

Talking to the World: Understanding Prayer with Nova

Learning objective: To understand that prayer is a way for people to talk to God, express thanks, or ask for help, and that different people may do this in different ways.

Read the questions carefully and talk to your teacher or grown-up about your thoughts. Write your answers or draw your ideas in the spaces provided.

Nova the owl loves to sit quietly under the stars and think about the big, beautiful world. Many people like to talk to God in a special way called prayer. Some people pray with their eyes closed, some hold their hands together, and some like to be very still and quiet. Prayer can be a way to say 'thank you' for the sunshine, or to ask for help when things feel tricky.

Word bank: Thank you · Help · Quiet · God · Listen · Heart

1. Nova says prayer is a way to talk to God. Can you name one thing someone might say 'thank you' for in a prayer? (2 marks)

2. When people pray, they often like to find a special place. Why do you think it is helpful to be quiet when you are praying? (2 marks)

3. If you were feeling a little bit sad or worried, what kind of help could you ask for in a prayer? (2 marks)

4. Do you think everyone prays in exactly the same way? Talk about why it is okay for different people to pray differently. (2 marks)

5. Look at the word bank. Pick two words and use them in a sentence to explain what prayer means to you. (2 marks)

Draw: Draw a picture of a peaceful place where you think someone might go to sit quietly and pray. Add things like trees, stars, or candles to make it feel calm.



Extension challenge: Imagine you are writing a 'thank you' poem with Leo the lion. Write or draw three things you are grateful for today that you might include in a prayer of thanks.