

Prayer Space – Empty Chair

Empty Chair

Loss and Sadness

This activity encourages you to think about someone who is missing, and gives you a safe space to express how you feel.

It gives you time to think, and pray if you would like to, about somebody on your hearts and minds who is missing.

It is okay to feel sad when someone is missing. This is a safe space for you to think and pray if you would like to about the person on your hearts or minds.

Pray:-

When someone that we love leaves or dies, they leave a gap in our lives.

We miss them.

Is there someone that you miss?

If you want to, you can write the name of the person onto one of the labels and attach it to the chair.

Say a quiet thank you for the good memories that you have of them.

If you want to, you can talk with God about your sad feelings too. Take your time.

Put the chair on a carpeted area, or surround it with the cushions.

Make the chair look special with some fabric or spotlights.

Then put the labels or Post-it notes and pens on the floor beside the chair. On page three there is a poem that you might like to print out and use.



The Empty Chair

***I look for you But you're not there.
Instead, there's just an Empty Chair.***

***As people laugh – you would have
too, But you're not here.***

And I miss you.

***I think of favourite memories Of times
we spent Just you and me Your face,
your smile, Your favourite stuff.***

At times like these it's really tough.

***I'm thankful for the fun we had, But
right now... I'm just feeling sad.***

***So, I'll turn my sadness into prayer, as
I look at your Empty Chair***

Prayer Space – Honour Wall

Honour Wall

Loss and Sadness

This activity encourages you to remember someone who is missing from your School.

It provides a safe space for you to express how you feel, and it encourages you to remember positively.

This activity could be especially useful when a school community has suffered the loss of a pupil or a member of staff.

Put a large piece of paper on the wall, and write the words 'Honour Wall' in the middle.

Put the ribbons, pens and cellotape on the floor.

Pupils are invited to wrap a piece of ribbon into a simple loop and tape it onto the wall, to represent someone who is missing from their lives, someone they have loved and lost. If they want to, they can write something about the person below it, something that they are grateful for, a characteristic or memorable moment.

Pray: -

When someone we love leaves or dies, they leave a gap in our lives.

We miss them. Is there someone that you miss?

Take a ribbon to represent this person, stick it onto the wall.

If you want to, you can write the person's name or a memory or something positive about them that you want to remember them for.

If you want to you can talk to God about how you feel.



Prayer Space – Beads of Loss

Beads of Loss

Loss and Sadness

This activity focusses on loss. It encourages you to remember that you are not alone in grief and to think of others who may be grieving.

It aims not to minimise the grief of a pupil but to enable them to remember that there school and those around there school will also be experiencing similar feelings during a time of loss.

Pupils can take a glass bead and think of others who are grieving in a similar way to themselves or someone they know who is grieving.

As they think of different people they can place there bead onto the mirrors.

If they want they can pray for comfort, healing and love for those who are grieving.

Pray: -

When someone leaves or dies they leave a gap in our lives - we miss them.

It's called grief.

It's easy to feel alone when you are grieving.

But others may be grieving too.

Take a glass bead and hold it in your hand. As you hold your glass bead, think about other people who might be missing someone; they might be missing the same person as you.



Place the bead on the mirrors. You might like to write on a post it note a prayer for them or for others who are feeling sad and grieving at this time.

If you want to, you can say a prayer for them.

Prayer Space - Hope

Grief can be extremely hard for people to come to terms with.

This activity is designed to encourage you to express your feelings of grief and your needs and to bring them to God if you want to.

Pupils can take a tag which they can write their feelings thoughts or prayers.

Pupils will feel different things as everyone processes grief differently.

They are also encouraged to write down what they need to help them with their grief.

They can then take their tag and tie it or hang it on the tree of hope.

God understands our feelings and our needs when we grieve.

Pray: -

When someone leaves or dies they leave a gap in our lives - we miss them.

It's called grief. Grief can make us feel angry, worried, upset, hurt, scared...

Is there someone you are missing?

Take a tag. If you want to, write how you feel.

Is there something that would help you at this time?

Maybe someone to talk to or some time alone to think...write down what you need.

When you are ready, take your tag and hang it or tie it to the tree. If you'd like to you can say a prayer.

