

siLENT

FROM

MILLION MINUTES

PRIMARY SCHOOL

RESOURCE PACK

This pack is for anyone who wants to make siLENT from Million Minutes happen in their primary school!



Stay siLENT for a change.

Get Sponsored.

Change lives.

“That people today, often overwhelmed by noise, may rediscover the value of silence and listen to the voice of God and their brothers and sisters”

Pope Francis

Million Minutes is all about silence and giving, so what better time to get involved in Million Minutes than Lent?!



WHAT IS MILLION MINUTES?

Million Minutes is a really simple idea! If 695 people stay silent for the equivalent of 24 hours we'll have a million minutes of silence. If each person gets sponsored a pound a minute, we'd have a million pounds to help disadvantaged young people who have no voice: who are shut out, stereotyped or scapegoated by society today.

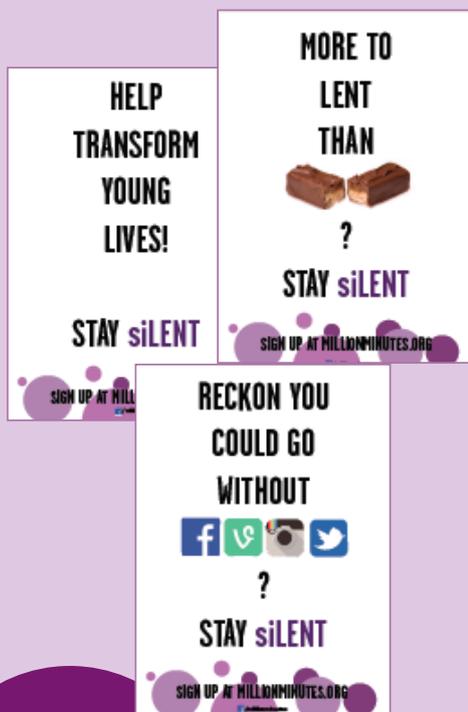
We think Lent is a great time for communities to come together and join the silence, so we've created these special resources to help you do just that.

But rather than give up chocolate or sweets through Lent, we're asking participants to stay silent and to think about giving up something which fills their lives with noise: computer games, TV, or maybe even the internet.

Will you get involved, and help others in your school to do the same? Not only will your sponsorship help those young people for which silence isn't a choice, those without a voice who are ignored and cast out of society, but it will allow time for the 30 minutes of silence, reflection and prayer in your day.

You can share the silence with an entire class or school and spread the 24 hours of silence over all of Lent. Just half an hour a day during Lent (and an hour on Good Friday and Holy Saturday) adds up to a whole day.

Download the poster set and much more from the resources page at millionminutes.org



There are loads of ways to get involved!

Why not organise a sponsored silent art lesson, or a sponsored silent walk?

THE 1 MINUTER

One way for primary students to get involved is by completing 24 hours of silence as a whole class throughout Lent. If each member of the class stays still, silent and attentive for **1 minute** every day from Ash Wednesday (in school and at home) then by Easter Sunday you will have completed about 24 hours of silence together!

One minute can easily be built into the school day, perhaps at a set time (such as before lunch) or as part of an experience of meditative prayer to begin each day. We've even got a tick, or sticker, chart available at the end of this resource so everyone can keep up with their silence!

If your pupils do want to do more, challenge them to think about how much time they watch TV, and if they'd go with less of that in their day.

AS A SCHOOL

Why not build silence into the whole of Lent by having sponsored silent lunches, silent meditations, or technology-free lessons. Other ideas include replacing all, or part, of regular prayer times with silence [use our prayer and meditation resource to assist you].

SPONSOR AN ADULT

Another way to get involved is to have one or more **staff take on the silence** on behalf of the whole school! Whether it's a large or small group of staff taking on the silence, you can get the whole community involved! You could even invite parents to participate. Giving regular updates in assemblies will help everyone to be included.

OTHER IDEAS:

You could go further, and build silence into the whole of Lent by having sponsored lunches, silent meditations, or technology-free lessons.

Other ideas that you could take up are replacing all, or part, of regular prayer times with silence. Once students are guided through this a few times it can be very fruitful, in fact a diocese in Australia now suggests meditative prayer for all year groups in its schools!

GETTING STARTED WITH SILENT



Now you have a few ideas as to how you can implement siLENT in your school, the next step is to SIGN UP. Just follow these simple steps:

1 **Sign up online.** Sign up and let us know how or your community you are taking part at millionminutes.org/silent

2 **Get Fundraising - Set up an online fundraising page.** There are several online platforms to choose from when you fundraise for siLENT. Follow the sign up links at millionminutes.org/silent. (You can also still do it the old fashioned way. Download the **siLENT sponsor forms** from the website.)

3 **Shout it out!** Once you've registered, you can start asking everyone you know to help them raise money. Make sure all the staff and students know what's happening, as well as their families! Encourage the adults taking part to use Facebook, Twitter, Instagram or email (before they give it up!) to ask for support. Let people know what your school is doing and share your fundraising page on your social media accounts. Tag us @millionminutes and use the hashtag #siLENT so we can see your posts!



We can't wait to see what your school gets up to over the 40 days of Lent, we will be following along and sharing your story along the way.

Our Primary school resources are designed to support you over Lent. Check out millionminutes.org/silent-primary

- Info summary sheet
- Sponsorship forms
- Class silence sheets
- Prayer and meditation resource
- Poster pack



MILLION MINUTES: SILENT for 1 MINUTE A DAY - CLASS SILENCE CHART

Student name	Ash Wed	Thursday	Friday	Saturday	1st Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	1st Sunday	2nd Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	3rd Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	4th Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	5th Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Palm Sunday	Monday	Tuesday	Wednesday	Maundy Thurs	Good Friday	Holy Saturday
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