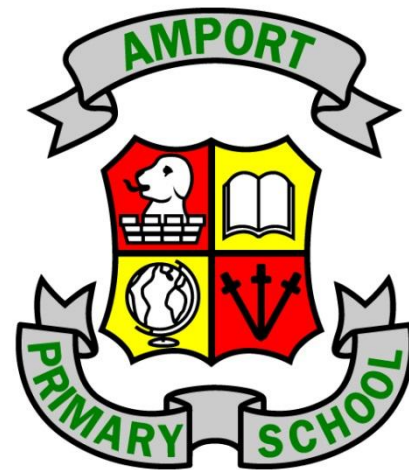


Amport CE (Aided) Primary School

COURAGE COMPASSION RESPECT



Spirituality

- Mirror moments are one way for us all to explore our own spirituality; this one encourages us to consider how we feel about ourselves and our place in God's creation.
- Christian's believe we are all special and unique creations that God values and loves.

Mirror Moments

- How long do you spend in front of the mirror?
- How about a different type of reflection..... I would like you to think about how much time you think about who you are and what is special about you?
- We are all different and we all have different qualities and there is something special about all of us.



Or.....

- Do you spend too much time thinking about how we wish we were different?
- Do we hide how we feel about ourselves from others by not talking about it?
- Do we spend a lot of time thinking about what we were like in the past?
- Or what we hope we will be like in the future?

A final thought

The famous author CS Lewis said, 'Though our feelings come and go, God's love for us does not'.

Christians believe that we can all experience God's love all the time. We may have feelings about ourselves and others that change from time to time, but in God's eyes we are all special and unique creations worthy of his love.

Remember – you are unique and special!

Activity for today

- With mirror moments in mind you are going to create a collages of yourself.
- With the photo of yourself you need to cut in it half and stick it onto another piece of paper.
- On the other side of your head/face Oaks and Beech are going to cut out some of the pictures you have brought in from home that shows us who you are. E.g you may have a picture of a horse, football, friends.
- Willows and Rowans you are going to draw items that make you the person you are.

Examples



