



SPACE MAKERS

the contemplative toolkit for schools

Space Makers is a brand new resource for schools from the Diocese of Oxford. Accessible to pupils of all faiths and worldviews, five contemplative practices help schools to embrace some of the ancient wisdom of the Christian tradition and, in doing so, assist children to navigate the world around them.

Climate anxiety and the vast increase in screen time and exposure to social media seem to be causes of deteriorating mental health in young people. The ancient contemplative traditions of Christianity, like its secular cousin 'mindfulness', have a lot to offer at this time. *Space Makers* brings five contemplative practices into the life of your school.

By the end of this course you will:

- Be equipped to deliver five daily meditative exercises to your class
- Understand the background and purpose of the five practices
- Experience the five practices during the day, and share your experience with other learners
- Be confident to introduce pupils and other members of staff to the practices
- Know how to help young people to lead each of the five practices
- Have evidence for SIAMS of spiritual impact in your school

- Develop your distinctively Christian ethos in an inclusive way
- Know how your local church can support the school
- Be a little more peaceful and anchored in your own life.

Who should attend?

This course is suitable for staff members with oversight for Ethos/SIAMS/SMSC/RE, Headteachers, local clergy and other church officers involved in the life of children and young people (Foundation Governors, Children, Youth and Family workers, anyone involved with Open the Book, Prayer Spaces etc.). It's a great idea to attend as a school and parish church group if you can, but not essential.

S4S (SLA) schools

£95 + VAT per delegate, or £195 + VAT for 3 delegates

All other schools

£165.00 + VAT per delegate

Churches and church-based organisations

£65.00 + VAT per delegate

odbe.org.uk/contemplative-toolkit



Space Makers - training dates

8 November 2021

8.45am to 3.30pm
St Peter & St Paul's Church
Castle Street
Buckingham
MK18 1BS

11 November 2021

8.45am to 3.30pm
Warwick Hall
Church Green
Burford
OX18 4RZ

16 November 2021

8.45am to 3.30pm
St Mary's Convent
Challow Road
Wantage
OX12 9DJ

13 January 2022

8.45am to 3.30pm
St Mary's Convent
Challow Road
Wantage
OX12 9DJ

18 January 2022

8.45am to 3.30pm
Douai Abbey
Upper Woolhampton
Reading
RG7 5TQ

3 March 2022

8.45am to 3.30pm
St Katharine's Parmoor
Parmoor Lane
Henley-on-Thames
RG9 6NN

10 March 2022

8.45am to 3.30pm
Warwick Hall
Church Green
Burford
OX18 4RZ

"I feel that the children leaving Goring CE Primary school, through this experience, are more whole. We've given them techniques they can use for life. These children are better prepared for what's coming next."

Mrs Ailsa Toolin, Year 6 teacher

Find out more and book online at
odbe.org.uk/contemplative-toolkit