



Journeys in the Spirit

Children's work

May 2019

Issue 121



An easy-to-use plan for a Children's Meeting

Make sure you have a little time of worship for yourself and other volunteers before the session – even a few minutes is good. This outline is based on a 45 minute children's meeting.

Gather

Gather in a circle for a time of stillness to begin. Have some pictures of gardens, flowers, plants, gardening tools for children to look at. Ask if any of them would like to share anything about a garden they have or have been in. Ask them to choose one of the pictures that they like and why.

Explain that today you will be thinking about gardens and how gardening and gardens build hope, communities and healing. Ask them what it might be like to live somewhere with no gardens, parks, trees?

10 minutes

Engage

Ask the children if they can think of any ways that gardens and gardening help people?

Some ideas are as follows

Gardens can help bring different groups of people together to break down barriers: they can give people with no jobs something to do; they help people make friendships and build communities; they provide good food for people without much money; they can give groups of people hope and something to look forward to. Working in a garden can help people who are mentally ill, have a disability, or who are in prison feel more positive.

Use the links (*see the sidebar p.2 main issue*) to look at the community gardens that are helping people.

15 minutes

Respond

On a large piece of paper draw a garden – make it into a collage. Bring old magazines, tissue paper, wrapping paper, leaves and petals to rub, cut out and add on. Show how if you work together you can create something beautiful for the future, and others to enjoy. Pin it up somewhere in your meeting house so everyone can see it and be inspired.

Older children could write a poem about a garden, seeds growing etc.

15 minutes

Reflect

Gather the children together to talk about what they have been doing:

- Ask if any of them want to share what they have done.
- Talk to them about what have they have learned.
- Has is changed the way they think about gardens?
- Invite them to think about the season ahead – what might they be doing in the garden at home, school etc?
- What about further ahead - is there something they might like to plan for in the future e.g. creating a small garden, holding a seed swap, have a plant sale.

5 minutes