



## Activity 105

### Spiritual Development:

## Spiritual Bouquet

### To celebrate the good things in our lives.

**You will need** – Plant pot, wooden dowel sticks, different coloured paper, felt tip pens, selotape, ribbon, playdough and scissors.

**Activity** – This activity is designed to celebrate all the positive things in our life. First of all fill a plant pot with playdough (or something that will hold the dowel). Next sit with a partner or in a small group and discuss all the positive things in your life e.g.

- \* family
- \* friends
- \* school
- \* home
- \* health
- \* people to help us
- \* personal possessions
- \* laughter and fun

Cut out simple flower shapes from the coloured paper and write on some of the positive things in your life. Then selotape your flower to the dowel and add it to the plant pot. You can also write prayers of thanks on a flowers for the positive things in your life. When everyone has made a flower and the bouquet is complete take some time to read and celebrate everyone's flower.

