

Blanket Walk

Theme: Presence of God, Loved by God

Your students will be invited to wrap up in blankets and imaginatively experience being wrapped in God's love.

Things to know:

You will need a blanket for each student.

This is a two phase exercise.

This is best done outside in nature- preferably a mild to cool day.

Part one activity:

Give the youth time to relax and center themselves. You can do this through slow, deep breathing exercises. After that, have them wrap up in their blanket and walk around for a few minutes. They should stay close enough that you can see them and so they can hear you call them back. After about 4 to 5 minutes, have them return to you.

Part one discussion:

Offer the following questions as either journal or group discussion questions:

- What did it feel like to walk around that way?
- What, if anything, did you like about it?
- What did you dislike about it?

Part two activity:

Have the youth walk around wrapped in blankets one more time, but this time ask them to use their imagination. Tell them to imagine that they are not just wrapped in a blanket; but that they are also wrapped in God's love. They may walk, sit, lie down, nap, or do whatever they would like to do as long as they are wrapped in God's love. Tell them to pay attention to how this makes them feel. Feel free to do the deep breathing exercise again before you start this second part if you need to.

Part two discussion:

- How was the first experience different from the second?
- Were you able to imagine that you were wrapped up in God's love?
- Was that difficult or easy for you? Why?
- What difference might it make in your life if you truly believed God's love was always wrapped around you, no matter what?
- How might this affect how you see and feel about yourself?