

## ACTIVITIES:

### PRAYER ACTIVITY

Discuss how prayers can:

- Give thanks
- Express contrition
- Ask forgiveness
- Offer praise
- Petition (make requests for oneself and for others)

Discuss some of the many different ways to pray:

- Singing
- Silent meditation
- Reciting memorized prayers aloud
- Listening in nature

Have students write or dictate wishes onto small pieces of paper, then crumple them up and put them in one of the following wish jars: prayers for themselves, prayers for someone they know, or prayers for the world around them. Keep the jars out all year long on the prayer table.