



## Pax Christi - Peace Sunday 2024

# Activities and Prayers for Children

Here we offer some activities and prayers that could be used in the family, with a group, or as part of a liturgy for children on or around Peace Sunday. The themes in this resource are about recognising our uniqueness, building community, dialogue and being a peacemaker.

## Activities

### Celebrating difference

- Stand in a circle. One person stands in the middle and calls out instructions for a particular group of people to change places.
- All the people who belong to that particular group change places, including the caller.
- The person left standing calls out the next instruction, for example:  
“All change those who... have green socks/ have two siblings/ have lived somewhere else”
- Afterwards, talk about:
  - What did it feel like belonging to groups that were called out?
  - What did it feel like being left out of some groupings?
  - Do we all have to belong to the same groups all the time?
  - What are the good things about being in different groups?
  - What are the things that make us unique?
  - How could we celebrate being a community but also all being different?

### I am special

- At the top of a piece of paper, ask the children to write “I am special because...”.
- In the middle of the sheet ask them to draw around their hand. In each of their fingers and thumb ask them to write different reasons why they are special.
- Ask the children to get into pairs. In turns, they will tell each other what they have written on their hands.
- Their partner will then repeat back to them “You are special because...” and the reasons they have heard.

### What makes for peace?

- Get a box/tube with a hole at either end and some coloured pieces of paper/ card. Prepare some of the cards with the word ‘peace’ on them.
- Explain to the young people that this box/ tube is actually a peace machine. On one side you put in the ingredients that make for peace, and then it comes out of the other side. Give a demonstration using cards you have prepared; put the cards with the ingredients for peace in one end and pull a card saying ‘peace’ out of the other.
- Ask them what ideas, behaviours or values they would put in the machine to create peace.
- In groups get them to write their ideas on pieces of card and then give their own demonstration of putting their ingredients to make peace in one end of the ‘machine’ and then taking the word peace out of the other. You might want them to explain why they think their ingredients will create peace.

### I am a peacemaker when...

- Ask each child to think of one example of when they have been a peacemaker.
- Split the group in half. Get one half to stand in a circle facing outwards. Ask the other half of the group to find someone looking outwards and stand in front of them.
- They then have one minute to tell each other when they have been a peacemaker. After one minute they are given a signal and they have to thank each other for being a peacemaker.
- The children on the outside then move clockwise to talk to the person next to the one they were originally speaking to. Repeat the activity as many times as you feel appropriate.

### Peace is ...

- Get a long roll of paper/ plain wallpaper.
- On one end write in big letters 'Peace is' (you may want to also decorate the letters).
- Ask the children to decorate the rest of the length of paper with pictures and words to describe peace.
- You can then use this as a display or can perhaps bring it up to the altar.

### Freeze Frames

- Put the children into groups. You are going to ask them to make a series of freeze frames/ tableaux to show two related situations. Examples could be:
  1. When someone has been feeling left out and then how that person can be included
  2. When someone has fallen out with another person and then when they have made up
  3. When someone has been unkind and then when they have been kind.
- See if the other children can guess what is happening in each freeze frame. Ask the children in the freeze frame how the different characters are feeling and why they are acting the way they are.
- Make sure to give each group a round of applause after sharing their freeze frame.

## Prayers

Dear God,  
Help us to recognise our own uniqueness and dignity as children of God. May we recognise and celebrate that in other people too.  
Thank you for our creativity, our skills, our talents and our interests.  
Help us to learn to talk to each other and to listen to one another, so that we all feel welcomed and can learn to resolve conflicts peacefully.  
Thank you for giving each of us a unique voice that we can use to work for peace and justice.  
Amen

Dear God,  
We thank you for giving us your peace.  
Help us to spread peace at home and at school by loving and caring for one another even when we don't agree.  
Help us to spread peace by sharing our time with those who are lonely and who need a friend.  
Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear.  
Let us pray every day for peace for our families, our friends and ourselves.  
Amen