My Quiet Time: A Prayer Reflection

Learning objective: To understand that prayer is a way for people to talk to someone or something they believe in, and to express personal feelings or wishes.

This template is designed to help children reflect on the concept of prayer. Sit with the child in a calm, quiet space. Discuss how some people use prayer to say 'thank you', to say 'sorry', or to ask for help. Encourage the child to fill in the sections below to share their own thoughts and feelings.

Word bank: Thank you · Please · Sorry · Help · Peace · Kindness · Love · Family · Friends

1. Who or what do you like to talk to when you want to share your thoughts or wishes?

2. Sometimes people say 'Thank you' in their prayers. What is one thing you are thankful for today?

3. Sometimes people ask for help. Is there someone special you would like to send a kind thought to?

4. How does it make you feel when you take a moment to be quiet and still?

5. If you could write one wish for the whole world, what would it be?

Extension challenge: Ask the children to draw a picture of a peaceful place where they feel happy and calm. Encourage them to add one word from the word bank into their drawing.