



You could draw what makes you feel **strong**

You could draw what makes you feel **calm**

You could draw what makes you feel **happy**

You could draw what makes you feel **relaxed**

You could draw what keeps you **going**

# History of St Christopher's Chapel

The Chapel at Great Ormond Street Hospital is called St Christopher's. St Christopher helped tired travellers by carrying them on his shoulders.

The Chapel was built over 140 years ago, but it wasn't always where it is now, in 1994 the whole building was moved!

It is decorated with gold which makes it feel like a special place. There are lots of pictures of animals and people on the chapel walls. It's always been a place to be calm and to think.

## Build your own Chapel to take with you wherever you go

**First:** Draw, colour or write in the different sections. Think about things that make you happy, calm, strong...

You could use the gold areas for special thoughts, bright colours for happy thoughts and paler colours for calm thoughts.

**Second:** Cut along the dotted lines, fold along all the fine lines and then stick areas A to A, B to B, C to C, D to D together, so you can no longer see the shaded grey areas.

**You will need:** scissors, glue/tape, pens and pencils. You might want to ask an adult to help you!



GO Create! is the arts and humanities programme at GOSH. For more information please email [gocreate@gosh.nhs.uk](mailto:gocreate@gosh.nhs.uk)

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The multi-faith Chaplaincy and spiritual care team are available to families, children and staff. They can be contacted on 0207 813 8232 ext. 8232.

stick  
**A**  
fold

stick  
**B**  
fold

fold

fold

fold

fold

stick  
**C**  
fold

stick  
**D**  
fold