

# Mindful Moment

Mindfulness is all about living in the moment and noticing everything that is happening around you in the present. Take a minute to notice the beautiful surroundings of The Fitzrovia Chapel and note down three things you can see, two textures you can touch and one thing you can hear...



# The Fitzrovia Chapel Kids Activity Pack



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**Welcome to The Fitzrovia Chapel**

The Fitzrovia Chapel was built as part of the Middlesex Hospital. This was in 1891 so the chapel is Victorian. Queen Victoria was on the throne then. The person who built it was called John Loughborough Pearson who was a famous architect. His son Frank also helped design and build the chapel when his father died.

This chapel took more than 25 years to finish. If you look around it, you may be able to see marble, mosaics and stars. There are more than 40 different types of marble and 555 stars in the ceiling. Also take a look at the patterns on our beautiful floor.

When the chapel was part of the hospital, people used to come to sit, think and pray. It was a quiet place and they could come day or night. They included doctors, patients and visitors. Babies were christened here and people got married. There were lots of religious services including at Christmas.

The hospital was sold and was pulled down in 2008. You can see flats where the hospital once stood.

Lots of nurses, patients and doctors still visit us and tell us that the chapel is important to them. They have lots of memories about being here.

The chapel is still a beautiful place to visit and to be quiet in the middle of London.

# Treasure Hunt

Find the following treasures in the chapel. One you've spotted them, draw a picture in the box:

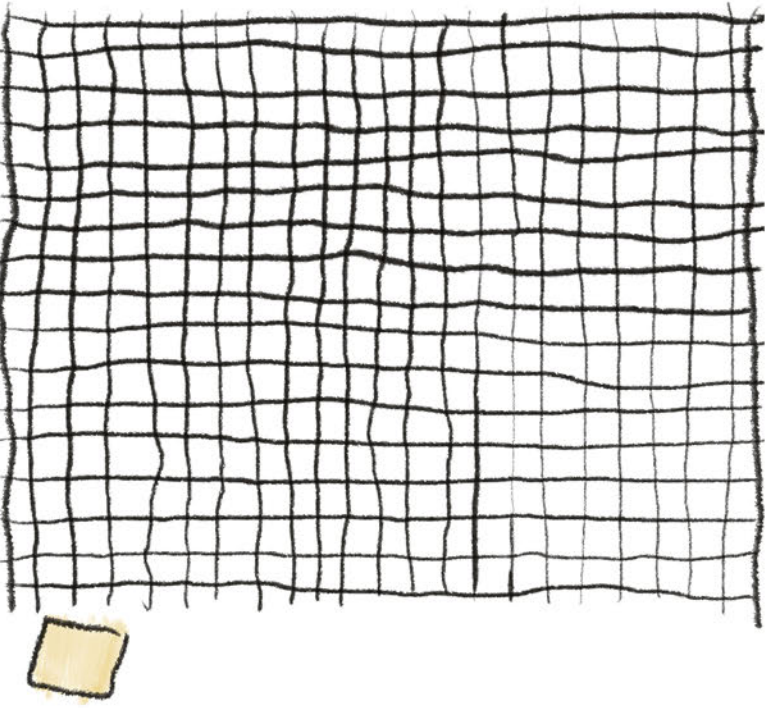
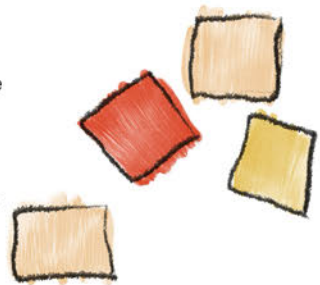
1. The golden bell
2. The eagle lectern
3. The mother bird and her chicks in their nest, carved from marble
4. The dedication to The Jungle Book author Rudyard Kipling



# Mosaic

Inside the chapel you will find incredible mosaic patterns over the floors and ceilings.

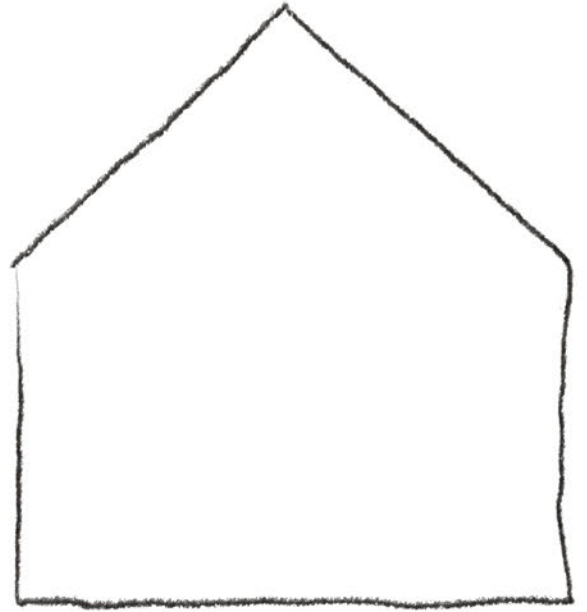
Notice how the patterns are made up of tiny square tiles. Use the grid below to design your own mosaic pattern.



# Dream Room

The Fitzrovia Chapel has been described as the "most beautiful room in London." Quite a title!

If you were to design your dream room what would you have in it?



# Stained Glass Windows

The windows in the chapel have all been designed to tell stories. These windows were created a long time ago. Look carefully at the windows, can you work what might be happening in them?

Can you come up with designs for new windows that tell a more modern tale?



# Gratitude Journal

The Fitzrovia Chapel was designed to be a place where the staff and patients of the Middlesex Hospital could come to think, reflect and have a peaceful moment.

Inspired by this take some time to reflect on somethings in your life that you are grateful for. They could be big or little things - anything that makes you happy!

This is a great activity to do everyday, over a few days you will have a long list of everything you are thankful for.

