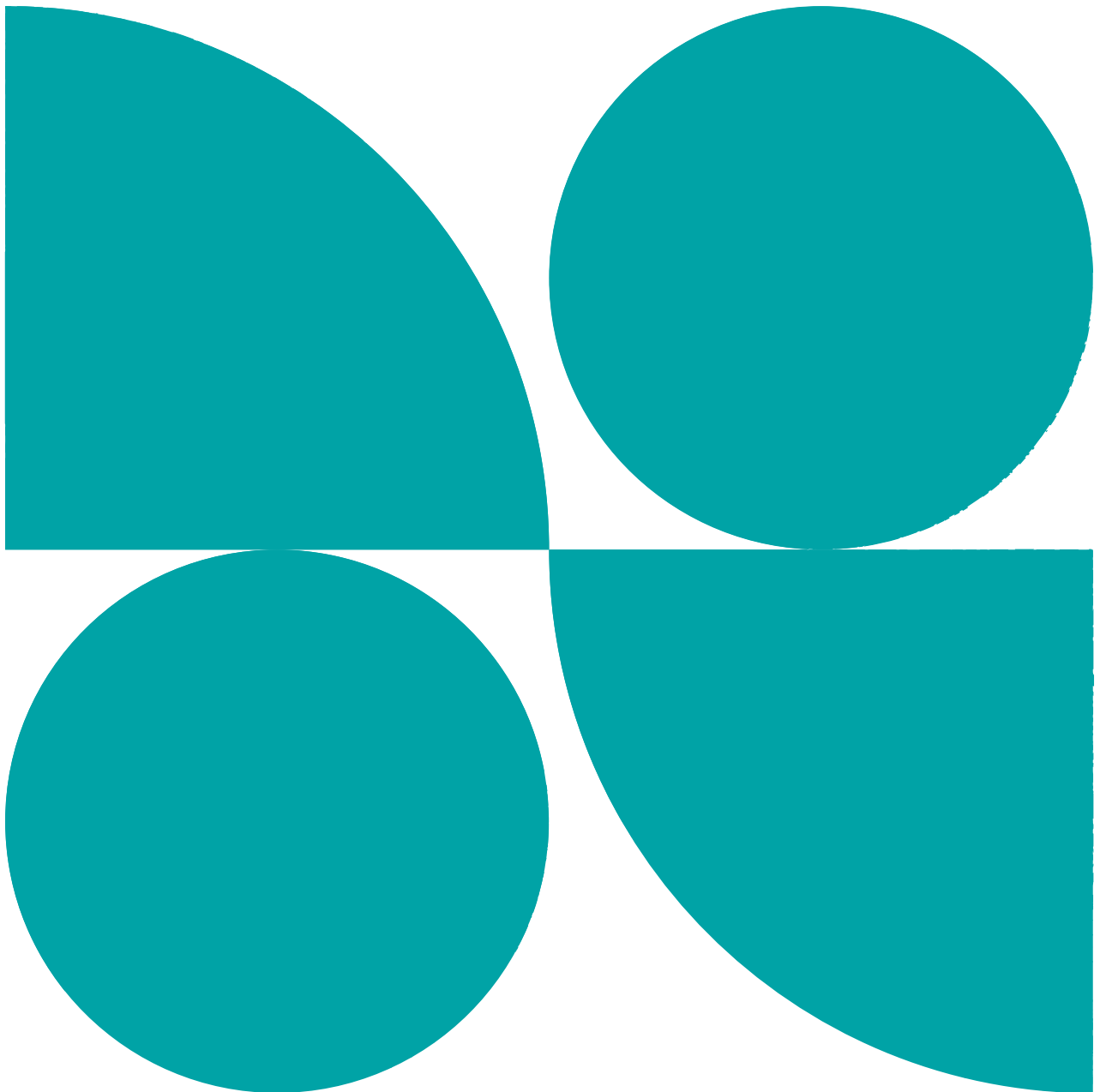


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# **BISHOPS CHILDREN & YOUTH COUNCIL**

Facilitators Guidebook  
Spring 2024



# INTRO

## Welcome to this guidebook

### **The Purpose...**

We are reimagining how we hear and respond to the voice of children and young people in the Diocese of Leicester. Each term we facilitate a listening exercise in partnership with schools and church groups.

Children and young people are asked to share their thoughts, ideas, and stories, in response to a series of conversation prompts and interactive activities.

### **The Process...**

*01 Agenda setting* - we ask children and young people to suggest topics to explore in listening groups. These suggestions give shape to a listening resource.

*02 Listening* – we publish a listening resource for use in schools and churches. Facilitators record responses and send feedback.

*03 Sense Making* – we ask a group of young people to make-sense of the feedback received from listening groups, identifying key questions to ask our Bishops.

*04 Reporting* - we create and publish a report of our findings.

*05 Responding* – we ask our Bishops to respond to key questions via video. The video is shared with participants and published online.

### **Who can take part?**

Any child or young person in the Diocese of Leicester!  
We encourage diversity and representation.

### **Safeguarding young voices?**

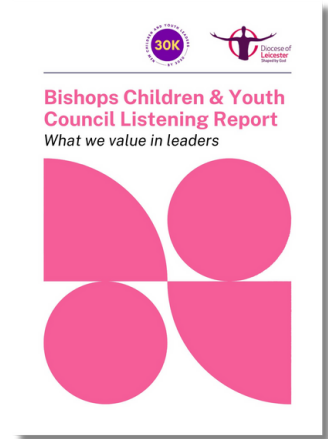
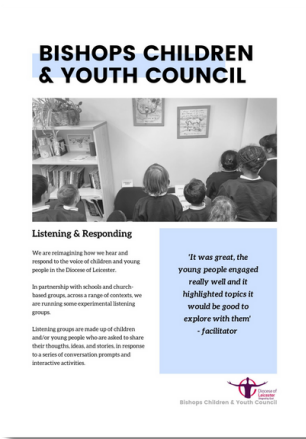
We trust facilitators to follow good practice and adhere to policy in their context. We ask facilitators to record anonymous and unfiltered feedback.



# LISTENING

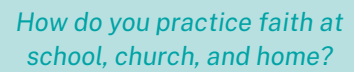


In 2023 we heard from more than 375 young voices from across the city and county, via three termly listening exercises.



Read all three listening reports and watch Bishop Martyn's response videos on the Diocese of Leicester website >>

[www.leicester.anglican.org/info-for-parishes/children-families-and-young-people/bishops-children-and-youth-council-bcyc](http://www.leicester.anglican.org/info-for-parishes/children-families-and-young-people/bishops-children-and-youth-council-bcyc)



Sticky Venn diagram showing responses. Showing prayer in every sphere and their intersections.

The listening theme chosen by children and young people for Spring Term 2024 is **prayer**.

This theme was inspired by the main findings from a previous listening exercise. In Spring 2023, we discovered **prayer** is an important faith practice for children and young people in school, church and at home.

We want to find out more. When and where is **prayer** happening? What does this **prayer** look like? What helps children and young people to **pray**?

# SESSION PLAN(suggested)

Find below a SUGGESTED session plan. Full permission to use this resource creatively in your setting. You know your children, young people and context best. You may like to add drinks and snacks? Change the timings? Adapt the rounds to suit your groups needs, timeframe and available resources.

## **[2 min] Introduction:**

Welcome everybody. Explain what the session is about... part of something bigger... Bishops Children & Youth Council... National Church of England Project Board.

## **[1 min] Pray (if appropriate in your context):**

Use the suggested prayer or do your own thing.

## **[20-25 min] Three Rounds:**

Invite each participant to share a response in each round. Encourage participants to be HONEST! Don't tell us what you think we want to hear... There's no right or wrong. Their voice and opinions matter.

## **[2 min] Closing:**

Thank everyone for their contributions and honesty and explain next steps... (from intro page).

### **Listening Prayer**

God, we thank you that you are here with us.  
We thank you for listening to and responding to our prayers.  
God, in this listening group, we ask you to give us -  
Grace to listen deeply,  
Wisdom to speak thoughtfully,  
Courage to share honestly.  
Amen.

# ROUND 01

## When, where and with who?

**Description:** Move to the correct spot on the scale depending on the statement. Scale is from *never* to *everyday*.

**You will need:**

- Scale words
- Statements
- Scoresheet & pen
- Accessible space (clear classroom, corridor, hall, playground)

**How to:** Write, or print out the words; *never, sometimes, once a week, 2-3 times a week, every day (or more)*. Create a scale on the floor of your meeting space, from 'never' on one side of the room, to 'everyday' on the other.

Read a statement. Invite participants to move and stand on the scale where it best fits the statement.

**Recording:** Complete the scoresheet (provided).

**Statements:**

1. I pray at school.
2. I pray at home.
3. I pray in the morning.
4. I pray before meals.
5. I pray at bedtime.
6. I pray on my own.
7. I pray with my parents.
8. I pray with other people.
9. I pray during church services.
10. I pray at special occasions and festivals.  
(such as Christmas, Diwali, Eid, or Easter).



# FACILITATOR PROMPTS



## Round One

It might be helpful to clarify the scale with participants and practice movement. e.g. *'How often do you brush your teeth?' or 'How often do you eat chips?'*

Encourage participants to go with their 'gut' and not 'overthink' their responses.

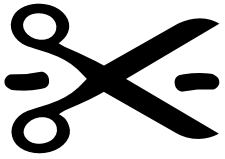
If any of your group are struggling to answer any of the questions, try... (e.g. *question one*)

*"Think about the times you pray at school? Do you pray during assembly? In class? or in your own time? How many times do you think you pray at school each week?"*

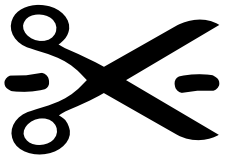
Give permission to participants to opt out, if they don't want to answer any of the questions.

If mobility or space is an issue, create a tabletop scale for participants to move Lego minifigures or small toys along.

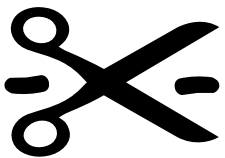
**NEVER**



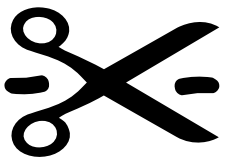
**SOMETIMES**



**ONCE A WEEK**



**2-3 A WEEK**



**EVERYDAY**

**(OR MORE)**

Scale Scoresheet	Never	Someti mes	Once a week	2-3 Times a week	Everyd ay (or more)
<i>Example scores for group of 10 participants</i>	6	0	0	3	1
1. I pray at school					
2. I pray at home					
3. I pray in the morning					
4. I pray before meals					
5. I pray at bedtime					
6. I pray on my own					
7. I pray with my parents					
8. I pray with other people					
9. I pray during church services					
10. I pray at special occasions...					

Space to capture thoughts, comments...

# ROUND 02

## Prayer Bingo

**Description:** Complete the prayer bingo card

**You will need:**

- Prayer bingo card (one per participant)
- Pens or pencils
- Camera phone

**How to:** Give a prayer bingo card to each participant...

**Option 1:** Complete individually.

Invite participants to read each square, deciding if it helps them to pray or not. If it does help them pray, leave. If it doesn't help them to pray, cross out / colour in the square.

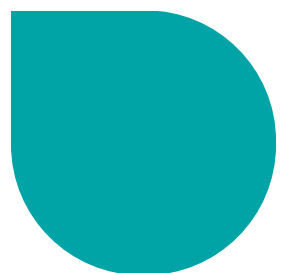
Encourage participants to add their own answer in the blank squares provided!

**Option 2:** Complete as a group.

Read aloud the card, one square at a time, pausing to allow participants to decide if the 'thing' in the square helps them pray or not. If yes, leave the square. If no, cross it out / colour in.

**The most helpful thing...**

Invite participants to write down what they find most helpful in prayer and why, in the space provided.



# ROUND 02

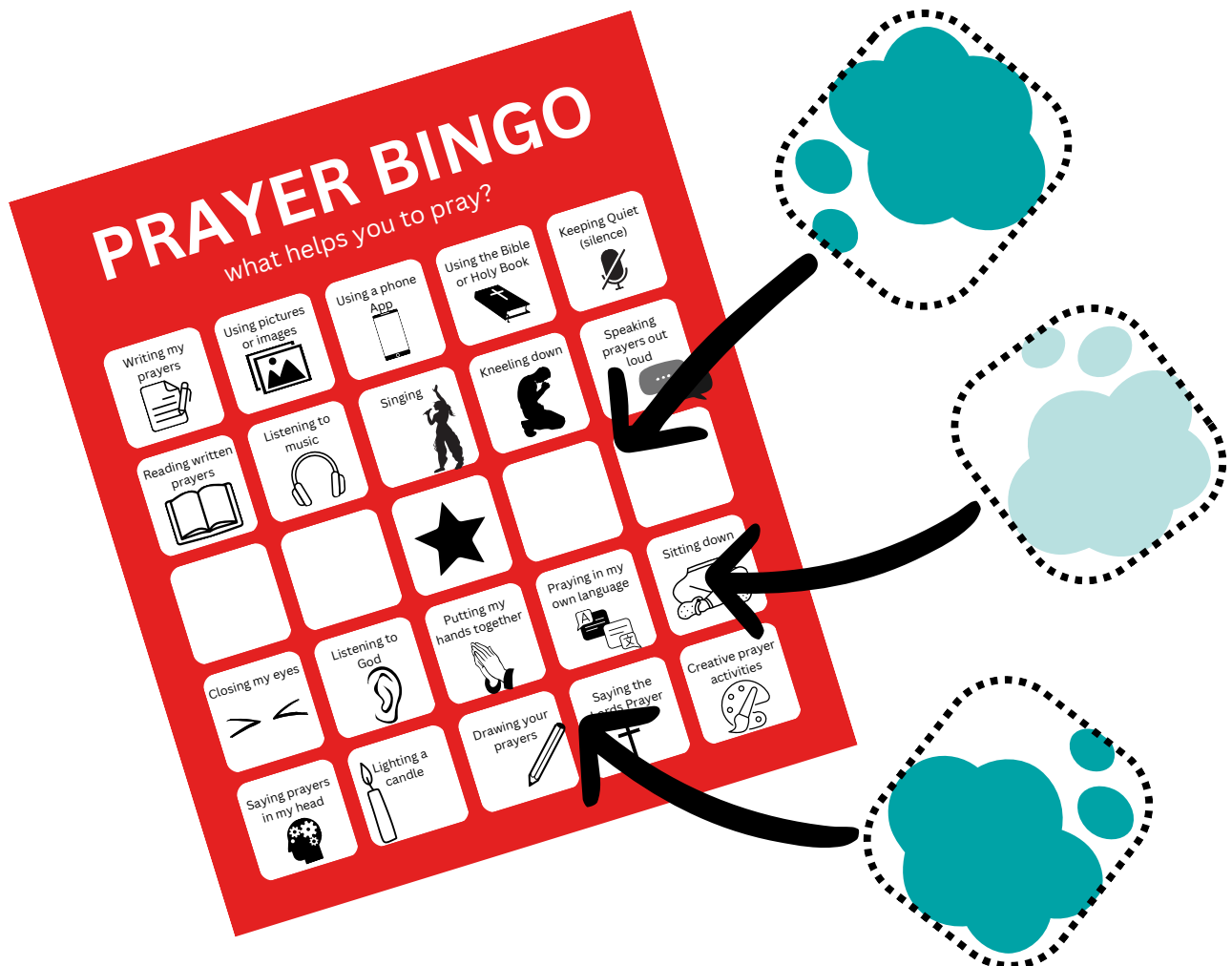
...continued.

## Discussion:

After participants have completed their cards, facilitate a short discussion asking, what helps them to pray and why?

Invite participants to share what they find most helpful in prayer.

**Recording:** Collect the bingo cards. Photograph them after the session. Make bullet point notes during discussion time.



# FACILITATOR PROMPTS



## Round Two

In option one, it might be helpful to read the bingo card together, checking for understanding and clarification.

In option two, it might be helpful to phrase each square as a question; *"Does writing a prayer, help you pray? If it does, leave blank. If it doesn't help you pray, cross it out or colour in the square"*.

If reading is a barrier, encourage participants to work with a partner or in small groups.

If writing is a barrier, encourage participants to draw their response or share with a friend or facilitator to scribe.

The bingo card is not exhaustive! We've left four blank spaces! Encourage participants to write and/or draw other things that help them pray.

For younger participants, you could give permission to cut up the bingo card and sort into 'yes and no' stacks, or the facilitator could hold up 'yes or no' cards for each item.

# PRAYER BINGO

what helps you to pray?

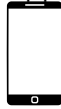
Writing my  
prayers



Using pictures  
or images



Using a phone  
App



Using the Bible  
or Holy Book



Keeping Quiet  
(silence)



Reading written  
prayers



Listening to  
music



Singing



Kneeling down



Speaking  
prayers out  
loud



Closing my eyes



Listening to  
God



Putting my  
hands together



Praying in my  
own language



Sitting down



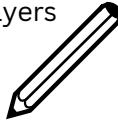
Saying prayers  
in my head



Lighting a  
candle



Drawing your  
prayers



Saying the  
Lords Prayer



Creative prayer  
activities



What is the most helpful and why?

# ROUND 03

## Great cloud of prayer

**Description:** Create a cloud mindmap to answer the question; *what is prayer?*

**You will need:**

- Large piece of paper with the words 'Prayer is...' written in the centre and surrounded by a cloud outline.
- Pens or pencils
- Camera phone

**How to:** Lay your 'prayer is...' paper on a table or stick to a wall. Invite participants to consider the question; *what is prayer?*

When they are ready, invite participants to take it turns to draw an arrow from the cloud and to write their responses.

Give permission for responses to be a single word, a short sentence or a list. There's no right or wrong!

**Recording:** Take a photo of the complete cloud mindmap.



# FACILITATOR PROMPTS



## Round Three

If any of your group are struggling to answer the question, try...

*"How would you describe prayer to someone else?"*

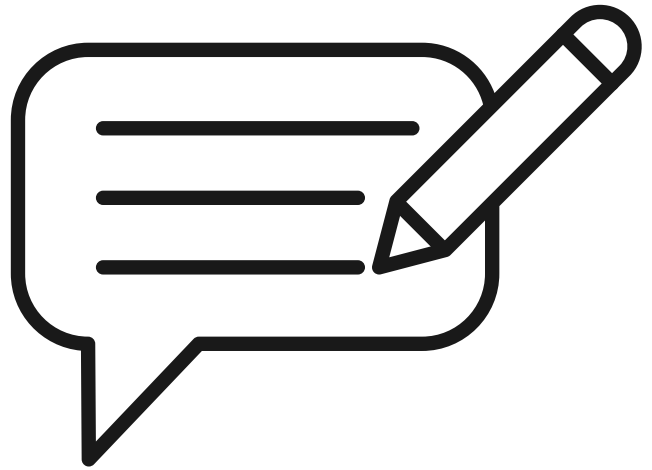
*"When you pray, what are you actually doing?"*

*"Describe prayer in three words".*

*"What is prayer made up of? Or what are the ingredients of prayer"*

If writing is a barrier, encourage participants to draw their response or share with a friend or facilitator to scribe.

# FACILITATOR SPEED BACK



Alongside the photos and notes from your listening group, please copy and paste the three questions below into an email and briefly answer. Email feedback to Matt Long > [matt.long@leicestercofe.org](mailto:matt.long@leicestercofe.org)

Questions:

1. Where did you meet? (*Name of church / school / group*)
2. How many children / young people in your group?
3. Age range and makeup of group?  
(*Gender, ethnicity, Special Educational Needs & Disability*).

~

**Optional Feedback:** we would love to hear your reflections on the listening group? What worked well? What didn't? What would you change? Ideas?

All (brutally honest) feedback is super useful!