



What makes your heart sing?

Where are the **young** people?

An opportunity to share ideas of awe and wonder to inspire future events.

Resources: Bubble wand and mixture, pencils, pens, felt tips, white tac, enough cut-out hearts for people to have a few each, and a giant card heart on the table in the centre of the room.

Invite people to an all-age gathering of awe and wonder – a time to look at what makes your hearts sing and how you can plan events full of joy that will involve and engage everyone.

Invite people to sit in a circle. Go round and share names and how they travelled to the gathering. This could be real or imagined. 'Hello, I'm Dave and I rode in on the back of a dragon'. Actions could accompany this. This playful introduction will help people use their imagination.

After this fun, settle again into the circle. In the quiet, blow some bubbles and invite people to watch as the bubbles ascend and float away. Ask people to look at the colours and how they move in the room, noticing each bubble's beauty.

Share: a reading from Quaker Advices and queries 1.02 7

Be aware of the spirit of God at work in the ordinary activities and experience of your daily life. Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as in our joys. Are you open to new light, from whatever source it may come? Do you approach new ideas with discernment?

Blow some more bubbles. Spend some time now wondering with the group.

- 📍 When was the last time you sat and watched bubbles?
- 📍 How did the bubbles make you feel?
- 📍 Did you notice anything about the size or movement of the bubbles?
- 📍 Did you notice a change in your thinking while watching the bubbles?

Bubbles sparkle and shimmer and create wonder. They can bring joy and laughter, and movement. Ask those gathered what brings them joy and makes their heart sing. This could be cooking, gardening, films, music, friends, art, or knitting. We are as unique as each bubble.



Hand out the paper hearts and invite everyone to write or draw on them 'What makes their heart sing'. People can create as many as they want. When everyone has finished, spend time sharing what you have written. Invite everyone to place their heart on the giant heart in the centre of the room.

Next Steps:

Let people know that these collected singing hearts will inspire a series of all-aged 'Wonder Days' across the year, drawing Friends or the church congregation together in different ways through the experience of awe. At first glance, it might not be obvious how some of the suggestions could be turned into inclusive activities, but remembering our playful introductions and the wonder experienced in the bubbles, there might be a way to weave joy into the seemingly every day. A joyful clearing the garden day, a chop and chat of vegetables for a shared meal, a board games evening or a tea party. Look around where you hold your meeting – does it encourage joy? Are the children and young people able to be involved in joyful changes?

Position the hearts where all can see them and use the ideas to inspire your programme for the year, making sure to involve all ages in the planning.



Where are the
**young
people?**



A joint project by
The United Reformed Church and Quakers
www.urc.org.uk www.quakers.org.uk

