



Saints - Activities

Power

Aim: use this game as an introduction to your session. It's a fun icebreaker and gives you an opportunity to discuss with your group what it feels like to win and loose.

Preparation: none

Duration: 5 min

Activity: Have a thumb wrestling contest! Get the group into pairs. Players hook the four fingers of their right (or left) hands together so that both hands are clasped tightly. Then, after a short starting chant (your group will know which one is used in your local area) the opponents attempt to trap their opponent's thumb for five seconds, while avoiding the same. The winners of each round play each other until you have a champion.

Heroes

Aim: this activity, using images of Saints and contemporary celebrities, is to get your group involved in a general discussion about heroes and Saints.

Preparation: Get hold of some pictures of current teen heroes either from magazines or the internet. Find and print pictures of Saints, they need to be easily recognisable, good choices might be St Francis, St Patrick, St Bernadette, St Therese (you can find pictures by searching www.images.google.com). It would also be a good idea to find out a bit about your favourite saint – what qualities did they have that appealed to you and might appeal to young people? (E.g. St Francis was a wild teenager, living it up with his mates, before God spoke very clearly to him and called him to a radical way of living a holy life and preaching the Gospel to everyone.) Before you start, set up an overhead projector and screen in your room.

Duration: 20 min

Activity: Put one of the acetates of a celebrity onto the OHP with a piece of paper covering it so that the screen is just black. Slowly pull down the piece of paper to reveal the celeb's face and get your group to shout out names. Do this with 3 or 4 pictures. Do the same with the saints' images (start with a really obvious one!) Then lead the group into a discussion about saints and heroes. This is best done in small groups unless your group is only small to start with. Ask your young people who their heroes are and why. Ask them if any of the celebs shown are their heroes, and why or why not. What about the saints? Do any of them have a favourite saint? What do they know about them? What about modern day saints – what people today might be considered saints? Do they know any saints? Do they think they could become a saint?

Saintly collage

Aim: a creative activity for young people to express what characteristics they associate with Saints

Preparation: Cut out outline of a person on a very big sheet of cardboard (e.g. A1) – you'll need one for each of your small groups, or just one if your group is small. You also need a stack of magazines and newspapers, scissors and glue

Duration: 30 min

Activity: Give each group a stack of magazines and newspapers, and ask them to transform their 'person' into a saint, making a collage of words and images that they think have to do with being saintly. Afterwards each small group introduce their 'Saint' to the others and explain what images they have chosen and why. These could also be displayed in the church.

Coat of Arms (30 min)

Aim: another creative activity; this is for young people to research the significant qualities of a particular saint of their choice.

Preparation: Draw the coat of arms (as below) and hang it on a wall as a template. Prepare sheets of information about the lives of various saints for the young people to use in their research (see our links section for places to search for information).

Duration: (30 min)

Activity: Invite each person to chose one saint and create a coat of arms for him/her. Make sure that every person chooses a different saint. When all are done ask the young people to present their saint's coat of arms to the group. Encourage the group to ask questions and discuss. If there is time you could ask the young people to create a coat of arms for themselves.

The image shows a shield-shaped template divided into six numbered sections for research. The sections are:

1. Date of birth:
Date of death:
Date of canonization:
2. Profession or vocation:
3. Reasons for sainthood:
4. Personal qualities that others are called to model:
5. A symbol of his or her life:
6. One challenge that the person would offer to **young people** today: