Prayers with Children

**Prayer through Movement:** There are several ways to pray with kids that teach how their minds and bodies communicate with God. So, try this simple prayer. It’s a great way to begin or end the day too!

(3 deep breaths)
God, you are above *(reach toward the sky)*, below *(touch your toes)*, inside *(hands to heart)* and all around *(big arm circles)*.
I worship you *(reach toward the sky)*, and give my life to you *(touch your toes)*.
And I love you *(hands to heart)* with all that I am *(big arm circles)*.
(3 deep breaths)