



Spirituality workshop

Outcomes:

1. To be able to explain one way of explaining spirituality
2. To take part in activities to develop your understanding of spirituality
3. To think of more ways that spirituality could be developed in school



Spirituality

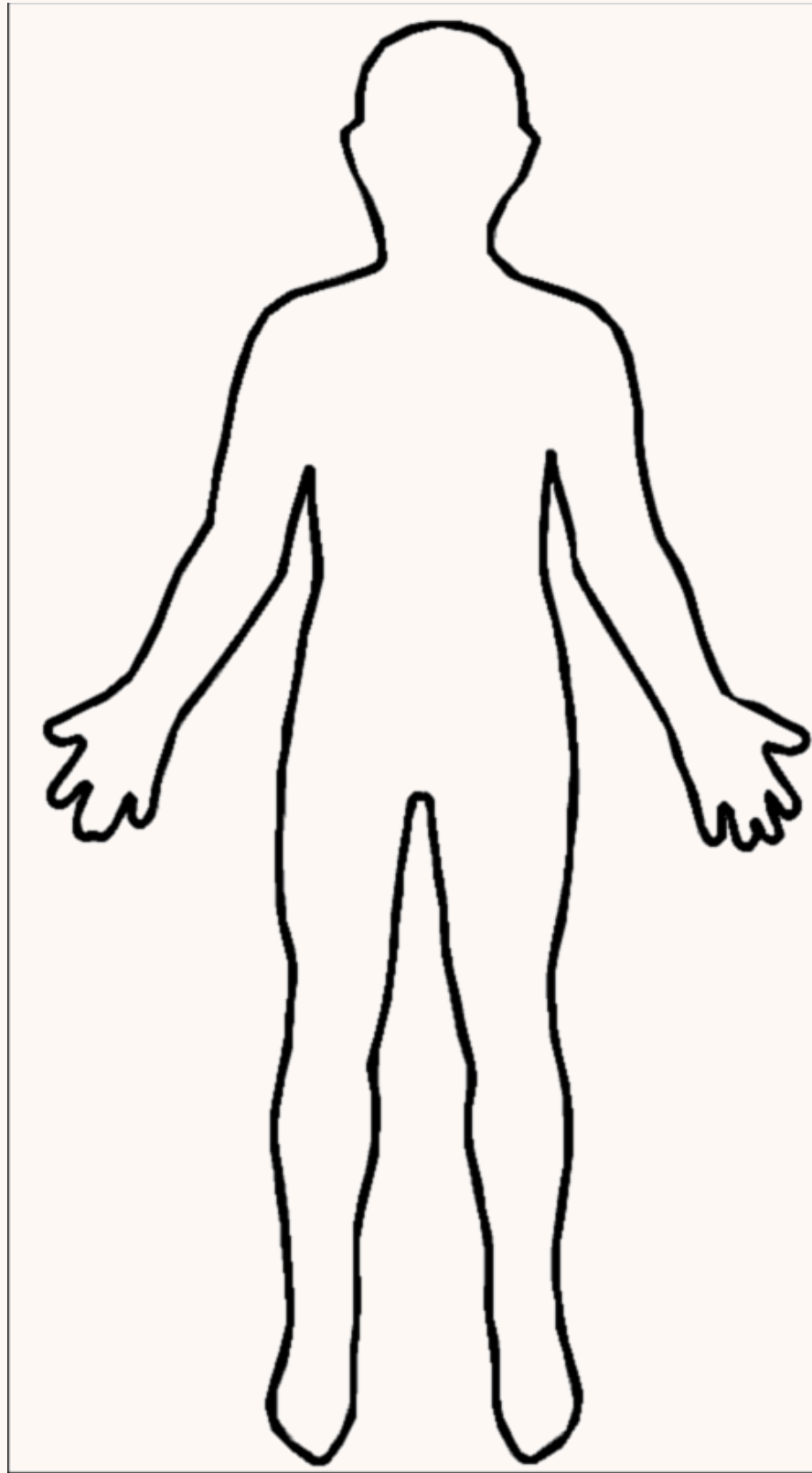
This is a tricky word! Do you think you know what this word means? Could you explain it in your own words or are you unsure?

Hold up 3 fingers if you are sure, 2 if you are unsure and 1 if you don't know what it is yet 😊

1 2 3



What makes me, me?



List all the things that you think make you who you are:

Appearance

Hobbies

Personality

Beliefs

Relationships

Groups you belong to

Likes / dislikes

Pets

Favourite places

What is spirituality



It is sometimes the things we
can't see. It is connection
with SELF, OTHERS, WORLD
and GOD.

What is spirituality

Connection with Self

What you think and believe
Your interests, talents and skills
Likes and dislikes
Values and what is important to you

Connection with Others

Family
Friends
Community
People you don't know

Connection with the world

Knowledge of the world
Experiences
Visiting places – trips
Holidays
Nature

Connection with God

Collective Worship
Prayer
Silence
Reading holy books

Reflection time

- **½ of the group to stay in here and complete the activities in your pack – choose the order you complete them in.**
- **The activities help you to think about yourself, others and the world around you.**
- **½ group will go into the other room to walk round and have a go at some activities within spiritual spaces.**
- **Please be calm in the space and spend time having a go at some of the different activities. You might not be able to have a go at all of them.**
- **Very small group of people to each space.**

What now?

- **What could you do more of in school that would help you to develop spirituality by:**
 - **Connecting with yourself**
 - **Connecting with others**
 - **Connecting with the world and nature**
 - **Connecting with God**

Is there an activity, a spiritual space or something that could be built into school life to help you do more of the things above? What could it be like? What would be involved? How can you help be an advocate for this?



Spirituality

**How do you feel about your understanding of
spirituality now?**

**Hold up 3 fingers if you are confident with it, 2 if you
are unsure and 1 if you need some more time
exploring it😊**

1 2 3

