thankful for
the things we
have.

Dear God,
I want to say
thanks for
clean water.

Clean Water



Don't give up!
Keep going.

Dear Lord,
Please help
the people
without clean
water.
Amen

Dear God,
I pray that
people in need
get the help
and change
they deserve..
Amen.

Dear God,
Please help
those who are
less fortunate
than ourselves
and don't have
clean water.
Amen

Calm Jars

Everybody worries at times.

Pick up the jar in front of you and shake it. Watch as the glitter swirls around. Now put the jar down. Watch and wait as the glitter settles to the bottom.

In the Bible, God often reminds people to be still, to wait and to trust in him in every situation.

As you watch the glitter settle imagine the worries in your life calming down too. If you want to, quietly ask God to help you know his peace and calm in your life.



Now



God says,
"Be still, and know
that I am God."
Psalm 46:10

Stars

Have you ever looked up at the night sky? How did it make you feel?

Lie under our stars and read the Psalm.

How do you think the author felt as he looked up at the night sky? Do you think he realised that he was part of something much bigger than himself?

If you want to, quietly talk to God about how the stars make you feel.

Psalm 8:3-4

I look at the heavens,
which you made with your hands.

I see the moon and stars,
which you created.

But why is man important to you?

Why do you take care of human beings?



Now



Prayer Spaces in Schools

**Prayer Activity
to try at home...**

Our School Vision:
Ignite the light of Christ
around all our children
and whole school community.

Today your child has had the opportunity to visit a prayer space which has been set up in school. Pupils have explored our Christian vision and values through a range of prayer and reflection activities which have supported their spiritual development. If you'd like to have a go at home, why not try the activity below?

Let Your Light Shine

Put your unbroken glow stick in front of you.

When life is difficult we often need someone to encourage and help us - to light up our darkness.

Who do you know that needs encouragement or help today?
Who needs light in their darkness?

Break the glow stick so the light flows through it.
Say a prayer for this person.

Perhaps you could 'be the light' by sending them a message or doing an act of kindness for them today.



Impact

Overview

At the end of each session pupils had an opportunity to reflect on their experience. Here are some of the findings...



How do you feel now you have been to the prayer space?

Y6

Happy because I know I've prayed for people in need and quite chill because it was very calm in there.

Energetic and ready to go!

I feel good because I walked in and saw how peaceful it was.

Like I've let a lot of stress out and now I feel like I've got nothing wrong.

I feel happy because I've been looking forward to it for a long time!

I felt like my worries have now gone away.

I feel amazing not like I have weight dropping me down.

Impact

Overview

At the end of each session pupils had an opportunity to reflect on their experience. Here are some of the findings...



How do you feel now you have been to the prayer space?

Y5

I feel relaxed and calm because it was a good, calming experience.

I feel happy and very close to God.

I feel happy and also feel like my worries have been washed away. I feel like I can sleep without worrying.

Impressed about the prayer space because we did lots of things to do with praying.

I am feeling better because I have figured out more and more ways to pray than usual. It has helped.

Happy because I feel quite calm.

I feel shocked by how fun it was.

Impact

Overview

At the end of each session pupils had an opportunity to reflect on their experience. Here are some of the findings...



How do you feel now you have been to the prayer space?

Y4

I am feeling very good. i could release all my worries from a cage.

I am feeling emptied out of my stess.

I feel like I want to go again because it made me feel calm and relaxed.

Peaceful and happy.

I feel calm because I talked about my feelings and friendships.

Calm and happy but sad to leave it.

Like I want to go in it again and be quiet.

Impact

Overview

At the end of each session pupils had an opportunity to reflect on their experience. Here are some of the findings...



How do you feel now you have been to the prayer space?

Y1,2&3

Nice, because it reminded me it is nice to help other people.

I feel like a Christian.

More than every happy feeling - I really loved it!

Sad, because I wanted to stay looking at the stars.

Excited for it to happen again.

Pleased to have been.

Quite calm - I felt all the emotions!

Pupil Responses



Which activities did you find the most helpful?

Responses from Y1-Y3 were given as a class group.
Responses from Y4-Y6 were given individually.

	Be the Light	Stars	Calm Jars	Mirrors & Crowns	Forgiveness Stones	Fizzy Forgiveness	Hope Rope	Friendship Zips	Pray for the World	Big Questions	Comfort Blanket	Plastic Planet	Friendship Flower	Seat of Power	Life line	Clean Water
Y1																
Y2																
Y3																
Y4																
Y5																
Y6																

These activities appear the most frequently on pupils' individual feedback sheets:

- Calm jars
- Comfort Blanket
- Pray for the world
- Stars
- Be the light



How did the activities help you?



Friendship Flower
It made me feel grateful for my loved ones and friends.

Friendship Flower
I found it the most meaningful as it helped me to understand how much my friends love me.

Be the Light
When you help someone you are helping yourself and your mental health.

Be the Light
It's a way of thinking about someone in need and praying for them.

Fizzy Forgiveness
It helped me to feel less worried.

Comfort Blanket
It felt like what I think a person in Ukraine at the moment could feel like.

Fizzy Forgiveness
It made all of them yucky feelings come out of me.

Calm Jars
It was calming and I like the sparkles!

Friendship Zips
For me this was helpful because my family sometimes have arguments that make us not talk to each other for 1-2 days.

How did the activities help you?



Crowns

I remembered how special God is and I also thought about how important I am.

Stars

It made me feel calm and peaceful.

Crowns

It made me feel important.

Forgiveness Stone

It helped me to feel relieved.

Hope Rope

It helped all of my worries to fade away.

Calm Jars

It made me feel relaxed.

Be the Light

I liked this because you can write any support you and other people need.

Pray for the World

It helped me to remember people I can't see that much.

Fizzy Forgiveness

It helped us to forgive ourselves.

Visiting the prayer space was special because...?



It was special because it felt like you can be you.

It was a calm experience and it was a way of speaking to God in peace and being able to pray about other people.

You felt relaxed and that you could share your worries and thoughts with God.

I have never experienced anything like that before.

It felt like I could communicate to God in all different ways.

It helped me to be at peace.

It made me become a better Christian.

Visiting the prayer space was special because...?



It helped me forgive people and helped me with my worries.

You could leave all of your worries in there.

I have never been to anything so chilled before. It wasn't that you have to do something in certain amount of time.

You could pray and not be disturbed.

It is quiet and you can talk to God.

It is thinking about God and what he did to the earth.

Summary of Impact

The vast majority of pupils who came to the prayer space said they would like to do something similar again.

Many pupils found the prayer space helped them to feel calm, relaxed and peaceful. For some pupils the prayer activities made a significant impact on their personal wellbeing.

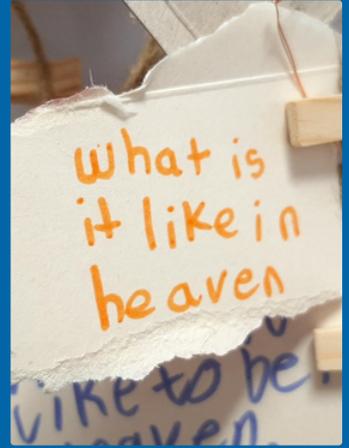
Many pupils talked about the way the prayer space helped them to connect with God and others. Interestingly, some pupils pointed out that the 'unhurried' nature of the prayer space was something they found special. They recognise that school life is busy and so they valued a few moments to be still and reflect at their own pace.



Next Steps

- Consider how to create permanent spaces for stillness, reflection and prayer in the school grounds where pupils can access them during break times.
- Develop a shared language to talk about spirituality to support pupils and adults to express their spiritual development and plan further opportunities across the curriculum.
- Look at pupils' questions and plan opportunities for pupils to explore these ideas further in collective worship or RE.







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