Year C - 4th Sunday in Ordinary Time
Luke 4:21-30

Affirmations

Instructions

- Sit the children in a circle and give each child a piece of paper and get them to write their name at the top of the page.
- Ask them to pass their paper to the person on their right.
- When they get someone's paper, they can write something down about that person that they like. or something that they want to celebrate about that person.
- They can write things like, 'xx is kind, xx has a nice smile' but encourage them to try to dig a little deeper and find something unique to that person.
- By the time the paper gets handed back to the original person, it should be filled with positive affirmations. You can use this as another example of how to celebrate and lift each other up rather than cut them down.



Idea

- If the posters are dry they could write the affirmations around the outside of the poster so they can be reminded of their affirmations whenever they look at the poster.