



Letting Go

● Equipment

Paper (cut to A6 size), pens, box with letterbox slot in the lid, MP3 players and headphones (not the ear-bud type) or laminated instructions.

Audio track – download the instructions and the script. Record the script and, if possible, mix it with some instrumental music. Or you could adapt the script and print it out.

● Set up

Choose a place which is calm and relaxing. You could use drapes, lighting and soft furnishings to create this. Put the pens and paper next to the box, within easy reach, and leave the MP3 players where pupils can take one as they sit down. Pupils listen to a short narration with an instrumental music track, approx. 2mins in length.

The narration focuses on being still and encourages the pupils to let go of the worries that clutter their minds. The pupils can write these worries on the pieces of paper and to post them in the box as a way of 'letting go'. This activity works well with a team member nearby.

● Instructions

Sit down. Put on the headphones and switch on the MP3 player.

Try to ignore everything else in the room. Listen to the instructions and follow them if you want to.

If you would like to talk to someone about the things that worry you, please speak to an adult in the prayer space.