

RESOURCING SECONDARY SCHOOLS

"Students seemed to focus completely on the tasks, and were fully engaged. Afterwards students said how much they had enjoyed the time and chance for self-reflection. A brilliant activity that was thought provoking and calming."

– Ben Hotchkin

RE Teacher,
Thomas Deacon Academy,
Peterborough



"I liked the idea that people exist for a reason and we should recognise people's talent." – Student



WHAT IS BREATHE?

Breathe is a resource to support the spiritual development of secondary-aged students encouraging them to explore and consider themes of belief, journey and values through a series of interactive, experiential meditations and activities.

BENEFITS FOR SCHOOLS

Through Breathe CROPS can provide a unique opportunity to explore questions of self and community, global issues and God, supporting schools in providing a 'thoughtful and wide-ranging promotion of pupils' spiritual development' as suggested by the most recent Ofsted guidelines.

Breathe is an excellent resource which can be used in conjunction with schools' own spiritual education provision enabling students to explore their own spiritual development whilst responding to the value systems of others in a rational and informed way.

HOW IT WORKS

Using an iPod, students follow 12 short mp3s with corresponding activities to guide their thinking. The tracks ask questions about self, individuality and identity, other people, interdependence and global community, creation, environmental issues and future, and God, Jesus and prayer. These, along with the simple practical tasks, make breathe an ideal resource for all types of learner, providing something to satisfy the visual, audio and kinaesthetic minds.

Whilst the meditation texts offer a Christian perspective on these questions, the resource is designed for use in a multi-faith environment, taking care not to offend, nor enforce beliefs on anyone who may use it. Students of all faiths and none will find Breathe to be a refreshing and challenging opportunity to stop and reflect on their life, values and beliefs.





“Breathe creates a wonderful environment where students have the space and time to quietly consider and reflect upon some of life’s most fundamental questions.

Its range of inspiring and engaging activities make it great for both RE & SMSC in schools.”

Jonny Watts

Subject Leader: RE & Citizenship,
Casterton Business & Enterprise College



“The Who Am I? Russian doll activity really got me thinking about who I am on each layer. I was shocked at how hard it was” – Student

CROPS

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CROPS is a Charitable Incorporated Organisation, Registered No. 1157651

BASIC REQUIREMENTS

- Room or hall at least 11m x 11m
- Room is secure at lunchtimes (if Breathe is not being used at lunchtimes)
- Room is secure overnight (if Breathe is booked for more than one day)
- Room will not be used for other purposes during the booking
- Projector and screen available for the duration of the booking
- School staff present whilst students are using the resource
- Lesson length: minimum 50 minutes. (60-75 minutes ideal to ensure students complete all stations and have time for plenary at the end)

INTERESTED?

To find out more or to make a booking please email hello@crops.org.uk or call us on **01733 352701**

WHO ARE WE?

CROPS, a Christian education charity, is committed to helping pupils understand basic Christian beliefs as well as explaining the relevance of Christianity to various areas of life. We work in Peterborough and the surrounding area. For more information see www.crops.org.uk/schools.

HIRING COSTS

There is no formal charge for **CROPS** to run a Breathe day at your school however a voluntary contribution of £200 per day would help us to cover our costs. Please contact to discuss.

A maximum of six sessions can be run in any one day, with each session hosting a maximum of 30 students. A discounted rate is available for schools making repeat bookings.