

# Meet Our Prayer Bear!



Dear Families,

Prayer Bear is coming home with your child this week! Each week, a different child will take Prayer Bear home to help them and their family share special prayer times together.

## What's Inside the Bag?

- Prayer Bear – to cuddle during prayer time
- Prayer Journal – where you can write or draw your family prayers, thoughts, or reflections
- Prayer Sheet – some simple prayers and ideas you can use together
- Battery Tea Light Candle – to help create a calm prayer space at home
- Small Cross/Rosary Beads – to hold during quiet prayer

## How to Use Prayer Bear

1. Choose a quiet moment in the day (morning, bedtime, mealtime, or whenever works best).
2. Switch on the little tea light and invite your child to hold Prayer Bear.
3. Say a prayer together – you can use one from the prayer sheet, say your own, or just talk to God.
4. Write or draw something in the **Prayer Journal** – it could be a prayer, something you are thankful for, or a picture.
5. Return everything in the bag to school on **Monday** so the next child can take Prayer Bear home.

## ✿ Ideas for Your Prayer Time

- Thank God for something good that happened this week.
- Pray for someone in your family, school, or community.
- Ask God to help with something you're worried about.
- Share a kindness you want to do this week.

Thank you for making Prayer Bear's visit so special.

Together we are helping the children see that prayer is part of everyday family life.

With blessings,  
Miss McCulloch & Prayer Bear