



Journeys in the Spirit

Children's work

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A simple plan for an all-age Meeting for Worship

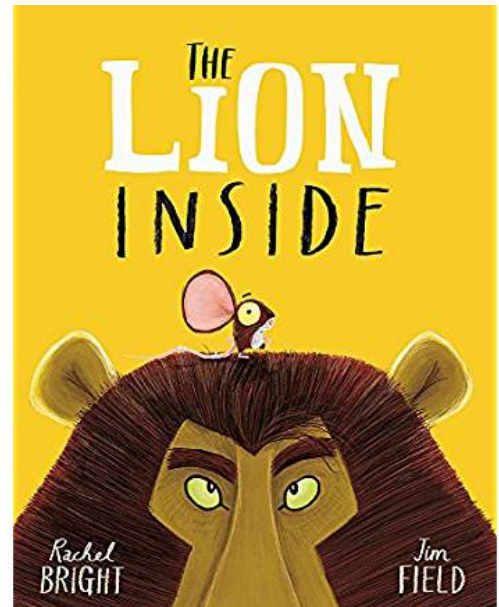
Preparation: paper plates, glue sticks, scissors, variety of creative material including coloured paper, tissue paper, wool, fabric, pens, pencils, crayons.

Quaker faith & practice and the story of *The Lion Inside* by Rachel Bright & Jim Field ISBN-13: 978-1408331590 available from : <https://bookshop.quaker.org.uk/>

Begin by welcoming everyone to this all age meeting for worship and then have a period of quiet.

Read part of Qf&p 21.36 (it is quite long so maybe the third and fourth paragraph).

This passage talks about how we need praise and encouragement to feel confident inside. So today we are going to think about how we build ourselves up. What makes us feel good about ourselves?



Often, we go into situations where we feel a bit anxious or nervous. Things like starting school or nursery, or a new class at school, a new job, meeting new people, or trying a new activity or group.

Sometimes we want to blend in or be the same as others. But perhaps at other times we want to feel confident and be ourselves. And that can be hard. When you hear people talking about “self-esteem” this is what they mean. It is about feeling good and brave and strong and liking who we are.

We are going to hear a story about a shy mouse who found his inner strength.

Read the story – ask people to comment on the story if they wish.

Activity

Now we are going to make “self esteem pizzas”. Think of all the things you like on your pizza – cheese, tomato, onion, pineapple. Now think about all the things that help you to feel good about yourself and put them on the pretend pizza. A rich colourful topping. When you have finished your pizza place it in the middle of the circle so that we can see what a feast there is of things to build us up.

Do the activity quietly. Those who prefer not to do the activity can uphold the rest of the meeting in the silence.



Give people time to do the activity before **ending** meeting with shaking of hands.