

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

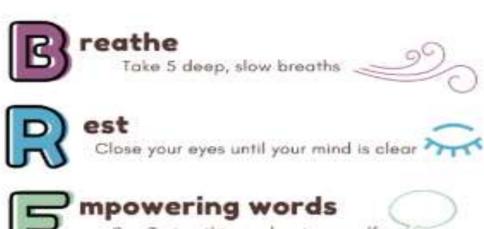
Reflect

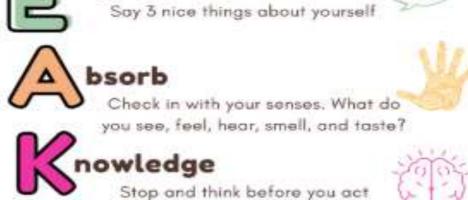
- ✓ What is something you are thankful for today?
- ✓ Tell me about your favourite part of your life so far?
- ✓ What were the highs and lows of your day



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SIMPLY ROOTED FAMILY Healthy of Hose, Strong in the World