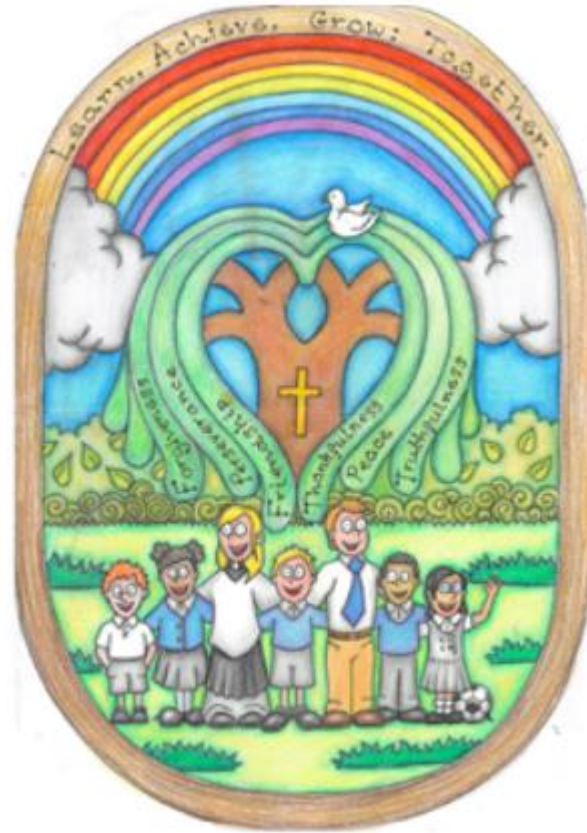


# Our Global Explorer Curriculum



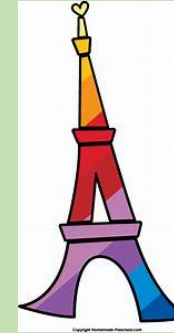
St Nicholas' Primary School

# Term 4: Spiritual



Learn, Achieve, Grow: Together

What Big Ideas have we explored so far this year?



Resourceful

Spiritual

Creative

Global Explorers

Aspirational

Skillful

Worldly

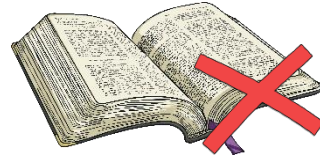
# Spirituality

When you hear the word spirituality, what does it make you think?

Spirituality is not:



ghosts  
like at Halloween



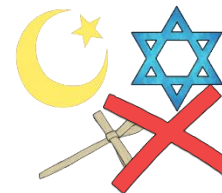
a **religion** like  
Christianity, Islam,  
Sikhism or Hinduism



talking to people who  
have died



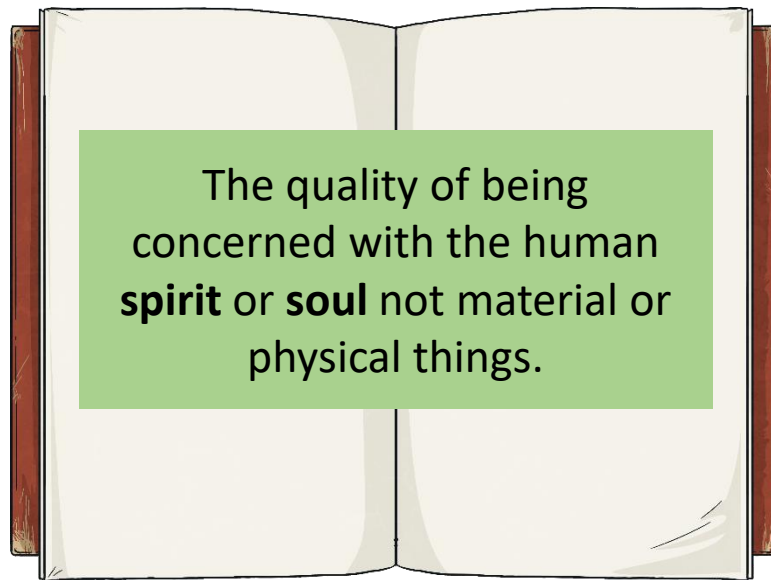
a specific set of clothes, actions  
or way of living



just for people who  
follow a specific **religion**

# What Is Spirituality?

One dictionary definition of spirituality is...



# Physical Things and Spiritual Things

Are these things physical/material things or spiritual things? Which column might they go in?

Physical/Material Things:	Spiritual Things:

- |  |                     |                    |   |                           |
|--|---------------------|--------------------|---|---------------------------|
| money  | expensive clothing  | happiness and calm | inner peace   | getting the highest marks |
|  | how big my house is |                    | connecting with friends and other people                |                           |
| connecting with nature                               | a new computer      |                    | exploring difficult questions and seeking understanding |                           |
| acting in a way that helps the world or other people |                     |                    | believing in a god or a higher power                    |                           |

# Spirituality Explained

It is not easy to define exactly what spirituality is because it can mean different things to different people - it is a broad **concept** and can be applied in lots of different ways.

It is generally agreed, however, that spirituality is about an inner sense of **connection** to the people and the world around you, based on the belief that there are things beyond human control or explanation.



# An connection to people

Caring for others

Wanting others to feel happy

Trying to make them feel better when they are sad

Being a good friend

Having **empathy** for others

Being friends with people even if we are far away from them

# A connection to the world

Caring for our world

Being in nature and appreciating its beauty

Finding peace in nature

Thinking about questions that beyond human control or explanation

Questions like

“How did the universe begin?”, “How was Earth created?” and “What is the meaning of life?”

# Spirituality and Religion

Many people who follow a **religion** would say that their religious faith is grounded in spirituality.

Spirituality is how people connect deeply.

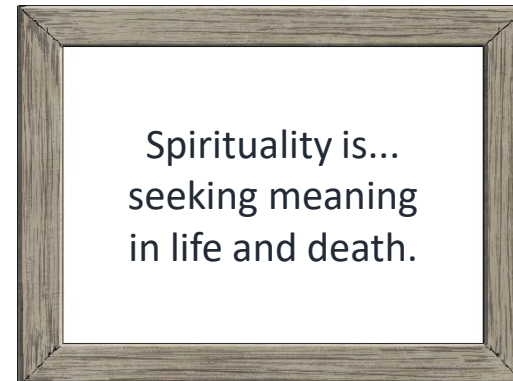
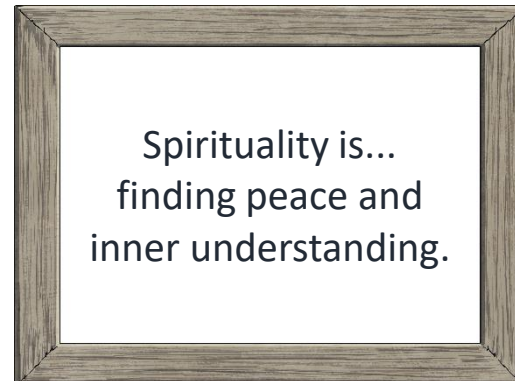
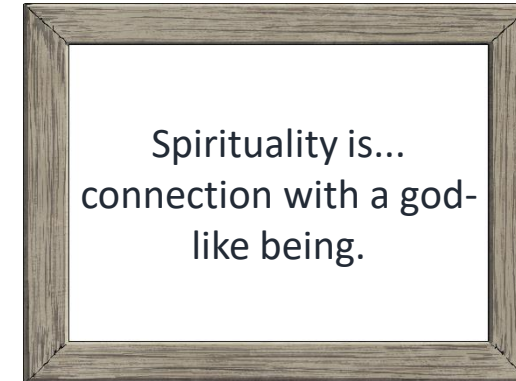
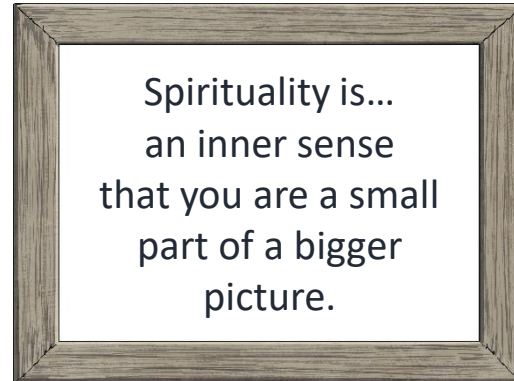
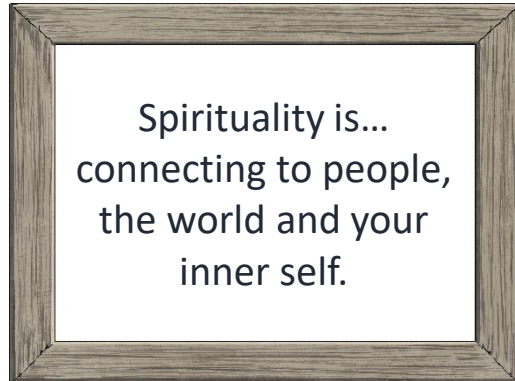
Spirituality is a deep connection to the world.

Spirituality is about finding meaning and purpose.

These qualities are true for many of the world's religions whose teachings focus on care for others, care for the world, understanding how the world was created and being reassured in what will come after life.

However, spirituality and religion are not exactly the same thing. People can consider themselves to be spiritual without being religious.

## Perhaps Spirituality Is All of These Things...





# What Does Spirituality Mean to You?

Think about these sentences. There are no right answers - this is your chance to express your own sense of spirituality.

I think spirituality means...

I feel inner peace when...

I feel a connection to the people around me when...

I feel a connection to the world around me when...

Spirituality is/is not important for me because...



Let us pray...

Dear God,

Please help me to have inner peace so that when I feel worried or sad you will help me,

Please help me to feel connected to your creation so that I can feel peaceful in nature and try to make the world a better place.

Amen











