

Space Makers – A Contemplative toolkit

We are excited to launch Space Makers for all three schools and are looking forward supporting our children with best faith practice.

The Space Makers Contemplative Toolkit was developed in response to the growing mental health crisis among young people as a way of encouraging a time of daily reflection away from the pressures of school and society. The toolkit is founded on ancient pathways and practices of meditation and prayer that have resourced, benefitted, and healed Christians for generations.

During the Autumn term, after lunch we will have 10-minute sessions of contemplation and self-reflection that will focus on the five key practices.

Five contemplative practices are:

1. Stilling: Seeing things more clearly
2. Noticing: Becoming aware of how life can energise or drain us
3. Dwelling: Finding meaning in the words of the Bible
4. Mending: Forgiveness and healing
5. Blessing: Focus on human flourishing and growth.

