

*Our agreed definition of Spirituality at Christ Church (CE) Infant School and Nursery*

At Christ Church we understand that spirituality is not something we can see, it is something we feel inside.

Spirituality is a personal experience; it is different for everyone and often changes throughout our lifetime.

Spirituality is not necessarily religion or faith based but incorporates all aspects of self-reflection, self-expression and self-belief.

Spirituality involves the relationships and connections we have with ourselves, with others, with the natural world and beyond.

Spirituality is an expression of individuality; it allows us to interpret and understand things in our own unique way and to have an appreciation of the different thoughts and feelings of others.

Spirituality is about awe and wonder; it is about exploring and appreciating the amazing and unexpected things in life, about asking big questions, and being aware of something 'bigger' outside of ourselves.

Spirituality brings hope, compassion, thankfulness, courage, peace and a sense of purpose and meaning to everyday life.

*Pupils' spiritual development is shown by their:*

- *beliefs, religious or otherwise, which inform their perspective on life and their interest in and respect for different people's feelings and values*
- *sense of enjoyment and fascination in learning about themselves, others and the world around them, including the intangible*
- *use of imagination and creativity in their learning*
- *willingness to reflect on their experiences.*