

## **Turn over a New Leaf**

(Session to be adapted depending on the Year group)

Remind the children that this is their quiet time with God and that they do not have to share any thoughts or ideas with anyone other than God.

### **Reflection**

- Light candle to show that Jesus is with us. As we start a new year together, we think about all the things that we have to be thankful for and all the lovely times that we shared last year.
- Sit in a circle and pass round a holding cross/pebble etc.... when receiving the object they can say something that they are thankful for aloud or to themselves and then pass to the next person.
- We offer to God all the things we want to say thank you for.

**Sing:** Thank you Lord for this new day.....

Provide children with a leaf template.

Spend a few moments, in your own words, asking God to be with you.

Choose a leaf and then think about one small thing you want to change in your life. Think about how you might do this.

Write what you want to change on the back of the leaf – Remember Jesus said 'I am the vine' – It is he who gives us the help we need to become the person God wants us to be.

Stick the leaf in their Prayer Journal and decorate.