Year C - 7th Sunday in Ordinary Time
Luke 6:27-37

Action Prayer

Background

This activity helps the children understand the body language and facial expressions of one another.
It's also another way of sharing the message that sometimes things happen that we don't see but can still have an effect on them later on when we are with them.

You will need



- Depending on your group size, you can split the group into two or ask the children to pair up. Alternatively, children could work in small groups and take turns.
- One person will be the 'actor' and the other(s) have to guess the emotion.
- Pull the 'actors' to one side and give them a scenario eg they have just been given a surprise, discuss with them how they might feel? The emotions they describe are what they have to go and act out to the others.
- To make it more of a challenge, add some restrictions eg, they can't use words or they have to do it with their hand behind their back, or they have to guess what happened not just the emotion.
- Once the team have guessed correctly, others can have a turn.

Instructions

- You have just been given a great present.
- You are feeling shy about meeting new friends.
- You are about to fight a dragon.
- You've got to take a difficult test.
- You have broken something special.
- You are seeing a family member you haven't seen for a long time.
- You have been left out of a game by your friends.
- You just did something embarrassing in front of a group of people.
- It's your birthday.