



Getting Ready for School

Helping your children to know God
through prayer.



Prayer is simply being with God and having a conversation.

In Robins we help the children to know that they can talk to God just like they talk to Mummy, Daddy, or a best friend.

This helps them to understand that God is there, always willing to listen – whether they are on the playground, at a friend's house, in the car, or at church.

Prayers of thanksgiving

An essential part of prayer is simply saying, "Thank You, God."

Make a Blessing Basket: Fill a small basket with little slips of paper. Encourage family members to write or draw pictures of things for which they are thankful.

Best Part of the Day: Ask each child to say a sentence prayer, thanking God for the best part of her day.

Family Journal: Keep a notebook full of things for which the family is thankful.



Spoon prayers



The letters of **SPOON** can be used as a framework for prayer:

- **S** - saying sorry
- **P** - praise
- **O** - others
- **O** - ourselves
- **N** - needs

Bedtimes

Younger children sometimes have difficulty coming up with things to pray for. Bedtime is a good prayer time for them because they can easily remember and pray about what happened during that day. Children can thank God for fun times or new friends and say sorry if they have made a poor choice during the day. Praying at the close of the day can be comforting and relaxing at any age.

Pray a prayer of blessing on your child's life each night at bedtime and make the sign of the cross on their foreheads.



Five Finger Prayers

The children hold their hands together in prayer, using each finger as a guide:

Thumb: Say a prayer for those closest to you.

Pointer: Say a prayer for other members of the family, grandparents, aunts, uncles....

Middle: Say a prayer for your friends.

Ring: Say a prayer for those in need.

Little: Say a prayer for yourself.

You don't have to be still to pray!

Prayer doesn't have to be something that is done only in a quiet place with eyes closed and hands together. In Robins we pray at the end of PE lessons! The children lie down as part of the cool down. They close their eyes and breathe gently and relax. They scrunch up their toes and let them go, then their legs, etc... they think about their amazing body, their heart beating, their brain working... and all without them having to do anything. As they lie still they thank God for making them.

Action Prayers

- Thank you God (point up with both hands)
- For seeds (crouch down)
- That grow into trees (make a tree)
- And for the sun (Arms up in a circle)
- And for birds (fly)
- And for stars (using fingers to twinkle)
- Amen (hands in prayer place)

