

Be in silence

*Sleep/rest-sleep*

*Labyrinth*

*Scriptural Reflection*

*Prayer Practices*

*Praying with Beads*

*“Wailing Wall”*

Be in Worship

*Altar*

*Spiritual Direction*

*Individual, yet Communal Art*

Be in Relationship

*Letter Writing*

*Note Writing*

*Powerpoint*

*Movie Watching*

Be in Play

*Finger painting*

*Mandalas*

*Board Games*

*Massage*

*Create Soul Self*

*Kids' games (outside)*

*Crafts*

*Yoga*