

An illustration of a young child with brown hair in a braid, eyes closed, holding a white daisy flower to their face in a prayerful pose. The background is a soft, painterly blue with white floral patterns. The title 'All the ways to pray' is written in a serif font, with 'All the ways to' in a smaller, lighter blue and 'pray' in a larger, darker blue.

# All the ways to pray

KATHLEEN KELLY • ANNE RYAN

**TEACHERS' NOTES**

## BLURB

Gratitude, hope, love;  
these are all the ways to pray.

A gentle reminder of the  
power of reflection.

## METADATA

Author:	Kathleen Kelly
Illustrator:	Anne Ryan
ISBN:	9781742036878
Format:	245mm x 245mm
Extent:	32pp
Binding:	Hardback
RRP:	\$24.99
Reading Level:	6+
Interest Level:	5+
Age:	5 - 12 years
Category:	Picture Book

## THEMES

- Mindfulness
- Mental Health
  - Prayer
  - Gratitude
- Friendship
  - Family
- Compassion
  - Emotions
- Resilience

## CURRICULUM LINKS

- English
- Humanities and Social Sciences
- Health and Physical Education

## SYNOPSIS

*All The Ways To Pray* is a story designed to prompt young readers to pause and reflect on everything from empathy to gratitude. It provides practical, secular prayers that children can use whether they need strength, companionship, love or hope to support them throughout their day.

## WRITING STYLE

Kathleen Kelly's writing style is gentle and lyrical. Less is more in this quiet story about taking time to rest and think. The pause between pages offer young readers moments of silent reflection before they move on. The prayers are presented in italics to make it easy for readers to find and practise in their own time.

## ILLUSTRATION STYLE

Anne Ryan's illustration style is whimsical and intimate. Her characters clearly express the emotions discussed in the story and the soft watercolour pallet creates a sense of peace and tranquility that will stay with readers long after the book has been closed.

## AUSTRALIAN CURRICULUM OUTCOMES

### Foundation – Year 6

#### ENGLISH – LANGUAGE

ACELA1437	ACELA1460	ACELA1478
ACELA1439	ACELA1787	ACELA1490
ACELA1444	ACELA1469	ACELA1496

#### ENGLISH – LITERATURE

ACELT1575	ACELY1784	ACELT1596
ACELT1577	ACELT1582	ACELT1599
ACELT1783	ACELT1584	ACELT1602
ACELT1578	ACELT1591	ACELT1607
ACELY1647	ACELT1833	

#### ENGLISH – LITERACY

ACELY1656	ACELY1666	ACELY1677
ACELY1788	ACELY1667	ACELY1689
ACELY1660	ACELY1671	ACELY1692
ACELY1665	ACELY1676	

#### HUMANITIES & SOCIAL SCIENCES – HISTORY

ACHASSK045	ACHASSK063
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#### HUMANITIES & SOCIAL SCIENCES – CIVICS & CITIZENSHIP

ACHASSK093

#### HEALTH AND PHYSICAL EDUCATION

ACPPS004	ACPPS018	ACPPS035
ACPPS005	ACPPS020	ACPPS037
ACPPS006	ACPPS033	ACPPS038
ACPPS017	ACPPS034	ACPPS040





# ABOUT THE CREATORS

## Kathleen Kelly – Author

Kathleen Kelly is an author and educator. She lives in Melbourne and spends her time writing in cafes and watching the locals and their dogs.

## Anne Ryan – Illustrator

Anne Ryan is an author, illustrator, artist, and art educator who lives and works in Melbourne. She is passionate about sharing storytelling, visual literacy and creativity with young children through art-making and children's picture books.



## BEFORE READING

### Ask the class what they currently know about prayer

- What is a prayer?
- Do any of them pray?
- How do they pray?
- How did they learn to pray?
- Why do they pray?
- How do they feel when they pray?
- Do they have any questions about praying that they hope the book might answer?

If there are questions, make a list of them on the board. After reading, revisit the list and see whether the questions have been answered.

### Examine the cover

- What might the book be about?
- Who might this book be for?
- Is it fiction or non-fiction?
- Where might it be found in the library?

### Discuss who made the book

- Can students identify the author and illustrator?
- Do they know an author does? And what an illustrator does?
- Discuss with students which job they would prefer to have if they were creating a book.

### Discuss the book's title: *All The Ways To Pray*

- What clues does it offer readers?
- What questions does the title prompt?

### The blurb

Read the blurb: 'Gratitude, hope, love; these are all the ways to pray. A gentle reminder of the power of reflection.' Ask students what they understand these words to mean:

- Gratitude
- Hope
- Love
- Reflection

List their responses on the white board and come back to them after reading.



## AFTER READING

### The blurb

Having read the book, do the students understand more about 'gratitude', 'hope' and 'love'? Would they consider reflecting on these words during their day?

### Turn and talk

After reading *All The Ways To Pray*, have students turn and talk to the person beside them to discuss the book.

- Have they learned something new about praying?
- Did they like any of the prayers in the book?
- Is there a particular one they would like to use?
- How did the colours in the book make them feel?
- Did they recognise the situations in the book? For example, "Without talking I tell my friend,
- 'I know you are sad, I am here.'"

### Connect prayers with situations

There are lots of prayers in *All The Ways To Pray*.

Pick a prayer and ask the students to brain storm situations from their lives in which that prayer might be useful.

The *I'm Having a Sad Day* prayer:

- When I don't get to play my favourite game at lunch
- When I have to do a test
- When dance class is cancelled
- When I am arguing with my brother

The *Prayer of Thanks*:

- When my friend shares their lunch with me
- When my dad fixes my bike for me
- When my sister helps me with my homework
- When my teacher helps me learn a new skill

The *Today Will be a Good Day* prayer:

- When it is the weekend
- When I get to see my best friend at school
- When I am excited for my game of footy
- When I am nervous about something

### Write and illustrate a prayer

Ask the students to write their own prayers. Encourage them to add illustrations of how they would practise those prayers in their lives.



## Prayer Posters

Split the class into groups and assign them each a prayer from the book. Ask them to design a poster featuring the prayer. Stick them up around the classroom to remind students to use them.

Alternatively, ask each student which prayer they liked the best and print them off a poster each from the templates at the end of this document. Ask them to draw what that prayer looks like in practise for them. For example, they might draw a picture of them playing with their best friend on the “Today will be a good day” prayer poster.

## Mindfulness Activities

1. Try a meditation from *You Matter* by Sue Lawson and Sue Hindle. On pages 40–42, under the heading ‘Take A Break’, you’ll find instructions on how to facilitate body, breath, guided, word and mindful meditations.



2. Ask each student to describe how they feel in one word. Then engage the class in one of the ‘prayer’ activities from the book (sing or listen to a song, go for a walk or a run). Afterwards, go around the class and see if any of them feel differently and would like to change their word.

3. Take students on a walk. Ask them to notice their surroundings, by using the prayers “walk”, “watch” and “listen”. Pause during the walk to ask students what they saw and what they heard.

## Resources

<https://www.wakingup.com/children>

<https://mindfulnessforchildren.com.au/mindful-ideas/>

<https://childrensmeditation.com.au/>

<https://simple-faith.net/prayer-for-intentions/>

<https://theinspiredtreehouse.com/10-calming-sensory-strategies-for-school/>

<https://veryspecialtales.com/positive-self-talk-kids/>

<https://centerforresilientchildren.org/gratitude-in-classroom/>





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