

Prayer and Reflection Spaces

Research has found that children and young people appreciate space to reflect and be quiet. This has been shown to have a positive impact on their physical and mental wellbeing as well as enabling them to explore their own spirituality.

The *Faith in the Nexus* report found, "Reflection was about quiet space and time for thinking about big questions of **God**, the **world**, concerns for **others** and for **self**." These four areas are also found in many pieces of guidance regarding spiritual development and can be used to shape prayer and reflection spaces. Think about activities that can enhance children and young peoples relationships with: themselves (**self**); **others**, the **world** and offer the invitation to relate to **God**.



Research has shown that having prayer/ reflection spaces facilitated by those outside the school community encourages pupils to engage without the sense of being judged by others or viewing it as a another school activity.

They provide a wonderful opportunity to model different and creative ways to pray and reflect. Even in Church of England schools, children may not be aware of different ways to pray and reflect.

Temporary spaces

Temporary prayer and reflection spaces may be set up for use over a day or a week. Some schools set them up half termly or linked to seasonal changes.

An example from a community (non-church) secondary school in the Diocese is a prayer space that was set up in the library for Mental Health Awareness Week. Students were free to access the space during their lunchtimes.

Permanent spaces

Some Church of England schools choose to have a permanent prayer space either within the building or in the grounds. These include reflection corners and spirituality or prayer gardens.

There are many examples of churches helping pupils to design and create a prayer garden or funding a prayer hut.

Some suggested resources

[Prayer Spaces in Schools](#)

[Don't Burst my Bubble - booklet for nurturing prayer](#)

[The Prayer Experiment Notebook by Miranda Threlfall-Holmes and Mina Munns](#)

[Prayer Station Ideas from the Diocese of Hereford](#)

[Jumping Fish resources for a Multi Sensory Prayer Garden](#)