Spirituality is the journey of developing a sense of self and personal insight; an empathy, concern and compassion for others; an appreciation of the natural world; and the possibility of something beyond the world we understand.

These four elements (self, others, the natural world, 'the beyond') form the basis of our work with children in developing a strong sense of spirituality.

Self

- Awareness of feelings; ability to reflect and express
- Awareness of our uniqueness; happiness with who we are
- Gratitude for the things we have and the person we are
- Exploration of personal faith
- Development of imagination, creativity and mindfulness



The natural world

- Developing a sense of awe and wonder
- Enjoying the miracles of everyday life
- Taking time for what really matters
- Appreciating beauty in art, music, nature



Others

- Empathy and understanding; respect, tolerance
- To love and be loved (loving your neighbour)
- Making a difference; duty



'The beyond' (the Sacred or Divine)

- Encountering/experiencing God (having a sense of what lies beyond the material/physical)
- Ability to formulate and discuss the 'Big Questions' (eg about life, death, suffering, nature of God)
- Opportunities for prayer, connecting with God
- Making sense of the world



"Spirituality is about our relationships with ourselves, our family, friends, those around us, to God and to all of creation."

(Ursula King, Professor of religious studies and internationally renowned scholar on spirituality)