

Beads of Loss

Equipment:

String
Beads with holes in

This activity encourages pupils to think about others who may be experiencing grief or loss.

Instructions:

This activity focusses on grief. It encourages pupils to remember that they are not alone in grief and to think of others who may be grieving.

It aims not to minimise the grief of a pupil but to enable them to remember that family members and friends will also be experiencing similar feelings during a time of loss.

Pupils can take a piece of string and think of others who are grieving in a similar way to themselves or someone they know who is grieving. As they think of different people they can add a bead to their string. If they want they can pray for comfort, healing and love for those who are grieving. They can then tie the string around their wrist to take home as a reminder of those people.



Prayer Spaces
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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Beads of Loss

When someone leaves or dies they leave a gap in our lives - we miss them. It's called grief. It's easy to feel alone when you are grieving. But others may be grieving too.

Take a piece of string. As you hold your string, think about other people who might be missing someone; they might be missing the same person as you. Add a bead to your string for each person you know who is grieving.

If you want to, you can say a prayer for them. You could turn your string into a bracelet or hang it somewhere at home to remind you of the people you've been thinking about.