



Spirituality Pupil workshop

Teacher notes

Thank you for downloading and utilising these resources. You might want to do this workshop with a small group of pupils such as your worship council or spirituality ambassadors, who can then help create ways of developing spirituality in school. Alternatively, you might want to do it with a larger group of pupils as a way of developing spirituality with them. Below is an example lesson plan of how you could utilise the PowerPoint and resources provided but please do adapt these to make them suitable for your context. The session does include the use of prayer spaces, but you could omit this if you do not have time or complete this section on another day.

What you will need for this session: PowerPoint, print outs of the person outline document and print outs of the resources found here:

<https://www.printablesfairy.com/printable-gratitude-journal-for-kids/>

What you will need for the prayer spaces: Bowl of water, vitamin C tablets, big sheets of paper, pens, large umbrella or parasol, luggage tags, pegs, stones, ribbon, flowers, leaf post its, post its, world map or globe.

Outcomes: Explain the 3 outcomes of the session on the first slide and make it clear to the pupils that there is not one way of thinking about spirituality or expressing it, but that you are doing the session to explore spirituality more with them and think about what could look like in school. If they have their own personal way of expressing their own spirituality and want to share it, they of course can. **5 minutes.**

Starter (slide 2): Ask the pupils what they think spirituality is to them and how confident they would be in explaining what it is. Ask them to rate how confident they feel with the term by raising 3 fingers high in the air – 3 for very confident, 2 for unsure and 1 if they don't know. You could get some pupils who are holding up 3 or 2 fingers to have a go at expressing what it is if they would like to. **5 minutes**

Task 1: Tell the pupils that you are going to explore what spirituality could look like in school together. Hand out the person outline to everyone and ask them to write or draw everything that makes them who they are within the person outline. This could be physical traits, hobbies, personality, experiences, memories and people who are important to them etc... Give no more than 5 minutes to complete the activity and 5 minutes for feeding back some answers onto the board at the front. ***Very important that you write down some of their responses for the next task 10 minutes***

Task 2: Tell the pupils that through their answers, you can see 4 ways that spirituality can be expressed or 4 different elements of spirituality. Get them to investigate as small groups or a whole group about what the 4 elements could be. Circle and number the 4

elements you can see from the feedback they gave to help them. The 4 elements are: Self, others, world and God. There are some ways below that children may have expressed these 4 elements in their answers.

Self – personality, hobbies, interests

Others – family, friends, playing, community

World – nature, walks, animals, experiences and holidays

God – beliefs, Church or going to other places of worship, sense of something bigger, praying

Praise their efforts and give them the 4 elements if they are unsure. Use **slide 4** to do this and give them actions to help them remember the 4 elements of spirituality. They could point to themselves for self, point out for others, make a globe shape for the world and point up for God. You could them to say this a couple of times. Look at the different examples on **slide 5** of the 4 elements and get them to check off how many of them they came up with on their list. Do they have any other examples? **15 minutes.**

Task 3 / 4: The group needs to be split into 2 with one half of the group completing the gratitude activities found by clicking the link at the top of this document, and half of the group completing prayer/spiritual space activities. All of these activities allow pupils to engage with themselves, others, the world around them and possibly God. You could create any prayer/spiritual space activity but the equipment at the top of this document has been chosen as the simple but effective prayer spaces to set up below. You could choose any prayer / spiritual space and the prayer spaces in schools' website has lots to choose from. <https://prayerspacesinschools.com/> **20 minutes**

Prayer space 1: Fizzy forgiveness. Bowl of water and vitamin tablets. Think of something or someone you need to forgive, or they need to forgive you and drop the tablet in the water. Watch it as the 'thing' dissolves.

Prayer space 2: Big sheets of paper and pens with 'Questions for God' in the middle.

Prayer space 3: Large umbrella or parasol from home with ribbon tied to the spokes. Pupils write what they are thankful for onto luggage tags and tie or peg them to the ribbon.

Prayer space 4: Blankets and cushions from home or school and some big stones to hold. Pupils think of something they are worried about or are afraid of and when they are ready, let that thing go by dropping it in the basket provided.

Prayer space 5: Flowers displayed with leaf post its. What are you hopeful for?

Prayer space 6: Globe/ world map and some post its. What would you change about the world? Pupils think about the questions and then stick their responses around the map or Globe onto post it notes.

Task 5: Pupils to feedback what they liked about the activities and to think of things that could be carried out in school to develop connection to self/others/world/God more. **10 minutes.** This a activity could be longer if you are asking them to think about and plan ways that spirituality could be developed in schools, or shorter if you are just thinking about ideas and feeding back.

If you completed this session, let us know how it went and send us in some photos of the session to display on our website. We would love to give you a shout out on our news section! You can do this by emailing tracey.manns@leciesterdbe.org

Thank you and we hope you enjoyed these resources!