

My Visit to St Mary's Church

On [insert day], I will be going to St Mary's Church with my class.



We will walk from school to the church. The walk will take about 20 minutes. Walking helps us get there safely and together. We will walk sensibly in a line with our partners. The adults will help us stay safe as we walk.



When we arrive at the church, we will go inside and find a place to sit. Churches can feel big and sometimes quiet. This is a place where people come together. It is a very special place for Christians and are considered safe places.

While we are at the church, we will sing songs together. Singing is one way people take part in a church service. I might choose to join in with the singing or I might choose to sit quietly and listen. Both choices are okay.

If I begin to feel worried, I can remember that there are adults there to help me. I can tell an adult, and they will listen.



If I feel very worried, upset, or frustrated, I can go to [ADULT NAME] or another adult for help. Adults are there to support me and keep me safe.



I can also take slow, deep breaths to help my body feel calm. I may use my tools, such as ear defenders or a fiddle toy, if these help me feel comfortable and/or relaxed.

When the church service is finished, we will walk back to school in the same safe way, in our pairs.

When we arrive back at school, it will be playtime. This gives me time to relax and play with my friends.

Going to church is a different experience from being in the classroom. There will be adults to help me throughout. I can ask for help at any time.