



# Spirituality



**Spirituality is about making sense of the world and our own experiences.**

## Spirituality means:

Wondering about life's big questions



Noticing the amazing things around us



Thinking about how we feel inside 🤔

## Spirituality is about:

Understanding ourselves (an awareness of our thoughts, feelings and what is important to us)



SELF



OTHERS

Thinking and caring about others (showing kindness, love, respect and understanding)

Appreciating the world's beauty (feeling awe and wonder at life, nature, art, music)



BEAUTY



BEYOND

Thinking about things beyond us (asking questions about meaning, purpose and what might be 'more' than we can see to make sense of the world)