

Year A - 7th Sunday of Easter: The Ascension

Matthew 28:16-20

Blessing Bracelet



Introduction

In this activity the children will make two blessing bracelets, one for themselves and one for them to pass on to someone else as a blessing.

There are a number of ways you can make bracelets. In this activity we have given a very simple version. However, if you have more time available there are lots of tutorials for blessing bracelets or friendship bracelets that can be adapted online and on youtube.

You will need

- 40 cm lengths of thick wool/leather strips/synthetic fabric strips
- Beads that can symbolise a blessing (letters, a cross, a miraculous medal).



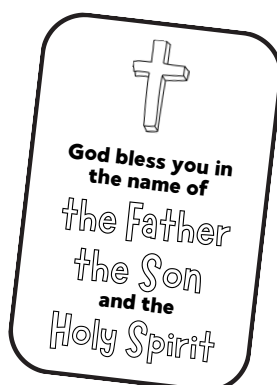
Instructions

- Feed the beads you have chosen onto the your chosen fabric strip.
- Then tie a sliding knot onto the fabric.
- **How to tie a sliding knot.** This youtube tutorial outlines how to make sliding knots: scan the QR Code.



Blessing Cards

- Print out the cards from the following page and ask the children to decorate them. And on the reverse side the children can write a prayer or a blessing for the person they want to give it to.



Share the blessing.

Think about ways the children can share these blessings whether you do the bracelets or cards. One idea could be that before the final blessing the children are invited to stand by the exits, and as the congregation leaves they can hand out their bracelets or cards.



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



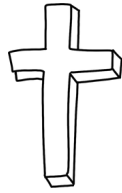
**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



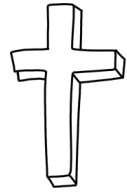
**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit



**God bless you in
the name of**
the Father
the Son
and the
Holy Spirit