



Activity 14

Bouncy Ball Prayers

Spiritual Development: Prayer Exploration

To experience the fun in prayer through bouncy ball prayers.

You will need – A selection of bouncy balls.

Activity – God provides many, many things in our lives that provide us with lots of amazing memories and loads of fun. This is a simple activity to remind us just how much fun and laughter there is in our lives. Choose a bouncy ball, take a moment to look at the colours and thank God for all the fun in your life, at school, at home, at your place of worship, and in any clubs you attend. Bounce your ball and have fun chasing after it, all the time thanking God for all the fun things in your life.

This activity also reminds us that to have fun and be with others, we only need simple things - each other.

