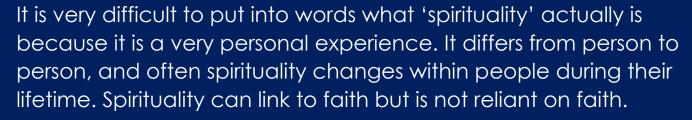
Breage C of E Academy Spirituality

What is Spirituality?



Our definition of 'Spirituality' is that it is an on-going, reflective journey.

It is something that makes us ask big questions, deepens our understanding of the world around us and encourages us to consider our relationships. Relationships with ourselves, others, the world and beyond. Spirituality enables our children to be happy, flourish, succeed and live life in all its fullness.



Approach

Children explore 'Spirituality' through 'Windows, Mirrors & Doors'.



Breage C of E Academy: Spirituality



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These challenge us to <u>look out</u> at the world and people around us.

What are the important facts?

How do other people feel about this?

Are their feelings similar / different to mine?

Mirror Moments

These challenge us to <u>look in</u> at ourselves.

What is my view on this?

How do I feel about this?

What can I learn from others about this?

What is inspiring me about this?

Door Moments

These challenge us to <u>look ahead</u> and act upon our thoughts and reflections.

What can I learn and take away from this today?

How can I respond to this matter?

What action can I take?

Where can I find out more information about this?

