

**Quiet please, we're making time for**

**S|P|A|C|E  
MAKERS**



# Space Makers Kit List

## For all exercises (advisable):

Candle, plate, lighter or matches

OR Bell/chime/alternative

## STILLING 1a and 1b

Bottle (sealable) with muddy water

## NOTICING 2

No materials are needed for this practice. A heavy stone with a T-light on top is a useful visual aid for noticing. The stone underneath represents the difficult or negative aspects of life (desolation) and the candle on top represents the positive and energising aspects of life (consolation).

## DWELLING 3

Bible

Texts with spacing

Pencils

Highlighters (optional)

Exercise book (optional)

## MENDING 4

A cross to put a pile of pebbles on

Bowl of pebbles

A few holding crosses

A strip of red organza can be visually effective

## BLESSING 5a

No materials are needed for this practice.

## BLESSING 5b

Grapes (or similar fruit)

Bowl of soil

Lollipop sticks/plant labels

Permanent pens/felt tip pens/pencils

A flourishing plant or flower is a useful visual aid for the whole exercise