

My Little Book of Calm



A collection of prayers and activities for
young people to help pause, reflect and give
thanks



REEPHAM & WENSUM VALLEY
TEAM CHURCHES

Take a moment to list:

5 people you are grateful to have in your life

- 1.
- 2.
- 3.
- 4.
- 5.

4 Things you can do which you are grateful for

- 4.
- 3.
- 2.
- 1.

3 Things which make you feel happy

- 3.
- 2.
- 1.

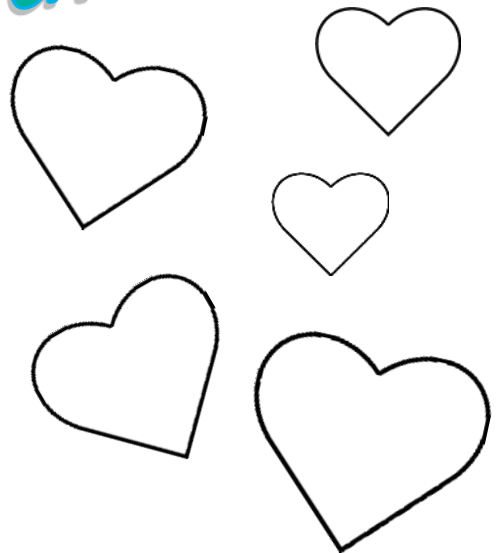
2 Times you were grateful for someone's help

- 2.
- 1.

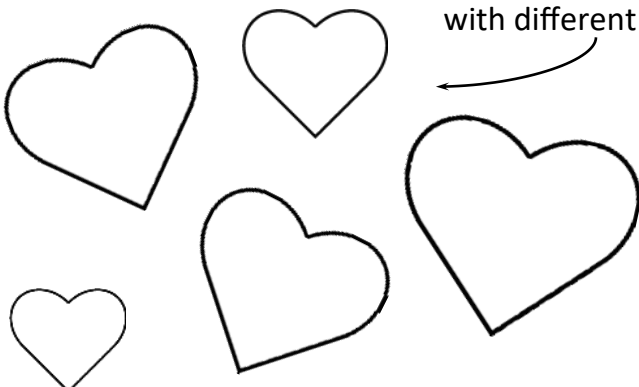
1 Thing you can do today to make someone feel grateful

- 1.

Thank You!
Thank You!
Thank You!
Thank You!

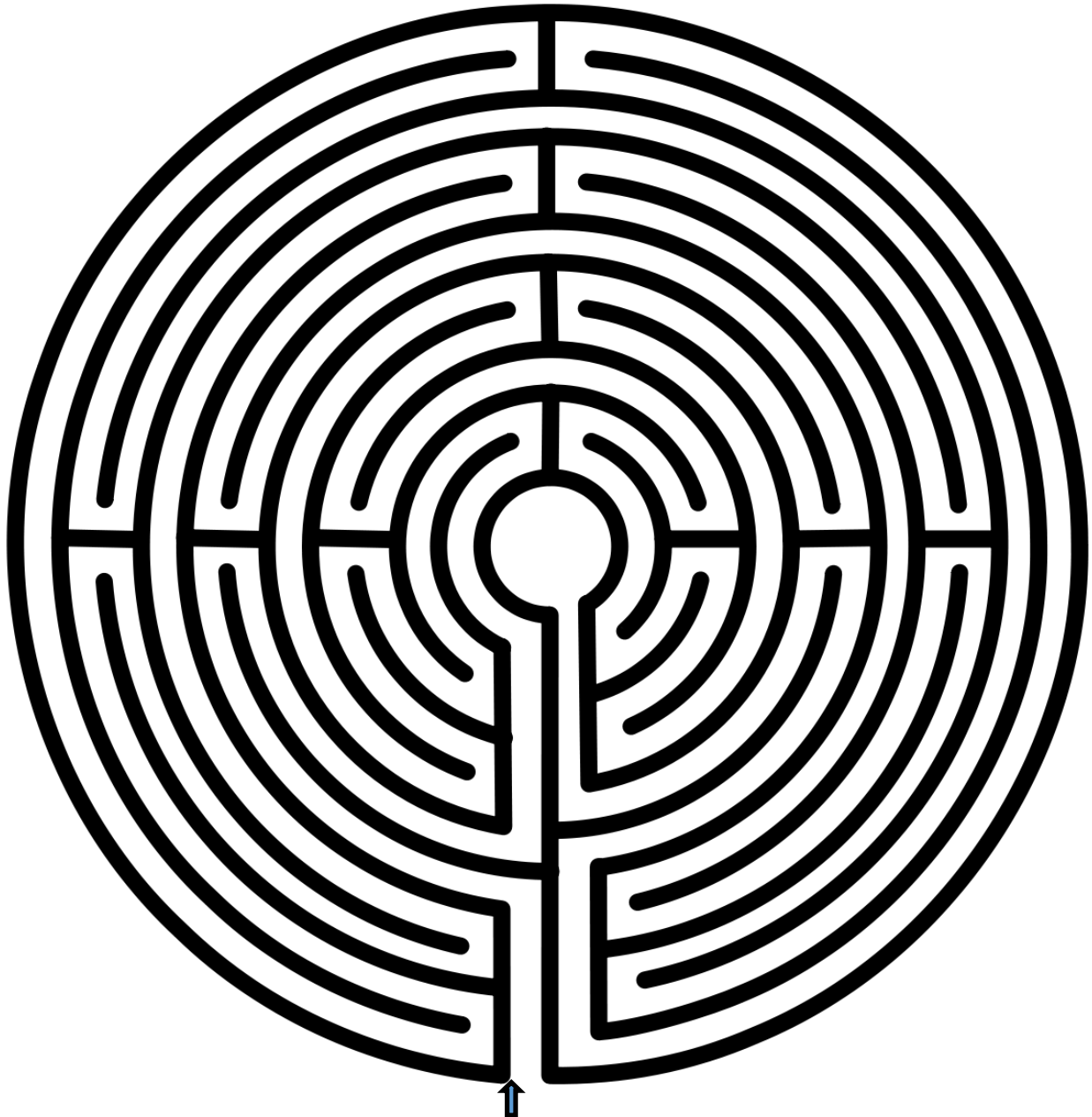


Decorate these hearts with different patterns



*"Thank you God for the world so sweet,
Thank you God for the food we eat,
Thank you, God for the birds that sing,
Thank you, God, for everything!"*

The Prayer Labyrinth - one long path with lots of twists and turns - has been used by Christians since the fourth century to help with prayer and deep thinking. You may have seen the one in the Cloisters at Norwich Cathedral, where you are able to walk along the path until you reach the centre, pause for a moment, before following the path out again. Labyrinths are a nice way to calm your mind, clear your thoughts and “just be” with God. The labyrinth below is a Finger Labyrinth which you trace with your finger.



How to use a Finger Labyrinth

Slowly trace the pattern of the **labyrinth** with your **finger** allowing your mind to clear from extra thought. Focus solely on following the path of the **labyrinth**. Trace your finger to the centre of the **labyrinth** and rest for a moment. Take a deep breath and think about how you are feeling. Retrace your path out of the **labyrinth**.

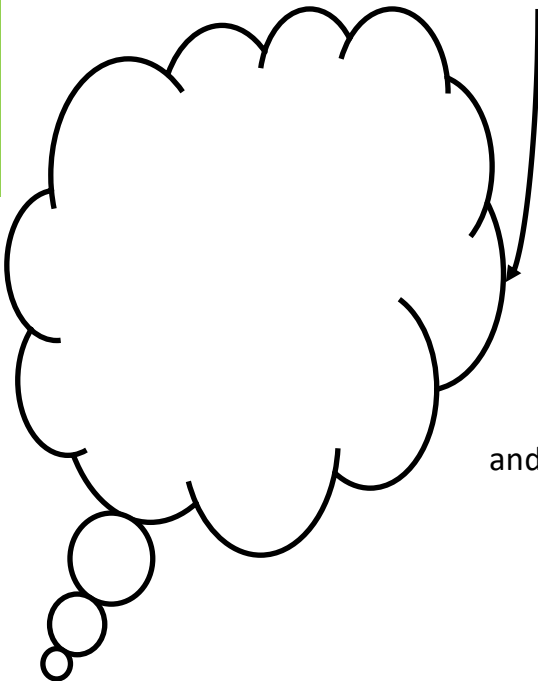
Repeat this again if you wish. Remember—take it slowly!

A prayer to remember God is with me

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling *(name how you are feeling)* because
(reasons you are feeling this way).
Help me to remember that you love me and are with me in
everything today.

Amen.

Write your own prayer here



Decorate and colour these stars



A Prayer for the World

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about poorly people.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.
Thank you that even in these anxious times,
you are with us.
Help us to put our trust in you and keep us safe.

Amen.

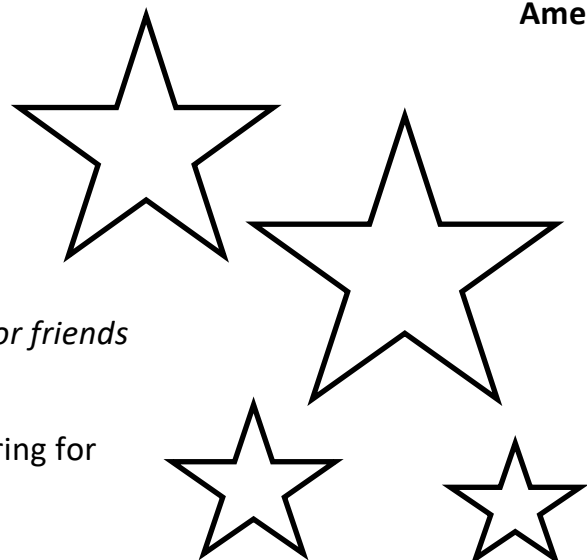
A prayer at bedtime

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

Tonight we pray especially for *(names family or friends)*
and the people of *(country or place)*.

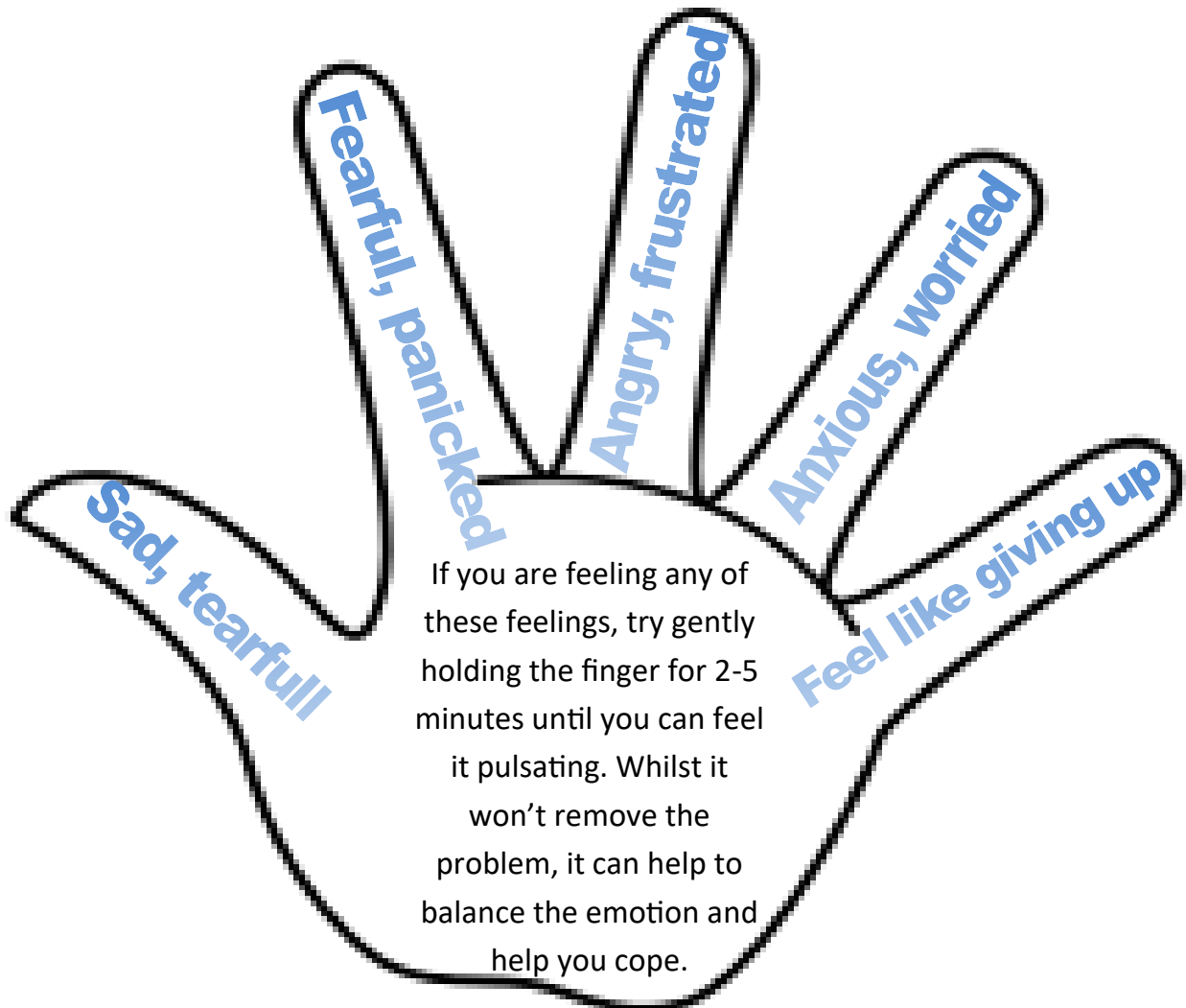
Please give skill and wisdom to all who are caring for
them.

Amen.



Decorate and colour these stars

We all have uncomfortable feelings at some point in our lives. Lots of us worry about things, or feel sad or angry and frustrated when things don't go as we would like them to or how we expected them to. Sometimes taking time to pause and reflect can help as can the following exercises. Talking to others about your feelings can also help; a problem shared is a problem halved.



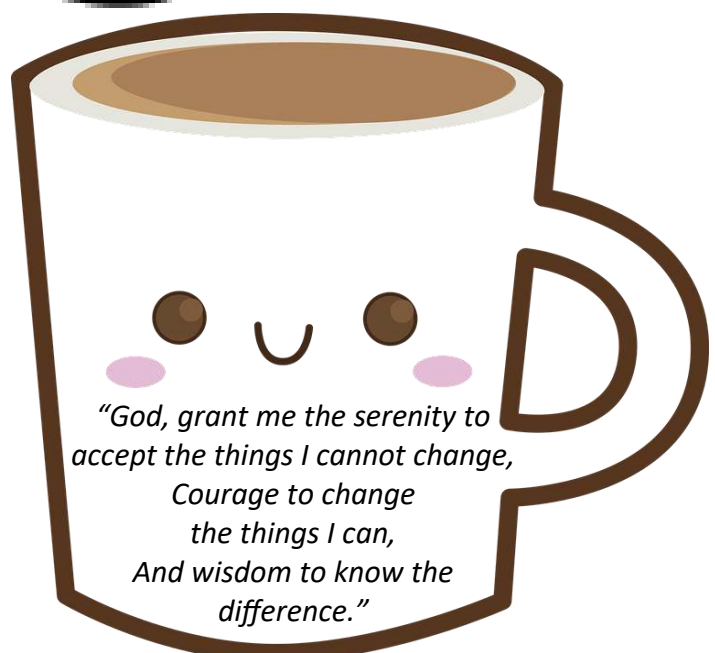
Hot Chocolate Breaths

When we are feeling angry, worried or frustrated, take time out to breath and pause.

Close you eyes and imagine you have a big warm mug of hot chocolate in your hands. Take in a nice deep breath in through your nose and smell all the lovely chocolatiness!

Hold that breath for 4 seconds, then breath out through your mouth for 5 seconds as if you are cooling the hot chocolate down.

Repeat 2-3 times more.



Colour and decorate me!

