

Things to think about...

Sometimes it's hard to know what to say, or what to pray for, that's OK the important thing is that you have spent the time with God.

Show children that there is no set length to prayer. Quick prayers such as blessings on a birthday party or for protection and safe travels before going on a trip are ways to show that God is interested in all aspects of our lives.



Some children may feel shy about praying out loud at first, and will say they can't

think of anything to pray about. If this happens, maybe you could pray for something, then have the child finish your prayer.

Alternatively let the children write down what they want to say and you can pray it together.

It's Nothing New!

Your child spends a lot of time in school praying. It is something that they are comfortable and confident with.

As well as their daily prayers they will have had experience of:

- ♦ Silent meditation
- ♦ Celebration of Mass
- ♦ Rosary
- ♦ Prayer Stations



So don't worry...

If you provide the space for prayer at home, and have confidence in your child you will be amazed at how they respond.

If you don't know how to start maybe just ask your child to say grace before meals or a prayer at the end of the day.

May the peace of Christ be with you and your family as you enjoy praying together.



ST ANTHONY'S
VC ACADEMY



*Let us
pray...*

Some useful thoughts...

Praying is an important part of our school life. We pray at the start of the school day, before meals and at the end of the day. The only way to get really good at praying is to pray. Our invitation to you as parents is to help your children to pray at home as well as school.

Our faith is a living relationship with God that, like any other relationship, Needs us to talk To each other to stay healthy.



In prayer, children become aware of the presence of God already around and in them. Prayer invites them to recognise God's presence in every moment. As in everything else, your child will learn from you by following your example.

Lets Get Started...

It is important to be comfortable when we pray so find somewhere where you can be relaxed.

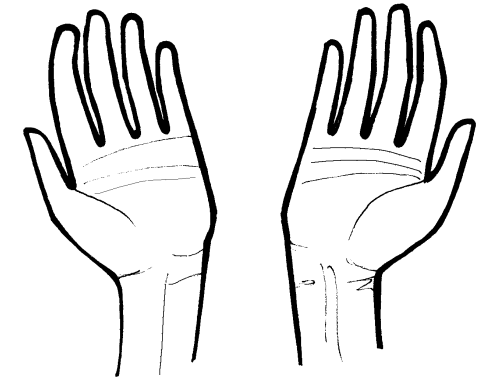


Sometimes It's useful to have a focus. So maybe light a candle or look at a cross or picture



Begin by leading the children in praying the Sign of the Cross. Speak slowly, deliberately, remember that the Sign of the cross is a prayer.

Be sure to invite the children to spend time in silence with God. This will help them be aware of how God wants to be with each of us individually.



Don't Forget...

- Ask your child what they would like to say to God.
- You can use whatever words you like to talk to God. God loves to hear prayers for bike rides, a frog in the garden or a successful birthday party.
- Choose one or two of the prayers to say from the school prayer book.
- It is OK to be silent.

Reinforce that we can come to God with everything we think., nothing is too small for God.