

Be Still

Equipment needed:

Gazebo frame or pop-up tent, child's tent
Drapes or sheets
Bean bags or floor cushions

You could also include:

String of white fairy lights (LED lights produce less heat) in a glass vase
Lava lamp
Soft lighting
Lanterns with battery tea lights
Quotes about being still or peaceful

This activity enables pupils to experience stillness, free from other distractions.

Instructions:

This activity gives pupils the opportunity to pause and have space on their own.

Set up the gazebo frame and use the drapes or sheets to create a space which is almost completely enclosed, allowing some privacy for those inside. Make sure that the entrance can't be closed completely, to discourage inappropriate behaviour and ensure the personal safety of pupils. If you want to, you can include some of the items on the left to create a focal point. Arrange the seating around them.

A Be Still space works best when you limit the number of pupils - 2 or 3 at a time is probably best. You will also need to introduce a time limit of 2 or 3 minutes to ensure that all of the pupils who want to use the activity, can do so.



Prayer Spaces
in Schools

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Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Be Still

The word 'holy' simply means 'set apart'.

For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God.

In our busy world, this isn't easy.

This is a place to be still.

This is a 'holy' space.

There is no need to talk, no need to do anything.

Just 'be'.