PRAYER ACTIVITY

The Beatitudes: Resilience

- ## Equipment
  Paper bricks or brick wall paper, pens, Blu-tac.

- ## Set up
  Pupils are invited to think about a time when they found life hard, when they wanted to give up. We can think of life a bit like a wall, we are regularly adding our different strengths and skills to our growing wall of strength and confidence.

- ## Instructions
  Sometimes we find life hard, we can feel knocked down, defeated or low. Certain things encourage, strengthen and build us up. It's different for everyone. This can be called resilience, the ability to recover quickly from difficulties.

  If you'd like to you can choose a brick. Think of something or someone that strengthens you or helps you recover when you're having a hard time. You could write or draw it onto the brick as we strengthen our walls.