

## PRAYER

### *Sign of the Cross*

**T:** Today, let's imagine that we are in the countryside. Let's picture ourselves in a field of soft, green grass on a warm summer's day.

To begin, repeat after me: feet on the floor.  
(*Children repeat*)

Hands on your knees ... (*Children repeat*)

Shoulders back ... (*Children repeat*)

(*In a much softer tone*) Eyes closed. (*Children repeat, also in a softer tone*)

(*Pause*)

(*Softly and slowly*) Take a big breath in. (*Children breathe in*)

(*Softly and slowly*) Let a big breath out. (*Children breathe out*)

(*Almost whisper*) Take a big breath in. (*Children breathe in*)

(*Whisper*) Let a big breath out. (*Children breathe out*)

Your body is still. All is quiet. And if you listen really carefully, maybe you will be able to hear your heart beating. (*Pause*)

Picture yourself in that lovely, green field, lying down on the warm green grass. Feel the sun's lovely glow against your skin. (*Pause*)

Listen to the sounds of God's Creation. What can you hear? (*Pause*)

Maybe you can hear the birds tweeting, the animals making their different sounds. (*Pause*)

Look around at the beautiful colours of Creation – the blues of the sky, the green of the grass, the brown of the earth and the yellow of the sun. Maybe you can see a rainbow, and all its amazing colours too. (*Pause*)

Smell the wonderful smells which waft through the air to remind us of God's Creation. (*Pause*)

Reach your hand out and touch your favourite part of God's Creation. Leave your hand there for a while and, using your inside voice, say 'It is good!' (*Pause*)

Look around you before you leave, feast your eyes on the wonderful sights, listen for the glorious sounds, smell the scents, touch God's Creations. (*Pause*)

When you are ready, open your eyes.

**T:** Let's finish by giving praise to God, who created the world and everything in it:

**All:** Glory be to the Father,  
And to the Son,  
And to the Holy Spirit,  
As it was in the beginning,  
Is now and ever shall be,  
World without end.  
Amen.

*Sign of the Cross*

