



# WASH-IT-OFF PRAYERS

Here is a simple idea for kids pandemic prayers. Cleaning things has become a larger part of life and here we're using that familiar activity to add an appropriate action to kids prayers.

## INSTRUCTIONS

Using a pen or washable marker, have your children write people/prayer topics on their hands (e.g. doctors, family members' names, first responders, essential workers). If names are written on their palm, back of hand and fingers, this will have the advantage of helping them see how well they've washed their hands (or if they've washed all parts of their hands).

Once they have finished writing their prayers, they then go clean their hands. As they wash their hands they are pray "washing" the virus and its consequences off the people mentioned.

Here are some alternative Wash-It-Off ideas:

- Using bath time crayons kids write/draw prayers on tub wall, and then clean them off
- Kids write/draw prayers with chalk on a brick wall or sidewalk and wash off with hose
- Kids write/draw prayer on windows with window markers and wipe them off
- An adult/leader/parent writes prayers on a bathroom mirror with washable markers and kids wash it off as they pray it (morning prayers)

Broader alternatives could include making their own soap and gifting their creation with a written prayer; buying soap/detergent/sanitizer to donate to a food bank etc. and praying for the future recipient before dropping it off; or blowing bubbles on a prayer walk as they pray for God to cleanse and heal their neighbours.

