



WIDER WORLD

- Developing a sense of awe and wonder
- Enjoying the miracles of everyday life
- Taking time for what really matters
- Appreciating beauty in art, music, poetry and nature

SELF AWARENESS

- Awareness of feelings - ability to reflect and express
- Awareness of our uniqueness - happiness with who we are
- Gratitude for the things we have and who we are
- Exploration of personal faith
- Development of imagination and creativity

SPIRITUALITY

Spiritual development is the development of an awareness that there is "something more to life than meets the eye, something more than the material, something more than the obvious, something to wonder at, something to respond to." (Terence Copley)

RELATIONSHIP WITH GOD

- Encountering / experiencing God (having a sense of what lies beyond the material / physical)
- Ability to ask and discuss the Big Questions (life, death, suffering nature of God)
- Opportunities for prayer and connecting with God
- Making sense of the world

RESPECT FOR ALL

- Empathy and understanding
- Respect
- To love and be loved (loving your neighbour)
- Making a difference - duty