

# SPIRITUALITY: EDUCATING THE WHOLE PERSON

WHAT'S THE LENS THROUGH WHICH YOU  
EXAMINE *YOUR* EXPERIENCES ?

This SMSC4SCHOOLS workshop aims to develop understanding  
of the spiritual dimension of human experience:



Raising 'self-awareness' by identifying individual strengths and weaknesses, skills, material and spiritual values, interests and passions.

Understanding the concept of 'service' - quantifying our own happiness and well-being in terms of the happiness and well-being of others; and exploring the ways in which we can contribute to this.

Exploring and encouraging students own Weltanschauung or 'philosophy of life' - the context or backdrop which enriches our lives and gives it both meaning and purpose.

Examining the impact of destructive emotions and developing positive perspectives, attitudes and responses to our emotional life.

Recognising the connection between our physical and mental life and developing healthy approaches to both.

Considering the extent to which we have freedom and responsibility to make choices in our lives.

Encourage a positive self-image by reflecting, accepting and embracing our unique individuality.

This is a bespoke one day workshop for students, which can be structured for whole day activities or within a group rotation. The cost for the day is £295.00 \*



SMSC4SCHOOLS is created by Richard Brock - a Head of Religion and Ethics for 15 years, who has been successfully 'unpacking' creating and delivering spirituality focused activities for young people throughout his career as both teacher and trainer.



Having a moral sense (to know right and wrong)

A caring appreciation for the world

Showing love, compassion and understanding

Being selfless and giving

Having 'self understanding' or 'self awareness'

Being truthful to yourself and others

Joie de vivre

Exercising spiritual values

Personal transformation

**Spirituality?**

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When do you most feel at your best?

What 'qualities' go toward making this experience enjoyable, i.e. 'being around others', 'being outdoors' and 'keeping fit...'

Who am I?

**Spirituality**

Buddhism teaches that in order to free ourselves from suffering we have to be in control of our emotional life. Buddha referred to the emotions of greed and hatred as 'fires'. The word 'nirvana', which is the goal of Buddhism, means to 'extinguish' these fires.

Why did he refer to these emotions as fires, do you think?

Referring to Jesus' teaching below, how can our emotions 'defile' us, do you think?

'Defile' to damage or spoil

'It is not what enters into the mouth that defiles the man, but what proceeds out of the mouth that defiles him.'

I wrote a famous essay about the human emotion, anger. I origin and how we can avoid its destructive influence over watched a waiter be thrown into a pit of crocodiles, by a p simply because he had dropped some glasses. This host he expectations of the world and as a result, became prey to

**Spirituality**

Modern forms of spirituality are often criticised for being too narrowly focused on the individual's own self 'improvement' or 'development'. To what extent does the list of spiritual values below support this view?

What values could you add to a list of 'spiritual values'?

Why might someone argue that these values are simply 'human values'? Do you agree? Consider both views.

Generosity Compassion Self-Sacrifice  
Humility Care Wisdom Honesty Kindness  
Respect Tolerance Patience Perseverance  
Appreciation Courage Beauty Fairness  
Gratitude Responsibility Service Creativity  
Stewardship Understanding

'Happiness arises by wanting happiness for others' (His Holiness the Dalai Lama)

Can you think of examples which reflect the Dalai Lama's teaching?

**Spirituality**

Contact Us To Order

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Post: SMSC4SCHOOLS

2 Jubilee Cottages

Horsley Cross, Essex, CO11 2NS

Workshop £295.00 plus expenses\*

\* Mileage charged at 45 per mile.

Accommodation charged if over-night stay required

If you have any queries regarding the workshop or payment please contact us.



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