



Week 1 - Dylunio Enfys

#addewidagobaith #hopeandpromise



A prayer to say
together

God of Hope,

Thank you that you
love us and that you
promise us that you
will bring us and the
people we love Hope.

Help us to spot this
Hope in our lives and
help us to be people
who share your Hope
with others.

Amen



Can you follow the instructions to make your own rainbow of hope? Maybe you would like to display it in your window? You might also like to keep a journal or a book of Rainbow Notes to help you express your feelings.

Red - Colour in the top bit of your Rainbow, this should be Red. As you colour you may want to think about how you are feeling. This is quite a strange time and life is very different. It is perfectly understandable for you to feel a bit worried.

Christians believe that God is with you through good times and bad times. Loads of times in the Bible God says to all sorts of different people "I am with you". Maybe as you colour you could say in your head the words "I am with you" like God is saying them to you. How does this make you feel? If you want to write "God is with ME" in your Rainbow Notes.

Orange - Colour the next section of your rainbow in Orange. It is sad that sometimes other people get worried or sick. As you colour the orange section you may want to think about the people you know that may need help. If you want to you could say a prayer for them and write it down in your Rainbow Notes. It could be like this

"Dear God, please help may they know your love and your hope today. Amen".

Yellow - Colour the next section of your Rainbow Yellow. This section is for your friends and family.

As you colour you may want to think about the super special people in your life. This could be your family or your friends. It may be that you are thinking about someone that you are not able to see at the moment. Whoever you are thinking about why not say a prayer thanking God for them and enjoying the thoughts of how much you love them and how special they are. You may want to write your prayer in your Rainbow Notes if you are stuck you could write something like this

"Dear God, thank you for..... thank you that they are in my life and they bring me Hope and Love".

If you get a chance you could tell the person you thought of that you love them.

Green – It's now time for the Green. You may not be able to be outside as much as you were, you may feel a bit angry or sad about this. Its nice being outside and playing. However, you can still enjoy the outside even if its through your window or in your garden. As you colour the next section of your Rainbow Green you may want to think about ways that you can still watch nature and creation. Could you look out of your window at the clouds and sky? Could you make a list of what the weather is like each day or what birds you spot? If you have a garden could you practice a new sports skill and do some playing. Why not write your idea in your Rainbow Notes and try what you have thought about when you get home?

Blue – There are lots of people at the moment working really hard to help other people. They are very special. Without reading ahead how many can you name? Write them down in your Rainbow Notes.

Did you have these people in your list? Doctors, Nurses, Ambulance Drivers, Vicars and Chaplains, Police, Fire Brigade, Teachers, people who work in growing, farming, delivering and selling our food? There are so many more! Colour in the Blue Section of your Rainbow. You may want to have a think about and say a prayer to God for these people. It could go like this;

“Dear God, thank you for the people who help us and our communities. Please protect them and bless them with your love and hope”.

If you want to you could write your prayer in your Rainbow Notes.

Indigo – Its Indigo time! Colour in your Indigo Section – if you don't have Indigo, I think Purple would work fine! Lots of people including Christians believe it's really important to love one another. Christians believe that when we do good things for others, we are sharing God's love and hope too. As you colour have a think about what nice thing you could do for someone else. Nothing is too small. Perhaps a nice smile or a kind word. Perhaps you could ask your parent or guardian if you could ring someone you love or write a letter or draw a nice picture for someone. Maybe you could write your idea in your Rainbow Notes.

Violet – It's the last one! Don't worry if you don't have a Violet you could use a light purple or a light blue – it does not really matter, whatever you use it will look awesome! We have talked a lot about hope in this craft. We have talked of finding Hope when we are feeling worried and about asking God to give hope to sick people. We have also thought about the hope that our friends and family bring and about the wonderful world we live in. We have asked God to give hope and love to those people who work so hard to bring us hope in our communities and thought of nice ways we can bring hope to others. As you are colouring in this section you could think about where you want this Rainbow of all types of prayers and hopes to go. Do you want to put it in your window or send it to someone?

Talk to your teacher or parent if you have an idea and write it in your Rainbow Notes

How does this link to my school curriculum?

You are developing the skills to be a healthy confident individual. You are developing resilience and empathy skills which are all really important for your emotional wellbeing.



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