



Journeys in the Spirit

Children's work

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Topical Activity

Think about a new year



The start of a new year can give an opportunity for people of most ages to think about things they might like to do, to change or to help with in the coming period of their life. Here is a simple way to do this with children.

Once children have gathered in a circle have a short time of quiet and stillness. Light a candle in the middle of the circle. After short while say something like, 'We are all starting a new year and leaving an old year behind us. Let's spend a little time thinking about the New Year and things we might like to do, to change or to help with'.

Have simple drawing, writing and colouring materials and some glue sticks available. Have enough copies of the sun, cloud and hand shapes that are below for copying available for everybody to use. Also have a large sheet of paper with the words 'our new year' written on.

Give children a sun shape first – ask them to think about something they are looking forward to in this new year or that they want to do (or both). When they are ready they can draw or write about what they have thought of on their sun.

Next give children a cloud and ask them to think about something that they are or might be worried about or scared of in this new year. When they are ready they can draw or write about what they have thought of on their cloud.

Next give children a hand picture and ask them to think about something that they would like to do to help someone or something in this new year. When they are ready they can draw or write about what they have thought of on their hands.

If people want they can talk about what they have drawn or written and then place and stick their suns, clouds and hands on the sheet.



