



Cuddle-Up Prayers



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EXTENSION ACTIVITIES FOR USE BY PARENTS AND TEACHERS

PRAYER CHAIN

Cut several colors of construction paper into strips. Help your child write a prayer on each strip of paper, either once a day for a month or all at once. Staple or tape the ends of each strip together, linking them together as you build to form a chain. Hang the chain somewhere in your home as a reminder to pray.

Alternatively, create a chain with several prayers. Each day, allow your child to tear one link off, read it, and pray the prayer written on the strip of paper.

HEALING POSTER

Provide children with a box of adhesive bandages and a blank poster. Talk with them about different types of healing: physical, emotional, and spiritual. Have each child write the name of someone who needs healing on a bandage. (If the child cannot write, invite them to tell you about a person on their heart and write the name for them.)

Allow the child to stick the adhesive bandages to the poster. As they attach each name, pray for the person together. Hang the poster somewhere in your home and encourage your family to pray for those people each time you walk past the poster.

5 FINGER PRAYER

Teach your child the five-finger prayer and practice it together. Here are the five steps:

1. The thumb is closest to your heart, so pray for those closest to you.
2. The pointer finger is used to give directions, so pray for teachers, coaches, therapists, and doctors.
3. The middle finger is the tallest, so pray for leaders in the government and church.
4. The ring finger is the weakest, so pray for the sick, the poor, and those in need.
5. The pinky finger is the smallest, so pray for yourself last.

Extension: Help your child create a handprint with paint on a piece of cardstock, with the fingers facing downwards. Allow your child to use markers to turn the handprint into an animal, with the four longest fingers as legs and the thumb as the head. After creating the handprint craft, explain the five-finger prayer.

PRAYER JAR

Have your child help you decorate a simple jar. Together, brainstorm a long list of things to pray for. Write each prayer prompt on a popsicle stick and place them in the jar. Every evening at dinner, ask your child to draw a random popsicle stick. Pray as a family over the prompt selected.

