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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. |

Ideas To Develop Spirituality

Three times weekly – often straight after lunch

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| Seeing  Blowing and looking at bubbles  Watching feathers fall  Find your own leaf from a pile  Lying and looking at the sky and clouds  Teasels  Peaceful pictures  Watch oil timer or lava lamp  Glitter bottles  Images of nature (Utube)  Puddles and mirrors, lenses.  Candles | Touching  Tracing mazes with fingers  Mindful colouring  Pebbles  Sea shells  Tree bark | Hearing  Birds sing  Stilling activities  Poetry (trees on Poetry Slam)  Music – often classical. |
| Smelling  New grass | Breathing 7/11 breathing | Nature  Go outside  Snow, ice  Budding trees  Pictures |
| Calming  Blob trees  Mindfulness | | |

Be Still, For The Presence of The Lord