John 10:10 Live life in all its fullness

Spiritual activities to try at home

Jennett's Park CE Primary School

Our Values

The person you are is an expression of your core values. They determine how you think and what you do. They shape your purpose and determine your vision. They establish your character. In fact, they are extremely important to who you are.

Our Rainbow Promise is integral to everything that we and our children do, believe in and strive to be at school.

Our Rainbow Promise

Our Rainbow Promise underpins everything we do at school. Just as the Rainbow was a sign of God's promise to Noah that from that moment God would enable Noah and the people of the earth to flourish and experience life in all its fullness. So as a school community we promise to do our best to enable all the pupils and adults of our school to flourish academically and professionally so that they might reach their potential.

The Rainbow is also a symbol of the diversity of our school community, but as a church school we recognise that we are all created and valued by God, and so as a school community we commit to care for and value each other.

The dove symbolises our need to persevere in some aspects of life as it is not always the first time we find success. It was not the first time that Noah had tried to find dry land and so we much seek strength within ourselves and from God to achieve.

The values which form part of this Rainbow Promise and which we all choose to display in our everyday behaviour are:

- *Forgiveness*
- *Patience*
- *Support*
- *Kindness & Joy*
- *Love*
- *Honesty*
- *Respect*
- *Peace*

Jennett's Park CE Primary School is a community woven together to flourish and achieve. As a church school we are guided by the Christian faith and values, however, we are an inclusive environment that enables all children and adults to engage in spiritual development for all and to "live life in all its fullness". Spiritual development is interwoven throughout the curriculum, through prayer, stillness, worship and reflection. Spiritual reflection is not dependent on religious affiliation but aims to embrace fundamental questions about the meaning and purpose of life and to nurture ourselves, one another, the world around us and beyond.

These are some of the areas that contribute to our spiritual learning in school: -

Collective Worship

Candle Time

Contemplative Toolkit

Mary's Garden

Curriculum

'Wow, Ow and Now'

If you are a parent/carer and would like to further understand more about how to support your child's Spiritual Development please look at the video below from the National Institute for Christian Education nicer.org.uk:

https://www.youtube.com/watch?v=fI-iXfQMqfE

Adopting spiritual practice, even if it's for a short time every day can have beneficial effects on not only your spiritual health but physically, emotionally and mentally too.

Please find some activities that can be practised at home, we'd love to see these too!

Mark making

Drawing, doodling, making patterns, colouring, journaling and art activities have a calming effect. Perhaps you could create something for some to brighten up their day!

Hope and Goals

Life can sometimes be difficult to navigate, writing down your fears that are preventing you from achieving your hopes and goals and physically disposing of them can feel a sense of relief.

Jump for Joy

If you have a trampoline or a safe space to jump, think of something or someone that makes you feel joyful and say or shout it as you jump.

Physical activities

Go for a walk, jog or run and take note of something you can see, her, smell, touch and feel. Take part in a yoga, gardening or sport activity.

Reading

Reading a book/ something of interest can feed the imagination. Also, reading stories from the Bible story or a special book of faith can create a knowledge base to interpret our lives today

Quiet time

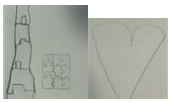
Take some time out to listen to a story, bird songs, calming music, observing nature or lighting a candle and reflecting. Create a sensory jar to shake and sit and observe.

Keeping in touch

Keep in touch with wider family/friend connections, a support/ hobby group and wider community.

Games

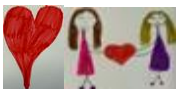
Play games and activities that challenge and develop thinking and imagination- or even playing family games create the best times!



Play

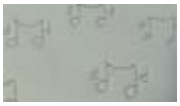
Play is important for both adults and children.

Role play, construction, play dough, creative activities, messy play, puzzles, to name a few.



Singing and music

Singing together binds people and communities together. Perhaps you could create your own family short verse sing song.



Reflection

Take the time to talk to one another, reflect on the day/ week and talk through problems and worries.

Acts of kindness

Help a loved one, neighbour or even a stranger. From helping with getting the shopping in from the car to baking something yummy.

Baking

Cook or bake a special dish together or for someone in need. Or even create your own special food dish!

Breath work

Create a quiet, calm space to complete some simple breathing exercises (some ideas can be found on the internet).