



Activity 88

Prayer Shrinkies

Spiritual Development:
Prayer Exploration.

To investigate prayer through making and using prayer shrinkies.

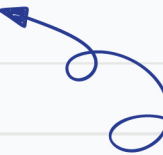
You will need – Selection of permanent marker pens, single hole punch, shrinkies plastic sheets, shrinkies plastic pictures, key ring fixings and scissors.

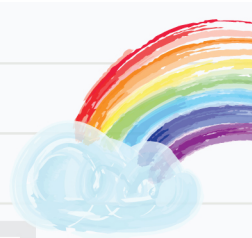
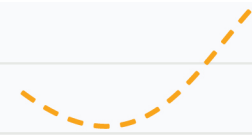


Activity – First, cut out the picture of your choice or draw a picture on the plain plastic. Then using permanent markers, colour your picture. Cut your picture out on the dotted line, or if you have drawn your picture, leave at least 1cm around you picture. Make a hole with the hole punch **BEFORE** you shrink your picture. With an **adult**, place your picture on a baking tray and put it in the oven. Set the temperature of the oven at 165° and leave your picture in for a few minutes.



Your picture will curl up and then flatten out again, at this point take it out of





the oven. Sometimes you will need to put something heavy on top of it, to flatten it out. Add the key ring and sit quietly, to use your prayer shrinkie to focus on while you talk to God. Thank God for the amazing things in your life. What does your prayer shrinkie make you think of? Put your key ring on something that you use regularly. Each time you touch it or see it, you will be reminded to pray.

