

Dealing with Loss

This activity encourages pupils to think about what they need during a time of grief and how God comforts them.

Equipment:

Some wire (chicken wire or fencing) – safely secured with no sharp edges.

Or bricks as an alternative.

Paper

Pens

Instructions:

Grief can be extremely hard for people to come to terms with. This activity is designed to encourage pupils to express their feelings of grief and their needs and to bring them to God if they want to.

Pupils can take a piece of paper on which they can write their feelings thoughts or prayers. Pupils will feel different things as everyone processes grief differently. They are also encouraged to write down what they need to help them with their grief. They can then take their paper to the wire wall, roll it up and put it in a hole. The wire wall is significant as it represents the Cross, Jesus suffered on a cross and God grieved for Him. God understands our feelings and our needs when we grieve.



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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.

Dealing with Loss

When someone leaves or dies they leave a gap in our lives - we miss them. It's called grief.

Grief can make us feel angry, worried, upset, hurt, scared...

Is there someone you are missing?

Take a piece of paper. If you want to, write how you feel.

Is there something that would help you at this time?

Maybe someone to talk to or some time alone to think...**write down what you need.**

When you are ready, take your paper to the wire wall. If you'd like to you can say a prayer.