

The Empty Chair

Equipment needed:

A chair
String
Labels
Or paper and pegs
Or Post-it notes
Pens
A box of tissues

This activity gives students a chance to express how they feel about someone who is missing.

Instructions:

This activity encourages students to think about someone who is missing, and gives them a safe place to express how they feel. It could be used in a school community which has suffered a bereavement. Or it might be useful at a special time of year, such as Christmas, when the loss of family members might mean an empty chair at the dinner table.

Put the chair on a carpeted area, or surround it with the cushions. Make the chair look special with some fabric or spotlights. Then put the labels or Post-it notes and pens on the floor beside the chair. On page three there is a poem that you might like to print out and use.

This activity works best if there is an adult nearby who is ready to listen to the students if they want to talk. It's also a good idea to have a box of tissues handy.

To find out more about how to use this activity well, read this Story, www.prayerspacesinschools.com/stories/391



**Prayer Spaces
in Schools**

Find more like this at www.prayerspacesinschools.com

This resource is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International licence. See the copyright policy on the Prayer Spaces in Schools website for more details.



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.

The Empty Chair

When someone that we love leaves or dies, they leave a gap in our lives. We miss them.

Is there someone that you miss?

If you want to, you can write the name of the person onto one of the labels and attach it to the chair.

Say a quiet thank you for the good memories that you have of them. If you want to, you can talk with God about your sad feelings too.

Take your time. It might be helpful to talk to an adult afterwards.

The Empty Chair

I look for you
But you're not there.
Instead,
there's just an Empty Chair.

As people laugh –
you would have too,
But you're not here.
And I miss you.

I think of favourite memories
Of times we spent
Just you and me

Your face, your smile,
Your favourite stuff.
At times like these
it's really tough.

I'm thankful
for the fun we had,
But right now...
I'm just feeling sad.

So, I'll turn
my sadness into prayer,
as I look
at your Empty Chair.