**Build the faith in your life within isolation**

1. Get creative with children and have them make items that could create a ‘Spiritual Corner’

* <https://www.catholicicing.com/> - website has a lot of creative ideas especially for Holy Week

1. Use prayers provided on the website to use either morning and night or spend 10 minutes in prayer with them, creating a moment of stillness.
2. Use ‘Nooma’ videos – 10 minute meditative videos on various subjects that can help understand different elements of religion in daily life, these can be found on YouTube <https://www.youtube.com/channel/UCYDYRgES_kLL60rz9utN2FA>
3. Watch the video in the following link on how to have a ‘Grateful Day’- this is meditative video to watch on how to appreciate each day effectively. <https://www.youtube.com/watch?v=zSt7k_q_qRU#action=share>
4. Very simply light a candle at a point in the day when everyone can be around, this candle can be a representation of having Jesus light in your home with you and the family, this can be especially effective on a Sunday or during Holy Week and you wish to have an extra presence on.