

# Our school: together and apart

## Reflections for 'school' at home: Rainbows



A note for parents and carers:

At school, your child will be used to taking part in collective worship every day (they might call it 'assembly'). This is not the kind of worship that some of you might have been part of in a religious building. In church schools this collective worship is planned to be:

- **Inclusive:** something for children and teachers, of all faiths or of none to be able to join in with
- **Inspirational:** a time in the day to think about the big questions in our lives; an occasion that supports the school community's spiritual development, creates an opportunity to gather around and reflect on a common theme and 'feeds' their inner being;
- **Invitational:** in school, children and teachers are invited to pray, think, or reflect, it is the child's or teacher's choice how they respond.

At this time, many children will be missing the familiar routines of school. One way in which we can help to keep that sense of normality is by offering these resources to schools to share with their school community at home. Please be clear: these ideas are for you to use, adapt, or not use at all. You choose!

We plan to produce these resources for the weeks that schools are 'at home' and would love to know if there's anything that your school community at home would appreciate. You can find our contact details on the [Diocesan website](#).

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### Theme: Rainbows

- Look at the picture of the rainbow together. You can find it on the next page or using the link [here](#).
- When do we see a rainbow?
- Share memories of rainbows that you might have seen with other people in your home.

### Things to talk about together:

- For many people, a rainbow is a sign of hope – that sunshine will return after the rain.
- Sometimes a rainbow is a picture of the fact that it's possible to find good things even in difficult situations. One hymn writer wrote 'I trace the rainbow through the rain': what do you think these words might mean?
- For people who are Christians, a rainbow is a reminder of God's promises. Do you know any stories from the Bible where God makes a promise?
- All over the world, people have been putting rainbows in their windows to remind each other that we are not alone. It started in Italy, where the virus has kept people in their homes, away from each other for a long time. (There is a photo taken in Guildford on the next page) Why do you think a rainbow is a good symbol to use?

### Things to do together:

- Paint, draw or colour a rainbow to put in your window: many school children are putting rainbows in their windows for others to spot. You might like to use the reflection / prayer activity below as you colour.
- If you go out for a walk together (at a safe distance from other people, of course!), see how many rainbows you can spot in the windows of homes. Wave at the people who live in that home if you can see them or pray for them as you pass by.
- Make a rainbow using a CD and a torch (or a ray of sunshine) It's best to try this in the dark. If you turn the CD over to the side that's got no printing on, you can angle a torch beam to bounce a rainbow around the room. You can watch a clip of how to do it [here](#).

### Things to reflect on or pray about together:

Use the colours of the rainbow to help you think about or pray for people:

**Red is the colour of bravery: pray for or think about those people who are having to be brave at the moment**

**Orange is the colour of waiting: pray or think about having to be patient and wait for things to get back to normal**

**Yellow is the colour of sunshine: be thankful for some good things in your life**

**Green is the colour of growth: pray or think about the people who are growing and producing our food**

**Blue is a peaceful colour: pray for or think about people who are anxious at this time, that they would find peace**

**Indigo is a sad colour: pray for or think about those who are sad or lonely**

Violet is a royal colour, the colour of leadership, for it tells about the people in our government that they

