PRAYER ACTIVITY

Be Still

Equipment

Gazebo frame or pop-up tent, child's tent, drapes or sheets, bean bags or floor cushions, quotes about being still or peaceful.

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.

Set up

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

A Be Still space works best when you limit the number of pupils - 2 or 3 at a time is probably best. You may 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.

Instructions

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'.