

What is Prayer? With Leo the Lion

Join Leo the Lion to discover how people share their thoughts and hopes through prayer!

- **Prayer is a special way for people to talk to God or a higher power in their own words or through silent thoughts.**
- **Some people choose to pray to say 'thank you' for things they are grateful for, like their family or friends.**
- **Prayer can happen anywhere—in a quiet room, outside in nature, or in a special building like a church, mosque, or synagogue.**
- **Many people use prayer to ask for help, strength, or guidance during difficult times in their lives.**
- **Prayer is a personal experience, which means every person might do it in a slightly different way that feels right for them.**

Did you know? Did you know? People who pray often find it helps them feel calm, peaceful, and connected to their beliefs, no matter where they are in the world.

Key vocabulary: Prayer · Faith · Reflection · Gratitude · Meditation · Belief