

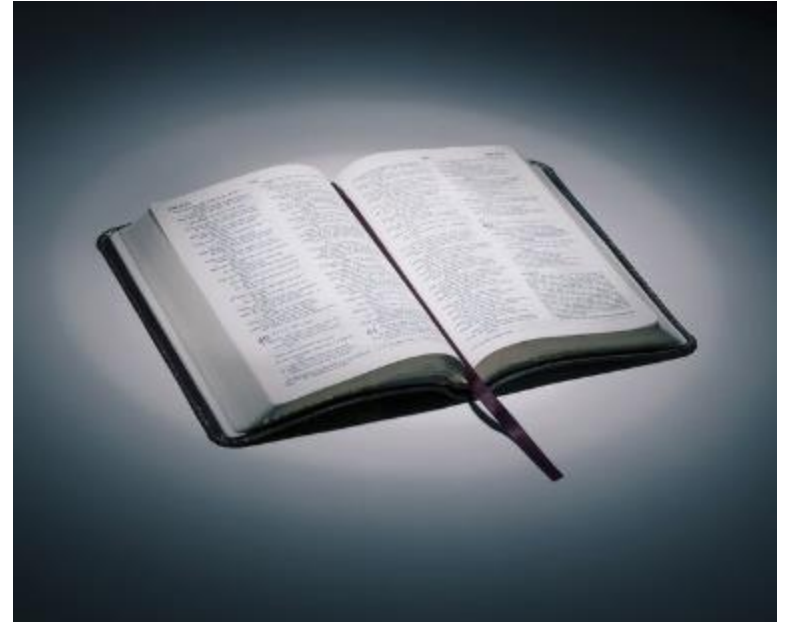


Spirituality at St Barnabas EYFS KS1



Galatians 5:25

Since we live by the Spirit, let us keep in step with the Spirit.



Why is it important?

- We are all growing and learning.
- Grow physically, mentally, emotionally and spiritually will help us be our best selves (**flourish**).



We encourage
ONE ANOTHER
AND **BUILD EACH**
OTHER UP
to be our best selves.

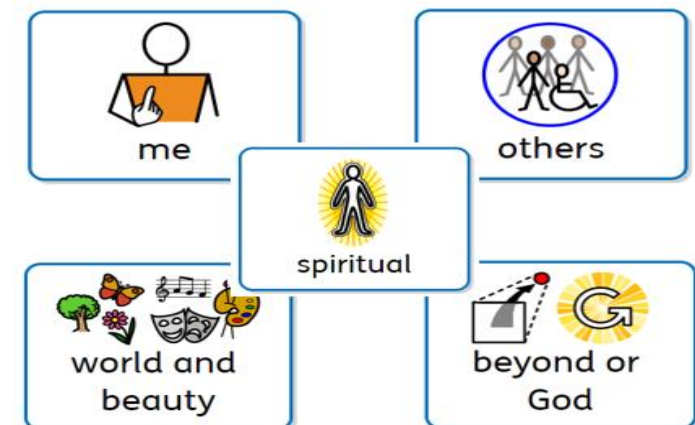


What is spirituality?

- The human spirit is like our inner spark
- It helps us flourish (be our best self).
- It's exploring what makes me, me through my connections.



Spirituality – understanding our unique way of being through our connections.



How do I notice my spirit?

Sometimes we can be aware of our spirit.



The 'WOW' Times – explores the spiritual happy and amazing times



The 'OW' Times – explores the sad and bad times

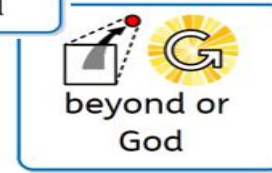
What are your ow and wow times?



Spirituality – understating our unique way of being through our connections.

We develop our spirituality by:

connecting to ourselves



connecting to others

connecting to the world

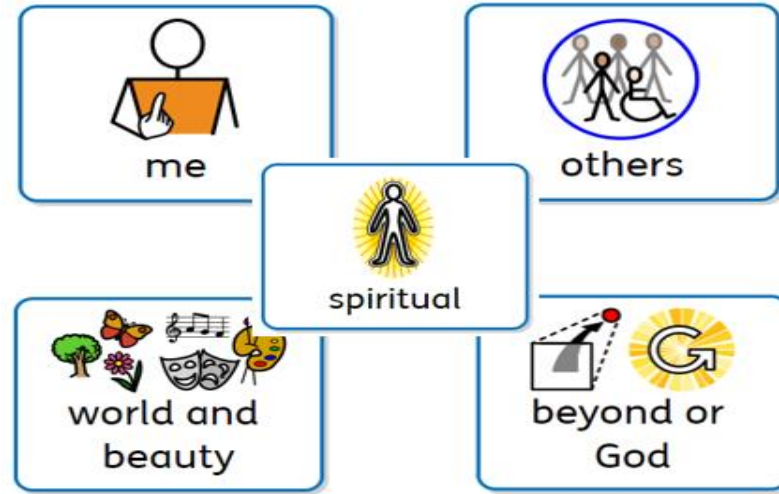
connections beyond our human experience – there is more than all we see

Spirituality is limitless - it's as wide as the sky and deep as the ocean – its our unique way of being.



Connecting to me

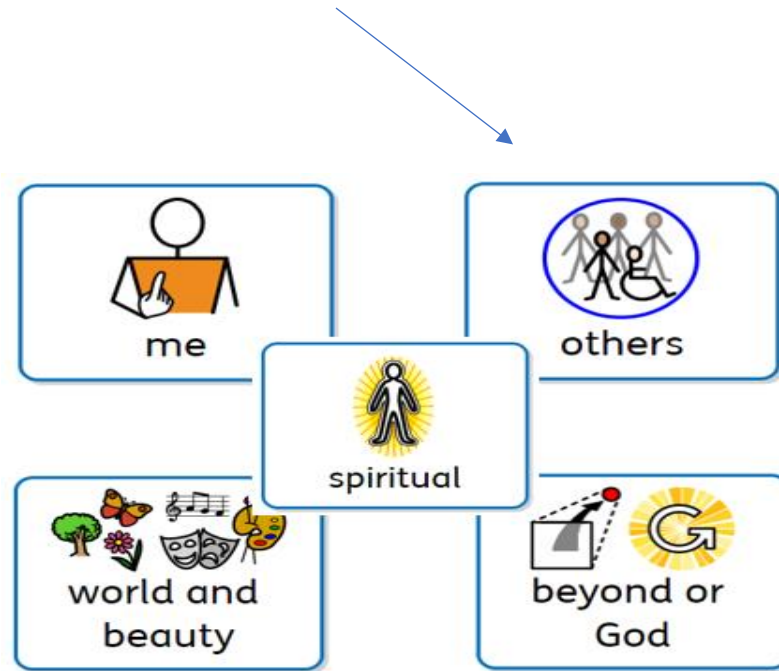
What makes me special?



Connecting to others



Forgiveness, helping others



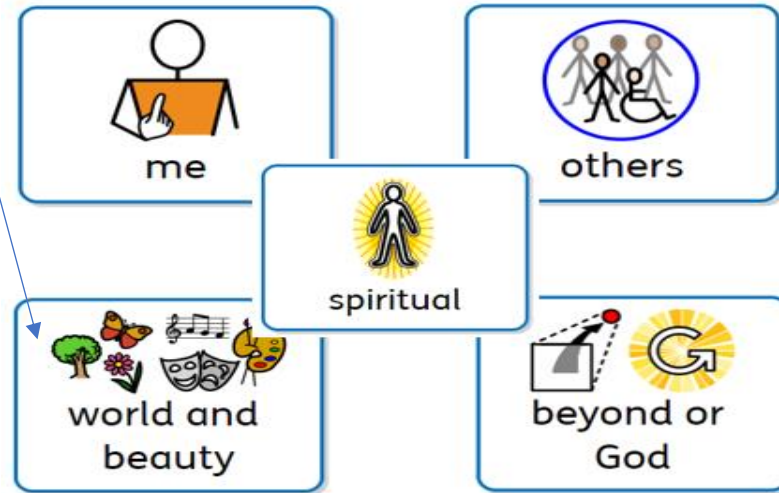
Our relationships with others.

How do we show kindness?

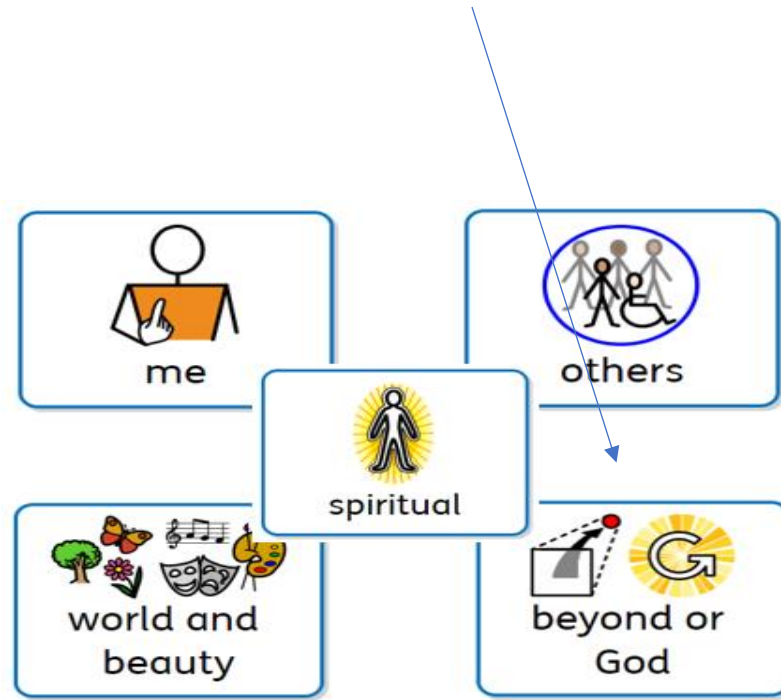


Connecting to the world.

Exploring our relationships with the world.



Connecting to things beyond us as humans



Learning about values, God or searching for meaning.

That what we see, is not all there is.



Encountering spirituality

Spirituality is about oneness – one love, one seeker, one soul, and one spirituality that speaks to all people. No matter a person's fame, fortune, or faith, they are one with you.

Emma Mildon

quasiqancy



Encountering spirituality - people of faith

Spirituality

expression of the life of the spirit
- or practice



Members of religious traditions may express their spirituality like this

