

NOTES

This Bubble Worship is inspired by the psychological theory of **'HEALTHY DYNAMIC OSCILLATION'**

This is the idea that, following a disruptive event, people will move between states of 'loss' and 'restoration' as they digest their experiences

- Crying
- Yearning
- Anger
- Dwelling
- Withdrawal



- Adaptation
- Socialising
- Joy
- Peace
- Re-creation of identity

THEMES

- Emotions and feelings
- Being in the present
- Self-awareness and care

Bible Reference:
Ecclesiastes ch 3: 1-8
Psalms ch 4: 4



Mixed Up Game

RUNNING ORDER

ON VIDEO

- Intro to 'journeys'
- Wisdom Poem: 'A Time for Everything'
- Reflection
- 'Emotions clock'
- Emotion colours
- Prayer

YOU LEAD

- Optional Activity 1
- Optional Activity 2
- **Feelings Discussion**
- Optional Activity 3
- Optional Activity 4

1

A silly challenge - ask the children to express one emotion with their face, and a different emotion with their body. Eg: Happy face, angry body.

3 MINS

2

For an even harder challenge, older children might try to express the different emotions on the two sides of their face eg: Left side confused, right side sad.

5 MINS

'A Time for...!' Poems

Add to King Solomon's famous poem by adding your own lines. Each one line should have two opposite concepts, and each two lines should rhyme, eg: "There is a time to walk and a time to run a time for rain, and a time for sun"

Emotions Clock

See Page 2 of this PDF.

Emotional colours Diary.

15 MINS

4

Children attribute their own colours and patterns to different feelings. They may then chart their week in feelings, by colouring in the times and days accordingly.

4. EMOTION JOURNEYS

7 MINS

Emotions Clock

Ask children to identify feelings they often have, and when or where they might have them.

Pupils can draw 'thick' and 'thin' hands on the clock according to common feelings.

Children can chat with their peers about what they do with their feelings, how they change through the day/week/year, and what kind of factors can have an affect on feelings:

eg: weather, hunger, family situation, tiredness, special occasions etc.

Credit to the Spinnaker Trust for creating and contributing this graphic.

Spinnaker Trust are close peers of ours, delivering excellent Christian schools support across the South-East of England

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