

# Breage C of E Academy

## Spirituality

### **What is Spirituality?**

It is very difficult to put into words what 'spirituality' actually is because it is a very personal experience. It differs from person to person, and often spirituality changes within people during their lifetime. Spirituality can link to faith but is not reliant on faith.

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



Window Moments	Mirror Moments	Door Moments
<p>These challenge us to <b>look out</b> at the world and people around us.</p>	<p>These challenge us to <b>look in</b> at ourselves.</p>	<p>These challenge us to <b>look ahead</b> and act upon our thoughts and reflections.</p>
<p><u>What are the important facts?</u></p> <p><u>How do other people feel about this?</u></p> <p><u>Are their feelings similar / different to mine?</u></p>	<p><u>What is my view on this?</u></p> <p><u>How do I feel about this?</u></p> <p><u>What can I learn from others about this?</u></p> <p><u>What is inspiring me about this?</u></p>	<p><u>What can I learn and take away from this today?</u></p> <p><u>How can I respond to this matter?</u></p> <p><u>What action can I take?</u></p> <p><u>Where can I find out more information about this?</u></p>

