

Clay Pot Prayers

Equipment needed:

Modelling clay, play dough or plasticine
Table cover

This activity encourages students to reflect on things in their lives that have shaped them.

Instructions:

This activity encourages students to think about situations where they feel under pressure, and how they respond.

Cover a table with a mat to protect it, and lay out the modelling clay. You might want to find and display some encouraging quotes from well-known people or from the Bible that talk about pressure.

As the students begin to shape their modelling clay, encourage them to think about times when they feel under pressure (maybe during exams or when things have gone a bit wrong with friends or family). Sometimes you feel under pressure because bad things are going on, and you need to talk to someone about it. But sometimes pressure can be good for you, because it helps to bring the best out of you, and it helps to shape you in good ways. Encourage the students to reflect on this.



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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Clay Pots

Sometimes you feel under pressure because bad things are going on. When bad things are going on, you need to talk with someone who can help you.

But sometimes pressure can be good for you. Pressure can help to bring the best out of you, and it can help to shape you in good ways.

If you want to, use the clay to mould a pot. Think about the things that have shaped you in good ways.