

Bubble Tube

Equipment needed:

Bubble tube
Post-it notes
Pens
(probably some blu-tack)

Extras:

Comfortable seating or floor cushions
Fabric to darken space
Atmospheric lighting

This activity encourages pupils to think about their prayers reaching God.

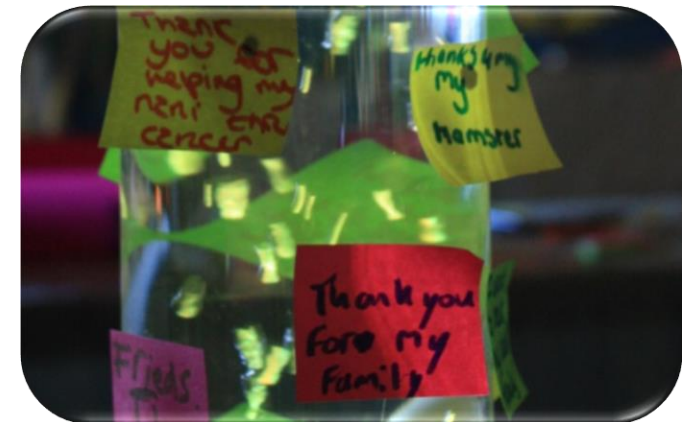
Instructions:

This activity encourages pupils to reflect and pray in a calm, multi-sensory environment.

Set up the bubble tube in the corner of a room or inside a gazebo or tent with some Post-it notes and pens.

Ensure that the power cable attached to the tube is safely taped down and won't be a tripping hazard. If possible, use fabric and alternative lighting to create a low-lit environment.

Encourage pupils to sit quietly and reflect as they watch the bubbles rise up the tube. If they want to, they can write or draw a thought or prayer onto Post-it notes and stick it onto the tube.



Prayer Spaces
in Schools

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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Bubble Tube

Watch the bubbles.

Try to follow one from the bottom to the top –
they always reach the top.

If you want to, write or draw your thoughts or prayers on a
Post-it note and stick it on the bubble tube.