



Journeys in the Spirit

Children's work

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An easy to use plan for a Children's Meeting about fear

Make sure you have a little time of worship for yourself and other volunteers before the session – even a couple of minutes are good.

The outline is based on a 45 minutes children's meeting.

Materials: A box such as a shoebox or similar size with good fitting lid: sellotape or string: A4 sheets with spiders' webs already drawn on the paper (or children can draw their own webs): pens, crayons and other creative materials.

Gather: Have ready the pictures/images of fear on *Additional Resource 79.A*

Begin by asking everyone to say their names, especially if there are people in the group who do not know each other. Perhaps they can say something they have done this week.

Lay out the pictures on the floor or table and explain that you want them to look at the pictures in silence for a minute or two.

After a few moments talk with the children about the pictures and ask them if they feel any of the pictures are scary or remind them of their fears. **10 minutes**

Engage: Work through the first exercise in Engage on page 2 of *Journeys in the Spirit* issue 79.

Read the story '*Little Mouse's Big Book of Fears*' and enjoy looking at all the different parts of the book including the words at the top of the page that describe different types of fear/phobias. **10 minutes**

Respond: Give out the sheets with the spiders webs on or ask the children to draw their own webs. Suggest the children fill in their fears on the web. Remember fears are feelings and cannot always be described in words. Maybe drawing a pattern, a colour, or even just the feeling they get when they are frightened (refer back to pictures and discussion in Gather)

Then ask the children to fold up their sheets into a small parcel and put them into a box. When all the fears are in the box sellotape the box with lots of tape or tie up with string (let the children help) so that the fears can't escape.

Discuss what you do with the box. The children may say throw it away or put it in a cupboard and that is what you must do. **20 minutes**

Reflect: Have a few minutes for all the children to talk about how they feel now. How did it feel to do that exercise? Perhaps they still have things they want to say or questions they want answered.

Ask the children if they want to tell the adults what they have been doing – adults have fears too – and decide what they are going to say to everyone.

Finish with a few minutes of quiet **5 minutes**