PRAYER ACTIVITY

Stress Less

Equipment

Aqua beads, tray/bowl.

Set up

Put the aqua beads into a large bowl, making sure it is deep enough for the pupil's to submerge their hands in.

Instructions

In the Bible, one of Jesus' friends, Pete, writes: 'Cast all your worries onto God because he cares for you.' (1 Peter 5v7)

What are you worried about right now? Is there something that's been making you feel stressed?

Put your hands in the bowl of aqua beads and gently take two handfuls of them. As the aqua beads run through your fingers, imagine the worry and stress slipping away too.

By worrying less and stressing less we are able to deal with our problems more effectively.