PRAYER ACTIVITY

Empty Chair

Prayer Spaces in Schools

Equipment

A nice chair (preferably not a regular school chair), pieces of string, luggage-tag labels, or paper and pegs, or Post-it notes, pens, a box of tissues, cushions.

Extras: fairy lights, fabric.

Set up

Put the chair on a carpeted area, or surround it with the cushions. Make the chair look special with some fabric or spotlights. Then put the labels or Post-it notes and pens on the floor beside the chair. There is also a poem that you might like to download and laminate.

This activity works best if there is an adult nearby who is ready to listen to the pupils if they want to talk. It's also a good idea to have a box of tissues handy.

Instructions

When someone that we love leaves or dies, we miss them. It's like they leave an empty chair at the table of our lives.

Is there someone that you miss?

If you want to, you can write the name of the person, and maybe a memory, onto one of the labels and attach it to the chair. Say a quiet thank you for the good memories that you have of them. If you want to, you can talk with God about your feelings too.

Take your time. It might be help to talk to an adult afterwards.