

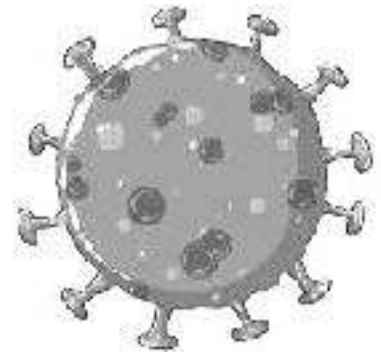
Taking time to pray

Name: _____

We are living in the year 2020 when we are having to mind ourselves and one another against a virus called the Corona Virus. What is a virus?

A virus is a tiny germ, way smaller than we can see. A microscope is needed to see it. A virus can make us feel sick. A virus has to get into us in order to survive.

The virus that people are talking about now is called the coronavirus, corona means 'crown'. This virus looks like it's wearing a spiky crown.



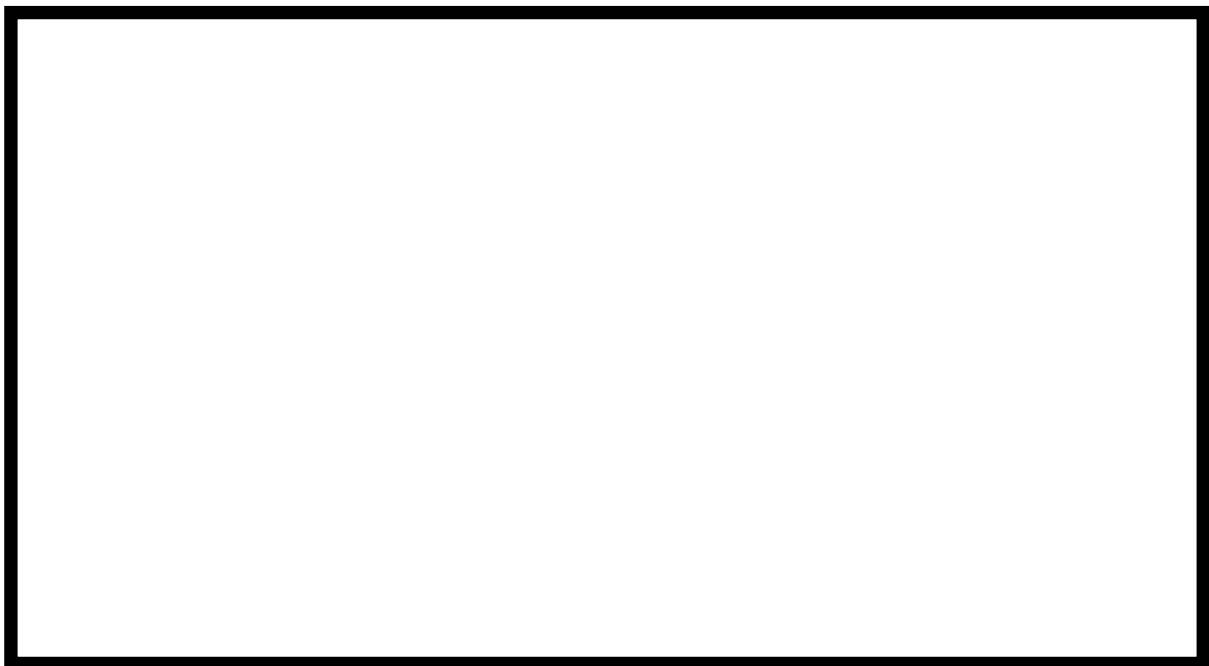
If a virus gets into people it makes people sick by not allowing human cells work properly. In our bodies each person has an immune system. This is what helps us fight germs if they get into our body. If some people get very sick it means their immune system may not be able to fight hard enough to kill the virus.



To stop the virus spreading schools, and other places, are closed. This is a way we are helping. But we all must do our little, but important, actions to help further.

- Wash our hands, using soap and water. Wash your hands when you get up, before you eat, after you use the toilet, before you go outside and again when you come in, after petting your pet, when your hands are dirty, if by accident you touch your face. Remember washing your hands means using soap and water!
- Keep your hands away from your face - your nose, your eyes and your mouth.
- When you sneeze you must sneeze into a tissue and then throw your tissue away
- When you cough- you must cover your mouth by coughing into your elbow or into a tissue

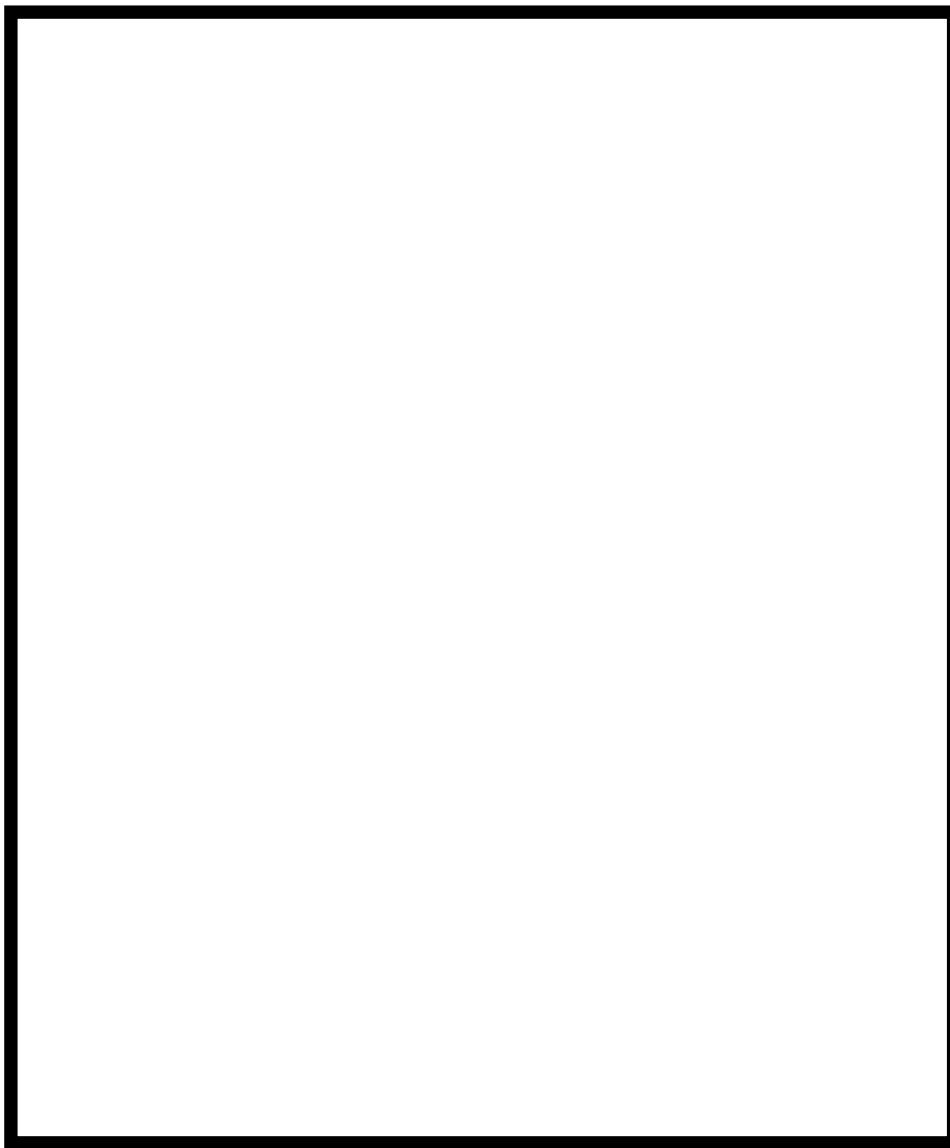
Write or draw about how you wash your hands

A large empty rectangular box with a thick black border, intended for a student to write or draw about how they wash their hands.

Prayer

Prayer is very important.

It is good to talk to God, to tell God what worries you, what makes you happy, what you'd like help with, how you might like God to help others, how you spend your day- you can talk to God about anything and then you need to be quiet to listen to what God might be asking you to do that helps make your home, our world a better place.

A large, empty rectangular box with a thick black border, intended for a child to write or draw their prayer.

Write or draw
what you
might like to
say to God

The Bible

In the bible we have the Old Testament and the New Testament. In the New Testament we read stories about how Jesus. In some of the stories we read how he was also sad when he saw other people in pain or sick. Because of that he was moved to compassion and helped them.

Here is one story told by people who lived during Jesus' time and saw what he did and then they wrote it down.

Jesus heals Simon Peter's Mother-in-law

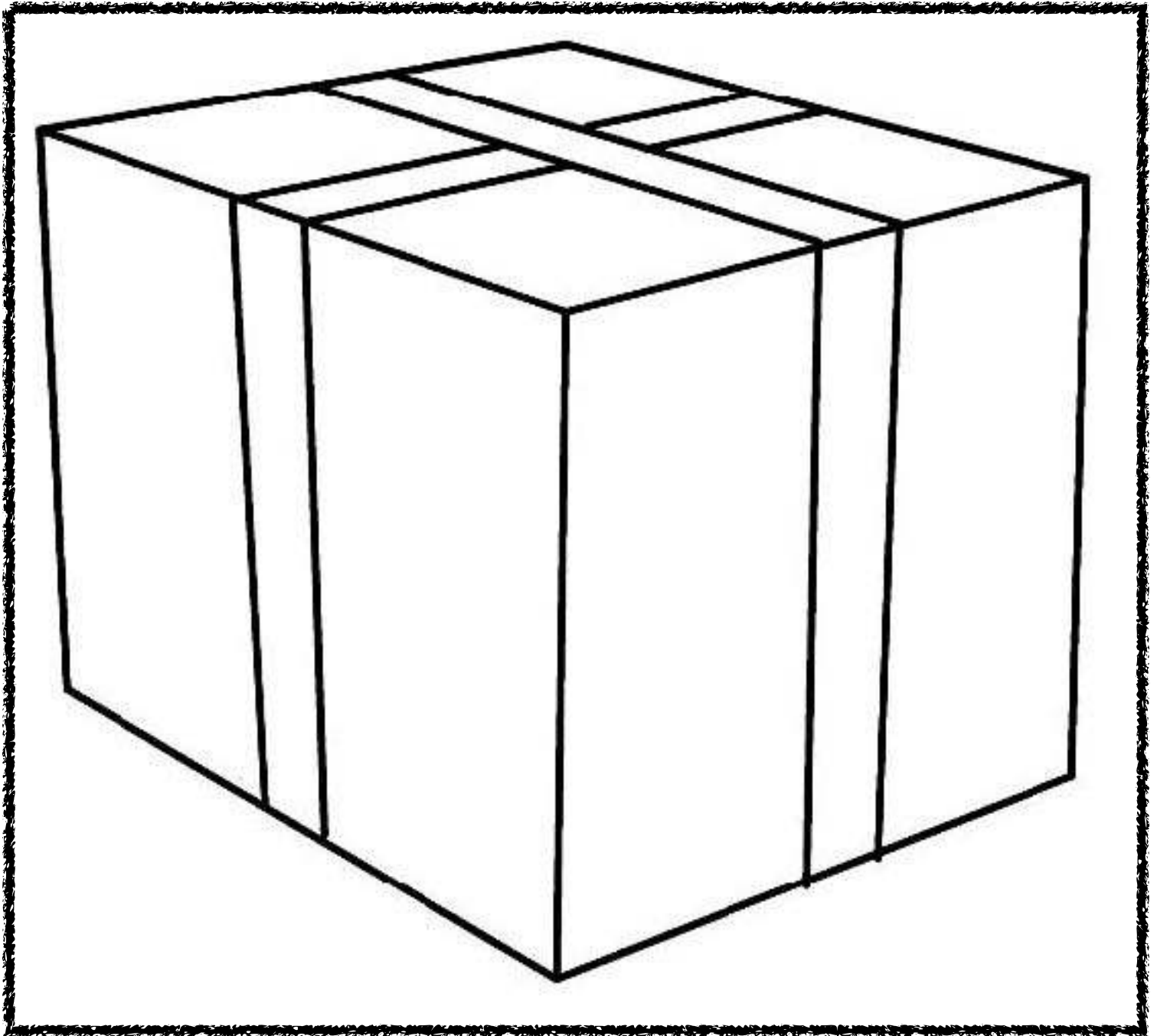
Jesus and his apostles spent a lot of time around the area of the Sea of Galilee. They went from town to town. In each place Jesus taught people about God and about God's love for the world. Sometimes he healed people who were sick. He showed people how to love one another as God wanted them to. One day Jesus and his friends came to a town called Capernaum. And Jesus began to teach the people there. Now Simon Peter and Andrew lived in the town of Capernaum. So Jesus and some of the apostles, including James and John, went to their house. As soon as they arrived Jesus heard that Simon Peter's mother in law was sick in bed. She was sick with a very high temperature and her family were worried that she was going to die. Right away Jesus went to her, took her by the hand and helped her up. Immediately her temperature returned to normal and she was well again. She got up and served those who were in the house.

Colour in



Think of different things, or people you would ask God for healing and decorate the box.

A Healing Box



Five-Finger Prayer

Join your hands as if you are praying. Look at your hands. Notice that your thumb is the closest to you.

The **thumb** reminds you to pray for those who are closest to you, your family and your friends.

The next finger is called your **index finger**. This finger is used for pointing. This finger reminds you of your parents or guardians, your teachers and all those who guide you through life, such as the leaders in your clubs and the priests in your parish.

The next finger is the biggest finger, or **middle finger**. This finger prompts you to pray for the president of our country, our leaders in government and all other leaders in the world who make decisions.

The fourth finger is called the **ring finger**. This is the weakest of all our fingers. Notice how weak it is when you are using the keyboard on your computer or when you play the piano. This finger reminds you to pray for those who are weak and sick in our world.

The next finger is the **smallest finger**. Allow this finger to remind you to pray for yourself.

Write in for each finger who you remember and decorate

