PRAYER ACTIVITY

Rollercoaster Life

Equipment

A3 (or larger) piece of paper with drawing/printout of a rollercoaster with clear ups and downs, Post-it notes, pens.

Set up

This activity encourages pupils to reflect on what makes them feel up and what makes them feel down, and invites them to ask for God's help, if they want to.

Lay the piece of A3 paper with the drawing/printout of the rollercoaster on a table or hang it up on a cork board/white board.

Instructions

Sometimes life can feel a bit like being on a rollercoaster. We can feel up and happy one minute, then down and sad the next.

Think about what makes you feel up or happy. Write it on a Post-it note and stick it on the top of the rollercoaster.

Think about what makes you feel down, or sad. Write it on a Post-it note and stick it on one of the dips.

If you want, you can say a wish or a prayer. You can ask God for help with what makes you feel down or say thanks for the things that make you feel up.