

Letting Go

Equipment needed:

Paper, cut to A6 size.

Pens.

Box with a letterbox slot in the lid

MP3 players and headphones (not the ear-bud type)

Audio track – you will need to record the script, mix it with a bit of ambient music and transfer the final edit to MP3 players.

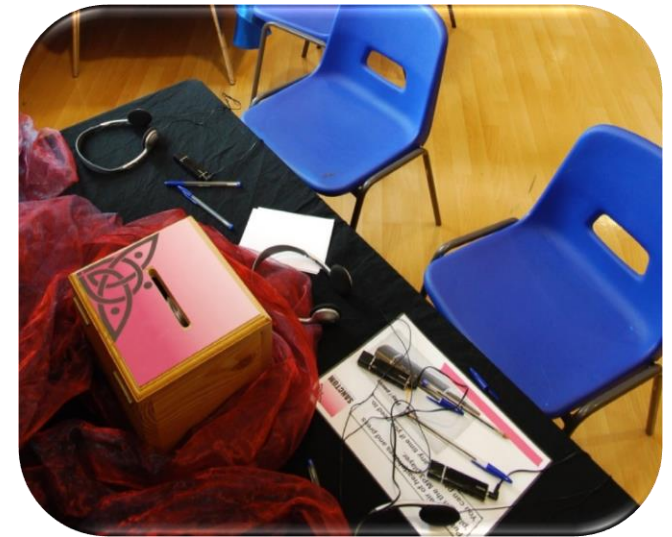
This activity encourages pupils to let go of their worries.

Instructions:

Choose a place which is calm and relaxing – you could use drapes, lighting and soft furnishings to create somewhere like 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 ambient music track, approx. 3 minutes 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'.

See page 2 for the script for the MP3 track. Alternatively you could do this activity without the audio track by writing a simplified set of instructions on a card which invites pupils to give their worries to God.



Prayer Spaces
in Schools

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Letting Go

This is the script for the MP3 track to go with the Letting Go resource. You will need to record it and add some ambient background music before loading it onto the MP3 players to use with the station. Alternatively, you could adapt it into a simple instruction card to display next to the resource.

Script

Life can be so busy.

Whether at home, at school or college, or being with family or friends, we can so easily fill our time with things to do, things to think about, and the demands of all the people that fill our lives.

The logo for 'Prayer Spaces in Schools' features a blue speech bubble icon with a white outline, containing a white speech bubble. Below the icon, the text 'Prayer Spaces in Schools' is written in white, with 'Prayer Spaces' on the top line and 'in Schools' on the bottom line.

Prayer Spaces
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Often the last thing we want to do is take a bit of time out just to stop; and it's even more difficult to take a break when there's something on your mind that you're worried about. Be still for a moment and think about the things that worry you.
<pause>

In front of you are slips of paper and pens. Take a piece of paper. Write down one word, or just one letter, that, to you, represents the things that are causing you to worry or feel stressed. This is just for you, it's completely anonymous.

Fold the paper a couple of times and hold it in your hand, as if you are holding onto the stuff you wrote down.

When you hold onto it tightly, no one else can see it, no one else can help, no one else can take it away. Imagine that you could give these worries to someone who really cares for you.
<pause>

Worrying about something doesn't usually make it any better, or make the problem go away. Usually it just messes with our heads and stops us feeling any kind of inner peace. For the few minutes you're here this is your chance to put those worries to one side. When you're ready, relax your fingers and hands. When you want to, let the paper go. Drop the paper into the box in front of you.
<pause>

How does it feel to release your worries this way?
<pause>

Talking to others about the things that worry us can help. Who can you talk to about the things that worry you?

A wise religious man once said, "Pray, and let God worry."

Christians believe that God loves people, knows them completely, is more powerful than any worry and is always there to listen.

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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 like to add your own logo.

Letting Go

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.