

Y2 Spirituality Refresher Afternoon – Friday 7th November

This afternoon, Year 2 have revised the meaning and importance of what it means to be spiritual. At St Paul's we use the donut approach as a fun, child-appropriate way to think about their personal spiritual journey.

This starts by simply thinking about a ring doughnut and thinking that there is a hole inside all of us that needs filling in order for us to be whole. It's an invisible hole that is filled when we feel a connection to something bigger than ourselves and find meaning in our lives, resulting in peace and joy.



Here at St Paul's spirituality is;

- sense of awe and wonder
- care for nature and living things
- wanting to love and to be loved by people
- what makes us happy (whole – the donut)

We have discussed the nine spiritual pathways and each child thought about what pathway resonates with them.

These pathways include;

- Naturalists: *outdoors*
- Sensates: *using the senses*
- Traditionalists: *rituals and symbols*
- Ascetics: *solitude and simplicity*
- Activists: *confrontation/solving problems*
- Caregivers: *loving others*
- Enthusiasts: *mystery and celebration*
- Contemplatives: *adoration for others*
- Intellectuals: *using the mind*

The activities the children could choose from today, linking the spiritual pathways were; ***making portraits out of natural resources, mindful colouring, singing, using shapes to create patterns, crafting, positive affirmations, letters of praise to others and silent reading.***

The children thoroughly enjoyed the freedom of choice and the opportunities to explore what made them feel happy and 'whole'.

Please see some photos below of our afternoon.

