

# BeCalm

**BeSpace activities to bring a sense of peace and calm to your life...**

1. Make a **calm jar**. Using an old drinks bottle or jar, fill with water, add glitter and food colouring. Ensure lid is closed. Shake and watch the glitter settle. As you watch the jar settle, pray about or reflect on your worries and let them slowly fall to the bottom of the jar.

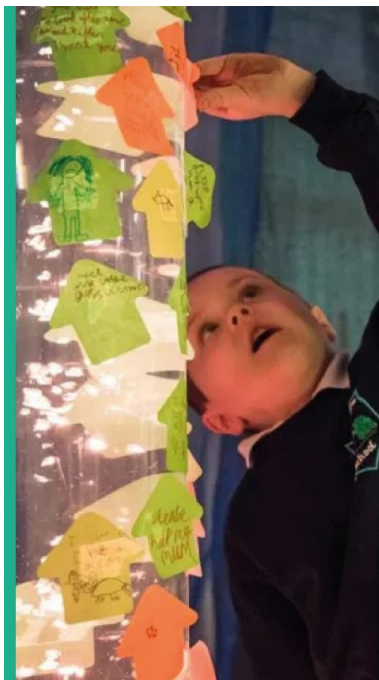


2. **Thankful playdough**. Using playdough, putty or blue tac, spend a bit of time making something you are thankful for in your life. As you do this, pray or reflect about all the good things in your life.

3. **Going outside**. Stand outside in the garden or go for a walk and listen to what you can hear. Can you hear the birds singing? Take time to breathe deeply in and out. As you do this, enjoy the sounds around you. You could pray or reflect about the creation around you.



4. **Mindful colouring**. Take time to do some creative colouring (perhaps you can draw something you discovered when you went outside). As you colour and draw, pray about and reflect on what's on your mind.
5. **Snuggle**. Wrap yourself up tightly in a blanket or duvet, feel the comfort and warmth that gives you. Think about the people in your life who look after and comfort you. Reflect or thank God for these people.



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**“Do not be anxious about anything**, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**”

Philippians 4:6-7 (NIV)