



# How can you develop your Spirituality?

## What is Spirituality?

We are all part of something bigger than ourselves

### Deepen your connection with nature

- ✓ Find, look at and look after a minibeast
- ✓ Grow some vegetables
- ✓ Go on a nature treasure hunt
- ✓ Paint/ draw the landscape
- ✓ Have a picnic outdoors
- ✓ Go on a walk
- ✓ Stand outside and stop and focus on what you can see, hear, smell

### Appreciate the mystery in life

- ✓ Appreciate we won't have all the answers
- ✓ Develop your own opinions, beliefs and questions

### Have a sense of wonder and curiosity

- ✓ Care for living things
- ✓ Appreciate love and nature

### Gain knowledge and open your mind

- ✓ Explore certain universal themes - love, compassion, wisdom and truth
- ✓ Be a critical thinker
- ✓ Ask lots of questions
- ✓ Gather as much knowledge as you can
- ✓ Have an open mind

### Reflect


- ✓ What is something you are thankful for today?
- ✓ Tell me about your favourite part of your life so far?
- ✓ What were the highs and lows of your day

# How can you develop your Spirituality?




## TAKE A MINDFUL Break

**B**reathe  
Take 5 deep, slow breaths 

**R**est  
Close your eyes until your mind is clear 

**E**mpowering words  
Say 3 nice things about yourself 

**A**bsorb  
Check in with your senses. What do you see, feel, hear, smell, and taste? 

**K**nowledge  
Stop and think before you act 