

# Torn Clothes

## Equipment:

Old Clothing/ Material

Safety Scissors

A wire grid or netting to tie fabric onto, safely secured with no sharp edges.

## Instructions:

This activity is focussed on grief. Grief can be extremely hard for people to come to terms with. This activity is designed to encourage students to express their feelings of grief and their needs and to bring them to God if they want to.

Set up a grid, net or something that pupils can tie pieces of material to. If the school is mourning one person or event, you might want to put a picture or symbol in the centre of the grid or to one side.

Pupils are invited to tear or cut a corner off the fabric as they think about someone they have lost, if they want to they can talk to God about their pain as they tie their fabric to the grid/netting. This activity ensure pupils they are not alone in their pain.



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*Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.*

## **Torn Clothes**

In ancient Middle Eastern culture, when someone died people would tear their clothes. The tearing described how the person who had died had been torn away from their loved ones. It

Have you lost someone you love? If you want to you can take a corner of the fabric. Tear or cut a piece off. You might want to think about or tell God about your pain. Tie your torn fabric to the grid/ net. Notice how others have also expressed their loss. You're not alone in your pain.