

RELIGION | Your Safety Net



Who or What is your Safety Net?

Materials:

- netting
- blue and white yarn, cut into 6-inch pieces, one piece of each color for each student
- scissors
- newsprint
- markers

Activity:

With the masking tape, make a long straight line down the center of the meeting space. Arrange half of the chairs on one side of the line and half on the other side.

1. Ask for a volunteer to help with a special demonstration. Take the person aside, give the bamboo pole to him or her, and ask him or her to walk on the masking tape line, pretending to be a tightrope walker. Tell the volunteer to go ahead and have some fun with the charade.

2. Ask the entire group the following question:

How is walking a tightrope sometimes similar to our everyday lives?

Invite the students to share their answers aloud and then come forward and write their answers on the masking tape line on the floor.

3. Ask for eight volunteers for another demonstration. Take them aside, and tell them they have to create, using only themselves as props, a safety net for a tightrope walker. Tell them to be creative and have some fun. Have them perform their act.

4. Now ask the students the following questions:

- a. What makes tightrope walking challenging?
- b. What would a person need if, instead of walking on a line of masking tape on the floor, she or he were suspended way up in the air far above our heads?

Summarize the answers to the questions in the following way:

Sometimes in our everyday lives we feel as if we are walking a tightrope. We have to balance school and work, relationships with family and friends, and school work with other activities. Sometimes the pressures can seem overwhelming, and we lose our balance. Through the support of family and friends and the love of God, we can bring our lives into balance again. Sometimes we are the ones in need of a safety net formed by this network of God and others. Sometimes we are the safety net for others.

5. Give each person a piece of blue yarn and a piece of white yarn. Gather the students in a group around the fishnet. Invite them to be silent for a moment as you begin a prayer experience.



6. Ask each person to pray for someone in need, someone who needs a safety net right now. Explain that students should not pray for an individual by name; rather, they should pray by describing a situation. For example, "I would like to pray for a friend who is struggling with..." or "a family member suffering from..." Also, give them the option of praying for someone silently if they wish. After they have offered their prayers, invite them to tie their pieces of white yarn to the fishnet. Allow enough time for everyone wishing to participate to do so.