

RELATIONSHIPS

Dragon Breathing



Imagine you are sat on a dragon.
Inhale and hold on tight clenching
your fists, exhale and release your
fists. Breathe into the dragons
scales.
Repeat.

JUST THINK FOR A MOMENT ABOUT ALL THE
RELATIONSHIPS YOU HAD THIS MORNING,
BEFORE YOU GOT TO SCHOOL:

- Your brother who shouted at you for finishing off the Frosties.
- Your mum who made you your favourite sandwiches.
- Omar who made sure you crossed the road safely.
- Your friend who told you a joke and made you laugh.
- Your neighbour who stopped to let you stroke his dog.

WE ARE FORTUNATE TO HAVE SO MANY
RELATIONSHIPS. OTHER CHILDREN AROUND
THE WORLD ARE NOT SO LUCKY.

Some children in Malawi cannot go to school because they have to stay at home and help the family with jobs. They are poor and do not have toys to play with. Sometimes their mums and dads have to leave the village and go to the town to find work. Sometimes their relatives die young from malaria, or water-borne diseases. Sometimes the children are left with no one to look after them.

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Some children in Romania live in orphanages. Sometimes it is because their parents have died. Sometimes their families are too poor to look after them and they are abandoned. There are not enough clothes, or toys, or carers. The children are not well looked after.

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Some children in Haiti got separated from their families in the earthquake in January 2021. Their mums and dads were killed in the falling buildings. They have been left all alone without a home and without anyone to look after them. They wander around looking for food and somewhere to sleep. They do not know what to do.

REFLECTION

Where would we be without our brothers and sisters? They are always there when we wake up. They love us even when we fight with them.

Where would we be without our friends? They play games with us. They make us laugh and feel happy.

Where would we be without our pets? We like to stroke them because they are soft and fluffy. They let us look after them.

Where would we be without our teachers? They help us learn new things. They encourage us to make the right choices.

PRAYER

- Father God,
We thank you for all the people and pets in our lives.
Help us to remember how special our friends and family are to us.
We think of all the children in the world who do not have a mum or a dad,
all the children who are not looked after properly,
all the children who are unhappy because of war, poverty and disease.
Please help them to find some relationships,
to find some health and to find some happiness.
Thank you for our relationships, health and happiness.
Amen.