



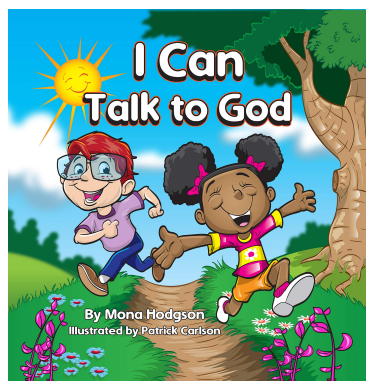
A PRAYER IN MOTION

– FOR –

YOUR KIDDOS



Companion Resource for
I Can Talk to God





Hi, Friend!

Help your little ones get some wiggles out while affirming God's presence in their lives and showing them a way to pray. God created our bodies, and we can use them in communicating with Him and praising Him. Here's a simple prayer, especially for the kinesthetic learner who craves movement.

Grace and peace,
Mona

Prayer in Motion

Take in a deep breath, and then another.

God,

You reign over everything

(move your hands from your sides up to the sky)

above

(swirl your hands in the air)

and below;

(bend over and touch your toes)

everything inside

(stack your hands on your heart)

and outside.

(extend your arms, twist them from left to right)

I praise You!

(stretch your neck as you look up and reach for the sky)

I love You!

(draw a heart in the air with your hands)

Amen. (clap your hands)

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