

Activity 11

Pom Pom Prayers

Spiritual Development: Prayer Exploration

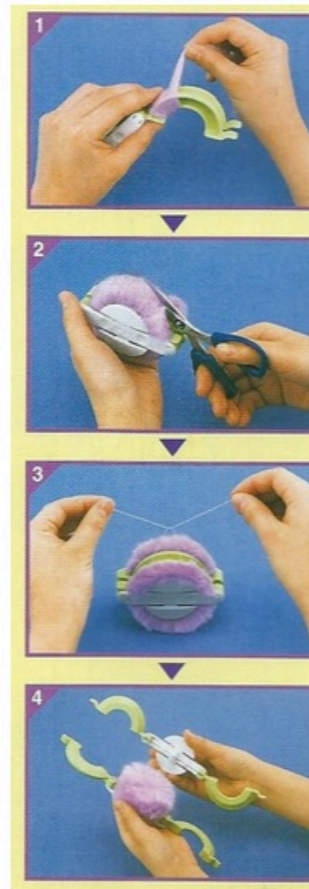
To celebrate through prayer our uniqueness and beauty by making pom poms.

You will need - selection of yarn in a variety of colours, pom pom makers and scissors.

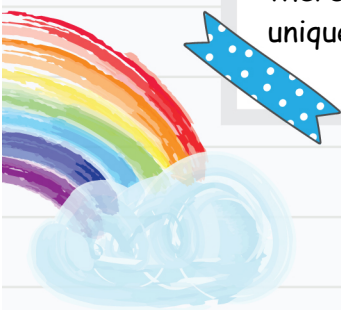


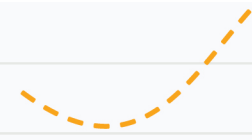
Activity - First of all choose the colour(s) of yarn you would like to make your pom pom out of. Then follow the instructions below to make your pom pom. Pom pom makers come in a variety of sizes so you can make different sized pom poms. Once you have made your pom pom, find a quiet place to sit and relax. Take your pom

pom and hold it in your hand. What does it look like? What colours are there in your pom pom? How does it feel? Each pom pom made is unique, different and beautiful in God's eyes. Take a few minutes to



1. Open the two U-shaped arches and wrap the wool around them both.
2. Close the arches.
3. With a sharp pair of scissors, cut the wool between the U-shaped arch (all around it).
4. Take a piece of wool, slide it through the opening created when you cut the yarn and tie a knot, pulling as tight as you can.
5. Open up the U-shaped arch to reveal your pom-pom.





think how unique, different and beautiful you are. Think of all the many things you are good at and thank God for them. Think of one thing that you would like God to help you with.

