

**dare2engage** is a network of teachers and practitioners in secondary and 16-19 education who share a common aim to develop new and innovative resources for RE and spiritual development.

The project is sponsored by The Jerusalem Trust, which is part of the Sainsbury Family Trusts.

In addition to **breathe**, dare2engage run a network, web site, conferences, training and contributes to a range of publications.

### breathe topics

- 1. Known** who are we as human beings at our deepest level?
- 2. Unique** What makes a human being valuable to themselves and others?
- 3. Forgiven** What are my regrets and how do I move on?
- 4. Acceptance** How do I see others and what judgements do I make about them?
- 5. Interdependence** Who are the most important people in my life and what do they mean to me?
- 6. Globalisation** What is my connection to others around our world?
- 7. Origins** Where does our world come from and why are we here?
- 8. Future** What are my dreams for myself, my life and this world?
- 9. Footprint** How can I care for the planet and can I make a difference?
- 10. God** Where and what is god, if god exists at all?
- 11. Jesus** What would this key Christian figure make of my world?
- 12. Spirit** What is prayer and does it change us?



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# Breathe



supporting  
spiritual development  
in education

## develop key stage 4 RE curriculum

**"The different stations had really imaginative ways of asking fundamental questions within RE. Really reflective, and creative."** Head of RE, May 2006.

Breathe is a significant resource for key stage 4 Religious Education, bringing the curriculum to life and generating real enthusiasm in pupils for exploring some of the essential elements of the RE syllabus. Not only do segments of the study of the Christian faith engage students, the themes of belief, journey and values are all explored in ways that expand their knowledge and self-awareness. Breathe has been designed to make a real contribution to the RE syllabus.

**"Students were totally engaged in the various activities from the beginning to the very end of the lesson. The use of colours, light, music, video and other teaching tools definitely helped learning. This was indeed a completely different way of teaching."** RE teacher, April 2006.

## facilitate 16-19 spiritual development

Where education for 16-19's often uses the methods of social science and philosophy to challenge young people to think more deeply about their own beliefs and values, Breathe adds an extraordinary experiential dimension. It enables learning from religion by asking questions about meaning, purpose, truth and identity in ways that are both subtle and explicit. It can make a major contribution to pupils' understanding of spirituality.



**"It was really interesting and made me think a lot about the questions asked. Breathe is great for this school. The words on the iPod were really clear. Thanks."** Year 11 pupil, May 2006.

## expand understanding and awareness

Breathe has been created for dare2engage, a network of educational specialists, FE chaplains and teachers in order to provide a new and innovative dimension to spiritual development among young people.



It is suitable for young people from all faiths and none and has been carefully designed to allow young people to engage with Christian ideas appropriately. Both teachers and educational professionals have applauded its imaginative approach.

**"Amazing. It really made me think about things that I've never thought about before. Thanks for the new experience."** Year 12 pupil (Muslim), April 2006.

## what is breathe?

A large floor mat divided into 12 segments. Each segment has a reflection and an activity about an aspect of life. Young people listen to the reflections on an mp3 player and move around the segments for up to an hour. The experience is a personal one and they are able to record their thoughts on a paper wheel.

Up to 30 young people can participate at any one time. Each session begins with a video explaining how Breathe works and a supervisor is on hand to provide any further guidance.

Breathe has been designed with students aged 16 to 19 in mind, but is also suitable for key stage 4 pupils in schools. It can function as a special activity outside the curriculum or within the context of a formal lesson.

## how to hire

Breathe is available for hire by schools, 6th form and FE colleges. You will need a room or hall big enough to accommodate the mat which is 10 metres diameter. **The cost includes a supervisor to set up and run the installation and ensure young people can get the most from the experience.** Support for students with special needs is available on request. The cost is £450 per day and £250 for subsequent days which covers all costs of the supervisor, travel and consumables.

Contact us to ask questions, check available dates or request a booking form.