



Rochester Diocesan Board of Education and the Diocese Children and Young People Team have purchased this resource for schools and parishes to enhance the spiritual education of young people in KS3 and KS4.

What is Breathe?

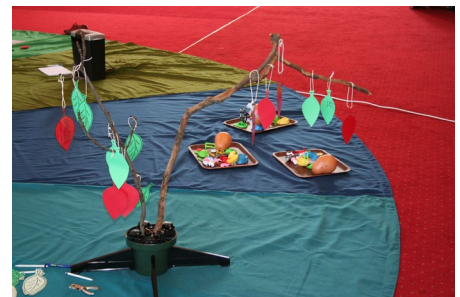
A large floor mat divided into 12 segments. Each segment has a reflection and an activity about an aspect of life. Young people listen to the reflections on an Ipod Shuffle and move around the segments for up to an hour. The experience is a personal one and they are able to record their thoughts on a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

Up to 30 young people can participate at any one time. Breathe has been designed with students aged 16 to 19 in mind but is suitable for Year 7 upwards.

How to hire

Charges are as follows:

- Churches:** £30 per night
£60 weekend
£100 week
- Schools:** £250 plus £37.50 VAT for the first three days
£100 plus £15 VAT for second hiring
£100 deposit required by both Parish and School



Breathe topics

Known; Unique; Forgiven; Acceptance; Interdependence; Globalisation; Origins; Future; Footprint; God; Jesus; Spirit

Hiring Information from Sarah Cabella: 01634 560000 or email: sarah.cabella@rochester.anglican.org