

Lesson Plan: *Sasha and the Dragon* and Arrow Prayers

Appropriate for multiple ages, with variations, preschool through upper elementary.

Objective: Students will use *Sasha and the Dragon* as a springboard to think about how they can use “arrow prayers” in their own prayer life.

Materials: *Sasha and the Dragon*, by Laura E. Wolfe,

Strips of paper, markers/pens/crayons.

Optional activity: Small baskets, boxes or other containers to be decorated; small prints of icons, scraps of fabric, stick-on jewels, ribbons, and/or other decorative items.

See [Sasha and the Dragon on Pinterest](#) for some links to icons of St. Michael.

Reference: Abbot Tryphon wrote a great short blog post that will be beneficial preparation for the teacher, as well as appropriate for older students.

[Arrow Prayers by Abbot Tryphon](#)

[Arrow Prayers \(2\) by Abbot Tryphon](#)

Procedure:

1. Open with Prayer: *Our Father, Heavenly King, or prayer of your choice.*
2. Ask students about prayer: What is prayer? What is it like? How do they pray? How do their parents, families, friends pray? What does prayer do?
3. Introduce *Sasha and the Dragon*. Instruct students to notice when prayer happens in the story.
4. Read *Sasha and the Dragon*.
5. Talk about the book. Ask age-appropriate questions and lead age-appropriate discussion according to the students’ needs.
This will vary depending on your students and your circumstances! This story can be used as a springboard for some pretty deep issues—be sure to address these with your students, as these are the meat and potatoes of their spiritual education. Review other available lesson plans for ideas.
6. Ask students about prayer in *Sasha and the Dragon*. How does Sasha pray? (Possible answers include making the sign of the cross, kissing the cross, calling Saint Michael, contemplating the feathers, singing to Baba.)
7. Define **arrow prayer**: a short prayer that is easily remembered that can communicate our love for God while seeking His help.
8. Ask students, “How is ‘Kill it with your sword!’ an example of an arrow prayer?” (Answer: It is short, easy to remember, and it shows that Sasha loves God, seeks His help, and trusts Him to protect him!)
9. Ask students if they can think of any other arrow prayers. There are MANY possible answers to this question! Here’s a list to get you started:

Lord have mercy.
Lord Jesus Christ, have mercy on me.
Lord, take care of me.
Lord, You are wonderful.
Lord, enlighten my darkness.
Thank you, Lord.
Glory to God for all things.
Most Holy Theotokos, save us.
Spirit of Truth, teach me.
Spirit of Peace, make my heart quiet.
Help us, save us, have mercy on us, and keep us, O God, by Your grace.
Thee I adore (or, I adore you)
Into Your hands (Luke 23:46); or Into Your hands I commend my spirit
Be still (Psalm 46:10)
The Lord is my shepherd.

10. Have students copy their favorite arrow prayer onto a strip of paper using markers, pens, crayons, or whatever supplies are appropriate. Depending on the students, they may copy more than one, or you may also choose to do the optional craft project. For the youngest students, you may want to pre-print prayer strips of “Lord have mercy” just to give to them to keep. Students may enjoy being shown how to roll their prayer strips into scrolls.

11. Optional craft project: Decorate a box or basket in which to keep your arrow prayers in your icon corner.

Note: I recommend that if you decide to incorporate this optional project, that you spread your lesson plan out over at least two sessions. You may choose to reread *Sasha and the Dragon* and review arrow prayers briefly during the second session, before beginning the craft.

12. Review definition of “arrow prayer”.

13. Close with prayer: *Our Father*.

Thank you for using Sasha and the Dragon in your lesson plans. I pray that it is edifying for your soul and the souls of your students. Pray for me, as well!