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|  **What is Spirituality?****The ability to be reflective about your own beliefs that inform your perspective on life and your interest in and respect for different** **people’s faiths, feelings and values.****A sense of enjoyment and fascination in learning about ourselves, others and the world around us.** **Using imagination and creativity in our learning.****A willingness to reflect on our experiences.** **The development of awareness the there is *“something more to life than meets the eye, something more than the material, something*** ***more than the obvious, something to wonder at, something to respond to.”* (Terence Copley)** |
| **Why is Spirituality Important To Our School?****For our mental health and wellbeing. To be calm and at peace; giving us a rest from noise and pressure****To develop that toddler- like curiosity and questioning (why, what, where, how etc) To help us wonder……****To stop, reflect and be grateful. To appreciate the wonderful world we live in. To heighten our senses and pay attention to detail.** **To marvel at the simple and beautiful. To enjoy colour, structure and form.****To think about other people, places and see the wider picture. To move away from instant gratification. To think about our place in the world.** |
| **If I Am A Spiritual Learner I Can……*** Be happy being silent – not always feel the need to talk
* Be comfortable with who I am
* Be happy being me.
* Appreciate what is good
* Relate to other people and not invade their personal space.

**Collaboration** * Get lost in a task and sustain interest in it
* Respect places, people and things
* Reflect and learn
* Use my senses
* See rather than look, listen rather than hear,

 feel rather than touch. * Take pure joy in simple things
* Be at peace
* Express myself through the arts

**Independence*** Communicate with empathy
* Trust God to help us cope with life’s up and downs.
* Recognise when I am stressed and calm myself

**Confidence*** Reflect and wonder about the bigger picture and God

 | **Resilience****Spirituality****Creativity** | **As Teachers We Will……….*** Offer opportunities to be still, look and wonder.
* Nurture inquisitive minds
* Take spontaneous opportunities to wonder about & explore God’s creation
* Take the children outside and encourage a love of nature.
* Use our school environment and local environment
* Devote designated “Awe and Wonder Time”
* Encourage self-awareness and reflection
* Value art, music and dance in the curriculum.
* Go to our beautiful church and just be.
* Occasionally lead the children through a visualisation or stilling activity
* Probe with questions to get to a deeper understanding.
* Not be afraid to ask the big questions in R.E. and about God
* Encourage “wholeness” mind, body and spirit.
* Give time for thinking, space for reflection and structured opportunities for pupils to listen and talk to each other
* Value achievement more widely than in curriculum subjects.
* Model good personal habits and encourage children.
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Ideas To Develop Spirituality

Three times weekly – often straight after lunch

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| SeeingBlowing and looking at bubblesWatching feathers fallFind your own leaf from a pileLying and looking at the sky and cloudsTeaselsPeaceful picturesWatch oil timer or lava lampGlitter bottlesImages of nature (Utube)Puddles and mirrors, lenses.Candles | TouchingTracing mazes with fingersMindful colouringPebblesSea shellsTree bark | HearingBirds singStilling activitiesPoetry (trees on Poetry Slam)Music – often classical. |
| SmellingNew grass | Breathing 7/11 breathing | NatureGo outsideSnow, iceBudding treesPictures |
| CalmingBlob treesMindfulness |

Be Still, For The Presence of The Lord