Standing outside (or inside with bits of nature around you), lead the group in the following body prayer (5 minutes)

Thanks be to God for this new day (stand spread eagle, with face and arms lifted to the sky)

For the sun (stretch right arm/side a bit higher and then down) and the moon (now do the left)

For all that is around me (one arm making a circle in front of you at waist height)

For all that is around me (the other arm making a circle in the other direction in front of you, at the waist)

For all that I will become (stretch one arm from straight at your side to straight in front of you)

For all that I will experience (stretch the other arm straight up and out)

I will stretch into change (crouch in a runner like stretch with one leg forward)

I will stretch into new relationships (crouch again in a runner like stretch with other leg forward)

I will be close to the earth (stand with arms at side)

I will be close to myself (hug yourself)

I will be close to others (arms outstretched at sides)

I will be close to God (arms upstretched to the sky)

Thanks be to God for this new day ( start with hands at waist in prayer pose (with palms together) and raise your arms straight up and then open to God)

Prayer adapted from *The Gifts of Silence* by Daniel B. Wessler and M. Jenelyn Wessler.

**Version for kids:**

Thanks be to God! (stretch arms way up)

For this world (with arms still up, twirl in a circle)

For you (put hands out to others)

For me (pull hands in towards heart)

For all God's animals (run around, act like animals)

For the whole earth! (clap clap stomp stomp jumping jack OR just make a big circle in the air with your finger)

We promise to love it (hug self) and take care of it (make arms like rocking a baby)

Thanks be to God! (stretch arms way up)