



Collective Worship Home Learning

Ideas for continuing Reflective/ Spiritual times at home

Bristol Diocese are keen to support you in the amazing work you are doing supporting children and young people in these challenging times.

Collective Worship time maybe hard to provide for your children at home and we appreciate that many families will have their own beliefs, rituals and rhythms that they will be maintaining at this time and we do not want to interrupt that.

Having a period of reflection and time to pause and pray can be vital at this time and be something healthy to build into a daily routine.

It will offer opportunities to celebrate and be grateful and give voice to concerns and fears and offer time to pray for others.

The following links are here to support the possibility of creating some reflection time at home and offer opportunities that your children and young people might manage for themselves or share with you. This could provide a unique time and space to offer shape, meaning and hope whilst at home.

Simple home candle meditation time

During this unusual time it can be useful to build times of reflection, or step away times, into the day or week to build breakers to allow for wellbeing and good spiritual and mental health.

Here is a simple idea that could be built into a weekly or daily rhythm.

1. Choose a time in the day (or week) with minimal interruptions:
after a morning break or lunchtime.
2. Create a space - clear the table, maybe put out cushions and a special piece of material, a candle or other nature based focus objects.
3. Ensure your children/ young people know why entering into a time of stillness and silence is a good idea - practice closing our eyes gently and breathing in and out slowly.
4. Play some soft soothing music and fade it down you could then use a bell or a chime to signify the beginning of the meditation.
<https://www.contemplativeoutreach.org/centering-prayer-mobile-app> is a good app for this (other apps are available).
5. As a rule of thumb meditation can be related to the youngest child's chronological age: ie 5 mins for a 5 year old.
6. Many traditions suggest using a word or phrase to concentrate on as you breath in and out and to return to that word when your mind wanders.
WCCM (World Community for Christian Meditation) suggests the ancient prayer word

“Maranatha” (Come Lord Jesus in Aramaic). You might choose another word or phrase “Peace on the in-breath and Love on the out-breath” or create your own that is right for you/your family.

7. When the time is over ring the bell/ sound the chime fade in the quiet music and take time to “return” to the room.
8. You may wish to allow some time to discuss anything that was felt or thought during that time of meditation.
9. Don’t give up. Children and adults may be restless and find this difficult. Build the routine and rhythm and you will adapt and benefit. Create a new norm - you might need to change the time or the day until it is right.

This is adapted from <http://www.cominghome.org.au/>

Jigsaw materials

Many of our schools use Jigsaw materials for their PSHE (personal social and health education) lessons and they include some great mindfulness activities. Jigsaw has released two stories including “Calm Me” times that you can use at home during this time.

<https://families.jigsawpshe.com/stuck-at-home/>

Heart Smart resources

A few schools use Heart Smart materials and they too are offering regular reflections for families at home and some follow up materials, some clips are designed for this unique time while we are isolating.

<https://www.heartsmart.family/>

Fischy Music

Fischy Music are live streaming an Assembly every week at 11am on a Monday and so you can join in. This is a singing assembly (with actions) there is no reflection activity or story - so it might be part of your diet of reflection - or you could take some of the songs from Fischy music that are on YouTube and incorporate them with other items from elsewhere.

<https://www.youtube.com/watch?v=GcPYmV-2DY4&t=460s>

IsingPop

Some of our schools have been fortunate to have been part of an IsingPop project in the past and you may have a CD you’ve forgotten about that you may like to find again and play.

Otherwise you could access their website where there are several sample worship songs with karaoke style words for everyone to join in with.

<https://www.isingpop.org/songs>

Or you can watch on YouTube for a tutorial

https://www.youtube.com/watch?v=4B6ZgAag_-Y

Out of the Ark Music

Are offering Out of the Ark @home resources for free and offering a song a day which you can share with your children. <https://www.outoftheark.co.uk/>

St Mary Redliff and Temple School

Saint Mary Redcliffe and Temple Secondary School are offering a once a week worship

organised by Joey Mitchell their Chaplain. The first one is called "Isolated but not alone"
<https://www.smrt.bristol.sch.uk/index.php/weekly-worship>

Engage from Home

Includes a simple prayer or worship activity which families can engage with together, using movement, interaction, craft, play and more. We will be varying the themes and types of engagement with God, and we are sure that you'll be able to adapt the ideas to suit your family.

The aim is to resource families during the Covid 19 pandemic, and strengthen family worship and prayer for this season. We believe that in the midst of isolation and struggle God will be at work in and through his people. The ideas are released daily with dates on them, but feel free to use them whenever suits.

<https://engageworship.org/engage-at-home-daily-family-prayer-and-worship-activities>

Prayer Spaces

Prayer Spaces have some excellent ideas for reflection and creative ways of responding to worries, fears and sadness.

They have just launched "Prayer Spaces at Home" for you to create some creative reflective activities while you are at home together.

<https://www.prayerspacesinschools.com/>

BBC resources

The Assembly Toolkit offers many materials, particularly seasonal to the month and to the key stage of child/young person. <https://www.bbc.co.uk/programmes/p00nkdqx>

School Radio also offers some great assemblies that encourage reflection and depth of thought for all age groups

<https://www.bbc.co.uk/programmes/articles/4tfZ9z97zphTq9xSLLqZC01/assemblies>

BBC Teach

Has stories on YouTube for Collective Worship

<https://www.youtube.com/channel/UC4KN50fal7f45fx2DqG7ttg/search?query=Collective+Worship> - simply watch the clip together and ask the question:

What might we learn from this for our own lives?

Discuss. Share some silence and say Amen.

An Examen for children

This is an ancient tradition taken from Ignatius Loyola a 16th Century Spanish Saint.

It offers a way at the end of the "working day" with your children/young people of reflecting on what has passed, learning from it and looking forward to the next day.

At the end of your day, find a comfortable place, and remind yourself that all will be well.

Now look back over your day.

Were you at home? Did you go out? Where did you go?

What made you happy today?

Did somebody say or do something that made you feel good?(Someone in your family, a teacher, maybe someone online or someone else?)

Did you say or do anything that made you feel good?

Was there something that you really enjoyed?

Whatever made you feel happy today, give thanks for those things now.

Did anything make you sad today?

Maybe something that happened or that someone said or did?

Did you do something that made you feel unhappy?

Maybe there is something you want to say sorry for?

Whatever made you feel sad or unhappy today, remember that you are precious and that nothing ever changes that.

Now think about your day tomorrow.

Is there anything you would like to ask about the day, is there anything you are worried about, or anything that you need?

Talk about it now and ask for peace and happiness to be with you through your day.

Conclude: All will be well. May love abide.

Suggestion: You could keep these responses in a daily journal and note your responses and look for any patterns.