



Spirituality Opportunities : Focus Subject- Forest School

<p style="text-align: center;"><u>Self</u></p> <ul style="list-style-type: none"> • Awareness of feelings: persevering and showing resilience • Understanding of own emotions when we find an activity tricky e.g. fire lighting in rain (self-regulation) • Being calm and at peace within a natural environment- calming space <ul style="list-style-type: none"> • Gratitude for the world around us and our environment/ world <ul style="list-style-type: none"> • Out of the box thinking and taking risks 	<p style="text-align: center;"><u>Others</u></p> <ul style="list-style-type: none"> • Empathy and understanding – respect with others and the world around us. • To love and be loved (loving your neighbour)- very nature of working together within forest school. Teamwork creating dens, bird feeders etc. • Making a difference: to our world and the environment. Learning how we can look after the world around us- how small changes make big changes. • Being agents of change- environment link and sustainability
<p style="text-align: center;"><u>Transcendence (Beyond)</u></p> <ul style="list-style-type: none"> • Having the opportunity to encounter/experience God (having an appreciation for God's natural world and the world he has created) • Ability to ask and discuss the 'Big Questions' (e.g. about life, death, suffering, nature of God). • Opportunities for prayer, connecting with God/ own religious beings. <ul style="list-style-type: none"> • Making sense of the world. 	<p style="text-align: center;"><u>Nature/ World</u></p> <ul style="list-style-type: none"> • Explore the natural world around us • Develop imagination and creativity outdoors, with an appreciation and engagement in nature and living things around us • Learn about other celebrations and cultures in the world – Lunar New • Explore the changing seasons and how this brings about the cycle of life and growth on earth – plants, animals • Finding ways to look after and care for our environment – making bird feeders, litter picking, bug hotels • Learn about the impact of humans on earth by exploring how to care for our world– rubbish, life cycles, safety at home and outdoors