



Journeys in the Spirit

Children's work December 2012 Issue 70



An easy to use plan for a Children's Meeting about our sense of sight

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

This outline is based on a 45 minute children's meeting.

Materials: You will need paper plates x 6 ¾ inch or bigger, white card, sharp pencil, craft knife, black permanent markers, scissors, ruler, paintbrushes.

Gather: Say that today Children's Meeting is going to be talking about how we see things – about sight and eyes. Ask everybody to find somewhere to sit quietly in the room where you are having your meeting. Take a moment to look around the room at all the familiar things the table and chairs, door and windows. Find something that you like looking at, try and concentrate on that one object. Try and see it as if for the first time.

One by one ask children to describe the object that they are seeing to the others, describe its shape, colours and size, try and give as much detail as possible, try and see it if it is something new to themselves and the others in the group.

Listen carefully to how each person describes their object. Are they noticing something that others did not see?

Do they see the same colours as you in the object? Now ask everybody to close their eyes and try and remember the object that has been described - how accurately do they think they have remembered it?

10 minutes

Engage: See the section of Engage on page 2 of issue 70 of *Journeys in the Spirit* Children's work edition that describes 'blind spots.' Have copies of the 'dot and cross' diagram on page 2 for each child. Do the simple activity as described. Ask everybody what happened.

5 minutes

Respond: See the section of Respond on page 3 of issue 70 of *Journeys in the Spirit* Children's work edition with the heading 'Mood masks'. Use the instructions on *Additional Resource 70.E* to make mood masks. Now get everybody to try and have a sad conversation with other people using their smiley faces and then a happy conversation with someone with a sad mask. Try this with other moods that children have given their mask.

25 minutes

Reflect: Set out a few pictures or objects that you think are beautiful. Ask everyone to sit quietly. Ask everybody to concentrate, to look carefully at, one of the pictures or objects in front of them.

How does it feel to do this? Is it like or is it different to being in Meeting for Worship? Did looking at a picture or object help you to be still? Or did you start thinking of other things?

5 minutes

