

Sacred Pathways – Ideas for spirituality day

Naturalists: Outdoors

- Going for a nature walk
- Taking photos on an iPad
- Collecting things from nature and using to create a piece of art
- Nature scavenger hunt
- Select and use activities from outdoor worship pack/ebook

Sensates: Using the senses

- Playdough – model someone/something you are grateful for
- Baking bread – create plaited loaves
- Making percussion instruments

Traditionalists: Ritual and symbol

- Write call & response prayers for worship.
- Create a pebble with a blessing/positive affirmation to carry.

Ascetics: Solitude and simplicity

- Set up quiet spaces inside and outside. Use prayer space materials
- Silent reading/art
- Finger labyrinths

Activists: Confrontation

- Create blessing boxes for a local care home
- Write to a local MP about local issues (litter, recycling etc)
- Create bird feeders, hedgehog homes etc

Caregivers: Loving others

- Make a card/picture for someone else with a positive message
- Make something to bless the community – hanging salt dough ornament/sew a hanging ornament with felt
- Kindness secret agents

Enthusiasts: Mystery and celebration

- Learn or create a dance
- Learn a lively worship song with actions
- Paint a picture to music

Contemplatives: Adoration

- Centring prayers, one word repeated
- Write a card to God
- Psalms colouring activities

Intellectuals: Using the mind

- Pose and explore Big Questions
- 5 whys
- Picture inference