

# Air Mail

**Aim:** Fun, practical, symbolic way to send prayers to God.

**What:** Making Paper Airplanes, writing prayers on them & sending them off to God.

**How:** First with your group, you may like to explain some things about prayer first e.g. you can all pray to God, all it is, is talking to God & you can do this anytime. Then get each individual to write their prayers on a piece of paper. Then they are to fold it into a paper airplane. You can do a range of things from there, such as: wait until everybody's finished & have an airplane throwing competition; if you have a balcony/2nd story window/rooftop (safety first!) you could use to prayerfully throw the airplanes off at height, symbolically throwing your prayers to God.

**Who:** Good activity for all ages. (note: some children may need help making their airplane)

**Resource:** Paper, pen, markers/pencils (they may

