

## RE Enrichment Week 2023: Exploring Prayer

This year, our RE Enrichment Week centred on the theme of **prayer** - a meaningful opportunity for pupils across the school to deepen their understanding of spirituality, reflection, and personal stillness. The week built intentionally on the children's learning throughout the term, ensuring strong curriculum continuity with units such as:

- **Owl Class:** *Does God Communicate with Man?*
- **Fox Class:** *Does Prayer Change Things?*

By linking the Enrichment Week activities to these questions, pupils were able to explore prayer not only as a religious practice but also as a tool for reflection, wellbeing, and community connection.

### Prayer Spaces: Created by Owl Class

A highlight of the week was the exceptional contribution from **Owl Class**, who invested time and creativity into designing a range of **prayer spaces** throughout the school. These included:

- A calming reflective zone in the hall
- Small, themed prayer corners in classrooms
- An online prayer space created for our school website
- A beautiful outdoor **prayer garden**, making use of natural materials, quiet seating and sensory elements

These prayer spaces encouraged pupils from all year groups to pause, breathe, notice, and express themselves in different ways. Many children commented on how peaceful and comforting these spaces felt.

### Creative Prayer Activities Across the School

To help children experience prayer in its varied forms, Fox, Squirrel, and Hedgehog Classes took part in a range of imaginative and accessible prayer-based activities. These sessions allowed pupils to think about hopes, worries, thankfulness, compassion, and big questions in gentle, age-appropriate ways.

#### Prayer Cups

Children decorated small cups with symbols, colours, or words that represented their thoughts or prayers. Inside the cups, they placed slips of paper containing things they were thankful for or things they wished to pray about. This tangible activity helped pupils externalise their feelings in a safe, private way.

#### Fizzy Prayers

Using dissolving vitamin tablets or bicarbonate fizzers, pupils wrote a worry or hope on a small piece of dissolvable paper, watched it fizz away, and reflected on letting go or handing over concerns. The visual effect made the idea of release and calm much more relatable.

#### Lego Prayers

Children built structures with Lego bricks, dedicating each brick to a person, value, or idea they wanted to remember. Some pupils created "towers of gratitude," while others built "bridges of kindness," sparking thoughtful conversation and peer support.

#### Prayer Doodles

To encourage mindfulness through creativity, pupils created abstract doodles or patterns while thinking about someone important to them or something they felt grateful for. This activity helped promote calm focus and gave children a visual record of their reflective moment.

#### Prayer Plates

Children designed ceramic or paper plates, illustrating prayers, hopes, or blessings around the rim. These plates became beautiful displays of collective positivity and have been placed around the school as reminders of gratitude and care.

**GRATITUDE    RESILIENCE    OUTREACH    WONDER    TRUST    HARMONY**

*'Let your roots grow down into him, and let your lives be built on him.'* Colossians 2:7

## **Introducing: Space Makers**

This year, we launched a new initiative called **Space Makers**, which we are excited to continue developing in the coming months.

**Space Makers** provides children with a set of simple, practical tools for creating calm moments in their day—whether individually or as a class. The programme includes short activities such as:

- Breathing exercises
- Quiet reflection prompts
- Gentle movement
- Moments of gratitude
- Visualisation and stillness exercises

The aim is to help pupils build resilience, emotional awareness, and habits of calm focus. These practices not only support spiritual development but also contribute positively to wellbeing, behaviour, and readiness for learning.

Teachers have begun embedding Space Makers into daily routines, and the initial response from pupils has been overwhelmingly positive. They enjoy having structured, peaceful moments to reset and reflect, and staff have already noticed improved attentiveness and emotional regulation.

## **Impact of the Week**

RE Enrichment Week 2023 has:

- Strengthened pupils' understanding of prayer across a range of traditions and purposes
- Enhanced our school's spiritual ethos and sense of community
- Provided children with practical strategies to support wellbeing
- Enabled deep, meaningful connections to the RE curriculum
- Encouraged creativity, curiosity, and reflection across all age groups

We are proud of the thoughtful, respectful, and imaginative way our pupils engaged with the week. Their insights and enthusiasm have helped to create a school environment where reflection, gratitude, and compassion can flourish.

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# RF Enrichment Week



**GRATITUDE RESILIENCE OUTREACH WONDER TRUST HARMONY**

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