PRAYER ACTIVITY

Comfort Blanket

Prayer Spaces in Schools

- ## Equipment
  Blanket (or large towel).

- ## Set up
  Put the blanket (or the towel) on a chair or sofa.

- ## Instructions
  We feel afraid when things in our lives seem out of control. People in places where fighting has broken out will be feeling afraid about what is going to happen to them, to their families, to their homes and to their jobs.

  Take the blanket (or the towel) and wrap it around yourself. Pull it as tight as you can. As you do this, think about those people in the countries who need support and comfort right now - those who need to feel safe. If you want to, you can whisper your hope or prayer for them.