



Journeys in the Spirit

Children's work

March 2019

Issue 120



An easy to use plan for mental well-being

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 minutes children's meeting for worship

Materials: Post-its, large bag drawn on a sheet of flip chart paper, pens, crayons, scissors, glue and other creative materials to hand.

Gather:

Settle with a few minutes of quiet. Ask everyone to go-round and say their names, especially if people do not know each other. Continue with the gathering exercise on page one of *Journeys in the Spirit* issue 120.

10 minutes

Engage:

What happens when we worry about lots of things? How does it make us feel? Do we feel able to talk to others about our worries? Sometimes we have big worries that might make us sad and at other times they may be silly little worries that we can't get out of our heads.

Explain to everyone that today you are going to think about what happens when you have lots of worries. We all have worries and usually they come and go. However sometimes they rather get in the way of what we would like to be doing.

We are going to listen to a story about a little girl who had such a huge bag of worries she didn't know what to do without. Read the story of the Huge Bag of Worries.

10 minutes

Respond:

Ask the children about their worries. They might be willing to talk about them right away. If not suggest they write or draw their worries on post-it notes - one worry per post-it note. They can put their worries in a small bag (*see the sidebar on page 3 of main issue for a link to Additional Resource 120.C*).

Encourage the children to share their worries. This is important as often sharing a worry makes it feel less of a problem. They may find others have the same worries and that can be a relief. There may be some worries that can get rid of right away - just sharing them makes them go away.

Put the rest in a big bag. This might be one you have drawn on a big piece of paper or an actual bag. Once the worries are in the bag decided what to do with the bag and the worries. Throw them away? Lock them in a cupboard?

20 minutes

Reflect:

Finish with a short period of reflection. Ask the children if they want to share any of what they have done this morning with the adults in meeting. If so decide what and how they will do this. Remind the children that adults have lots of worries too. They might like to hear the story as well.

5 minutes

Finish with a few minutes of quiet.