



Example Timetable for **Sleep Without**

When

In the afternoon before the sleep without or if in a school setting after school if more appropriate

Session Outline

Watch welcome video and then into small group discussions 'I sleep without because'.



Use some of the session resources eg. Vinnie Packs, Candle of Hope, Quiz Session etc.



Night Prayer and Goodbyes to those heading home to sleep without.

When

The following morning prior to school starting (if in a school setting) or during the first part of the morning if appropriate

Session Outline

Gather for Morning Prayer



If appropriate some sort of celebration breakfast before you finish the session.

