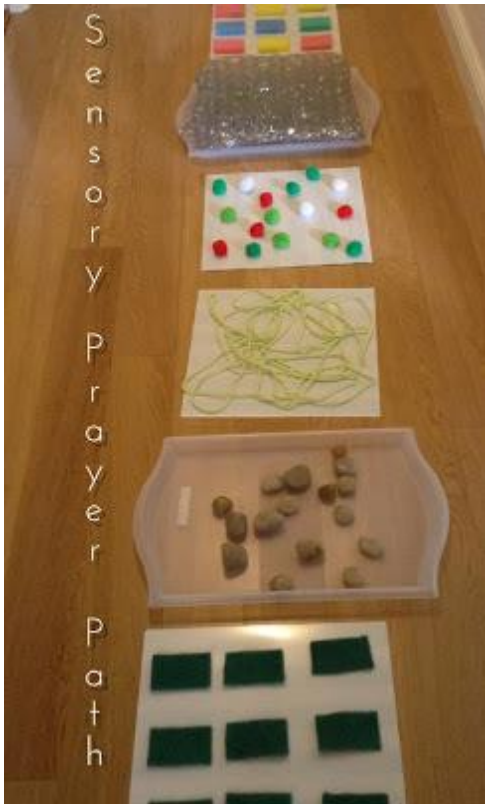


# Easy Sensory Prayer Path



This is a different way of praying – using the sense of touch to help children (and adults!) to connect with God. You can have some fun putting this together before you start using it. Perhaps make one part each day and talk about the prayer topic and use it – then once finished, you could use the whole path to pray. Don't forget to take photos, ask your parents to post on social media. Perhaps when you are back at school this is a new way of praying you might like to try in class?

***You can either use your hands, or do this in socks or in bare feet.***

## **(1) Start (bath mat – or something familiar/homely)**

Stand on the bath mat and **thank God for your own home and family.**

## **(2) Scourer pads (top part)**

If you are using your hands, feel the rough scourer pad, or if you are using your feet, stand on the scourer pads and **think of people who rub us up the wrong way and upset us.** Ask God to bless them and help us to work together with them.

## **(3) Stones (make sure they are not sharp)**

Using your hands, feel the stones, or if you are using your feet, carefully stand on the stones and **think of people who are in hard situations.** Ask God to help them.

#### **(4) Rope (or string)**

Using your hands, feel the rope or string, or if you are using your feet, stand on the rope and **think of times when life feels confusing**. Ask God to help you to think clearly and to make things feel less messy.

#### **(5) Pom Poms**

(you could make some, wrapping wool around a cardboard ring – or use cotton wool balls)

Using your hands, feel the pom poms, or if you are using your feet, stand on the pom poms and **thank God for all the people you know who are kind and helpful**. Ask God to send them kind and helpful people too.

#### **(6) Bubble wrap**

Using your hands, feel the bubble wrap, or if you are using your feet, stand on the bubble wrap and **think about people who are scared and need protection**. Ask God to look after them and keep them safe.

#### **(7) Sponges (bottom of washing up scourers)**

Using your hands feel the sponges, or if you are using your feet, stand on the sponges and **think of the people and places who/ that make you feel peaceful**. Pray that God will help people all over the world to know peace.