



Stories about God

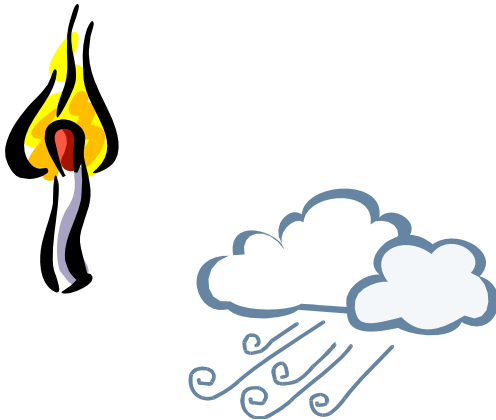


Activity 1: Exploring the Christian symbols of fire and wind.

- In groups pupils brainstorm or mind-map fire or wind.
- Record vocabulary in a web form.
- Each group agrees ideas and compares findings - identifying similarities and differences between groups.
- Pupils produce their own poems or creative writing expressing the symbolism of fire or wind, using the vocabulary.
- one simple structure for the poem is a cinquaine - a five line poem as follows:

1 word - main subject
2 adjectives to describe it
3 verbs telling what it does
4 words describing our feelings
1 word - main subject

Pupils produce a best copy and illustrate it with appropriate symbols and colours.



Activity 2: Meditation on a candle

- Provide a candle/tea light for each pupil or table of pupils. place inside a safe box to ensure safety.
- Use a stilling process to establish an atmosphere of reflective calm. this usually involves relaxation and attentive listening followed by focusing on an object or taking part in a visualisation activity.
- Read the meditation slowly, pausing after each sentence to allow pupils to reflect.

Meditation on a candle

Call to mind something which makes you feel strong and confident - it might be a person, a place, a thought. Hold it in your mind as you watch the candlelight.

What gives me energy and strength?

What has given me energy today?

What has drained my energy today?

What has given me courage today?

What has made me feel anxious?

What makes me feel fired up?

What dampens me down?

Are there things I would like this flame to burn away?

Are there places I would like to take this light to let it shine?

How do I feel, watching the candlelight?

