

## We can develop our spirituality when we...

notice
where
there is
more than
tackle meets the
challenges eye'
with courage
and resilience

can be still, appreciate silence and can be in the present

reflect on our choices and the way we behave

adapt when things change explain our own beliefs and share our opinions

ask
questions and show
interest in others
and the world are
around us creative
and enjoy
what we are
learning

about

what other people
believe and how
it affects the
way they
respect for
different
faiths and
perspectives

explore