



Our Bodies in Prayer

For this activity, look through WE PRAY slowly with the children and focus especially on the illustrations.
ASK THE CHILDREN TO IDENTIFY WHAT PEOPLE ARE DOING WITH THEIR BODIES IN THE PICTURES.

Now, ask the children to describe the things they do before and during prayer [making the sign of the cross, lighting candles, lighting incense, holding a prayer rope, sitting, standing, closing their eyes, bowing their heads, looking at icons]. Ask the children why we might do these things when we pray.

If they are old enough, ask the children to write some of these things down below, then draw a picture of themselves praying. Then have the children try out each motion or action in prayer.

When I pray,

With my hands I... _____

With my legs I... _____

With my arms I... _____

With my head I... _____

With my eyes I... _____

A picture of me praying