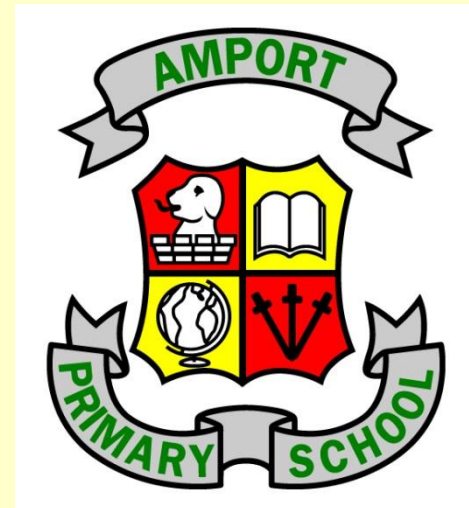


# Amport CE (Aided) Primary School

COURAGE COMPASSION RESPECT





## Spirituality Day 2026

### **Window Moments – *A reflection of Beauty***

#### What are window moments?

Window moments help us think quietly and explore our own spirituality.

They help us learn about ourselves and the world around us.

We look carefully at God's world and we notice how beautiful it is.

God's creation can help us feel calm and peaceful inside.

***Be still and know that I am God.*** - Psalm 46 v10

Let's explore this!



Does anyone know what this is?

It is an electron microscope, the most powerful magnification tool available to scientists, which allows you to see very, very tiny things.

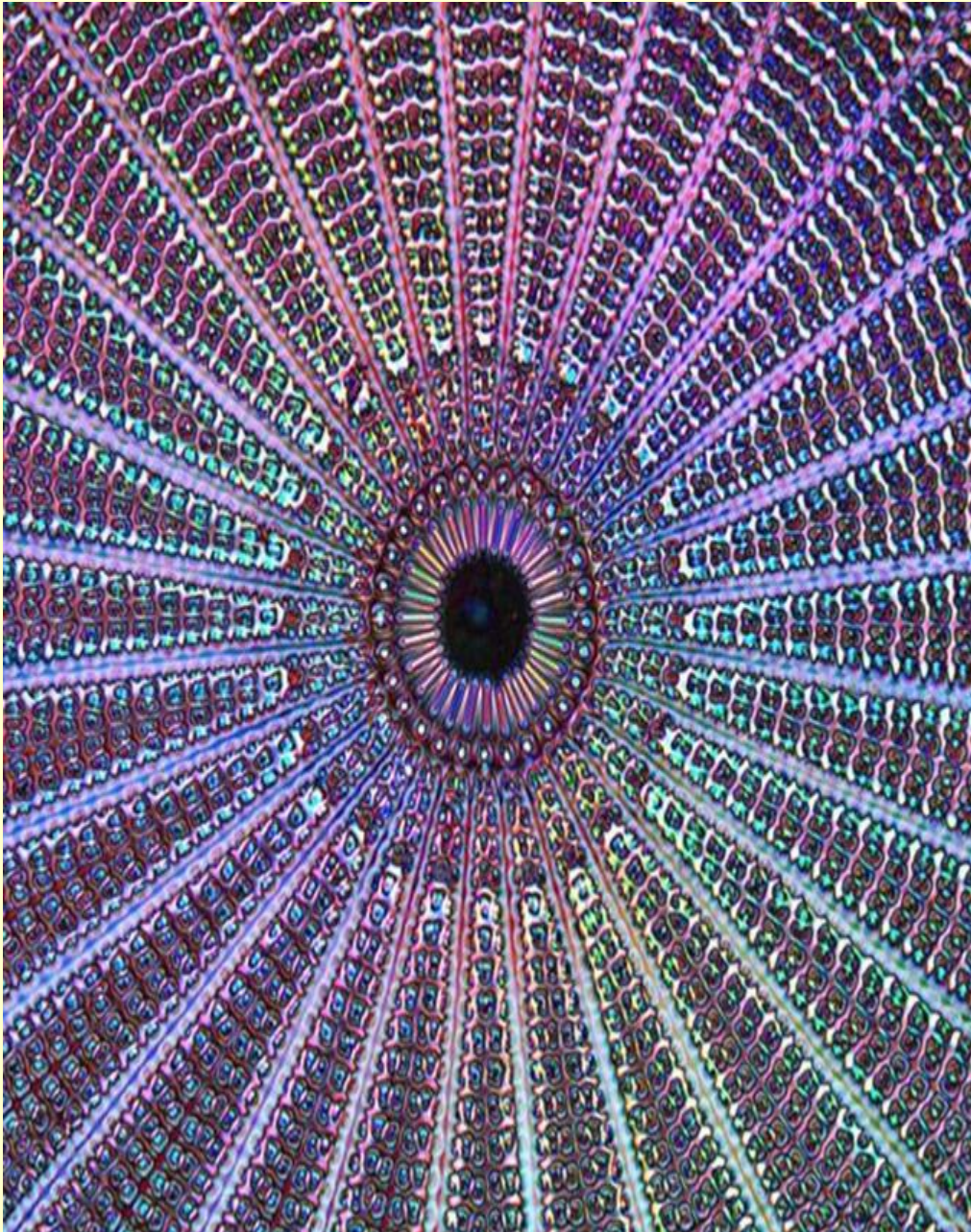
A microscope helps us see things we cannot see with our eyes. They can reveal an amazing world, which we will look at on the next slides.



What do you think  
this image shows?

It is algae.





What do you think  
this image shows?

It is a seashell.

What do you think this image shows?

It is a snowflake.





What do you think  
this image shows?

It is soap bubbles.

What do you think  
this image shows?

It is a green leaf.





What do you think  
this image shows?

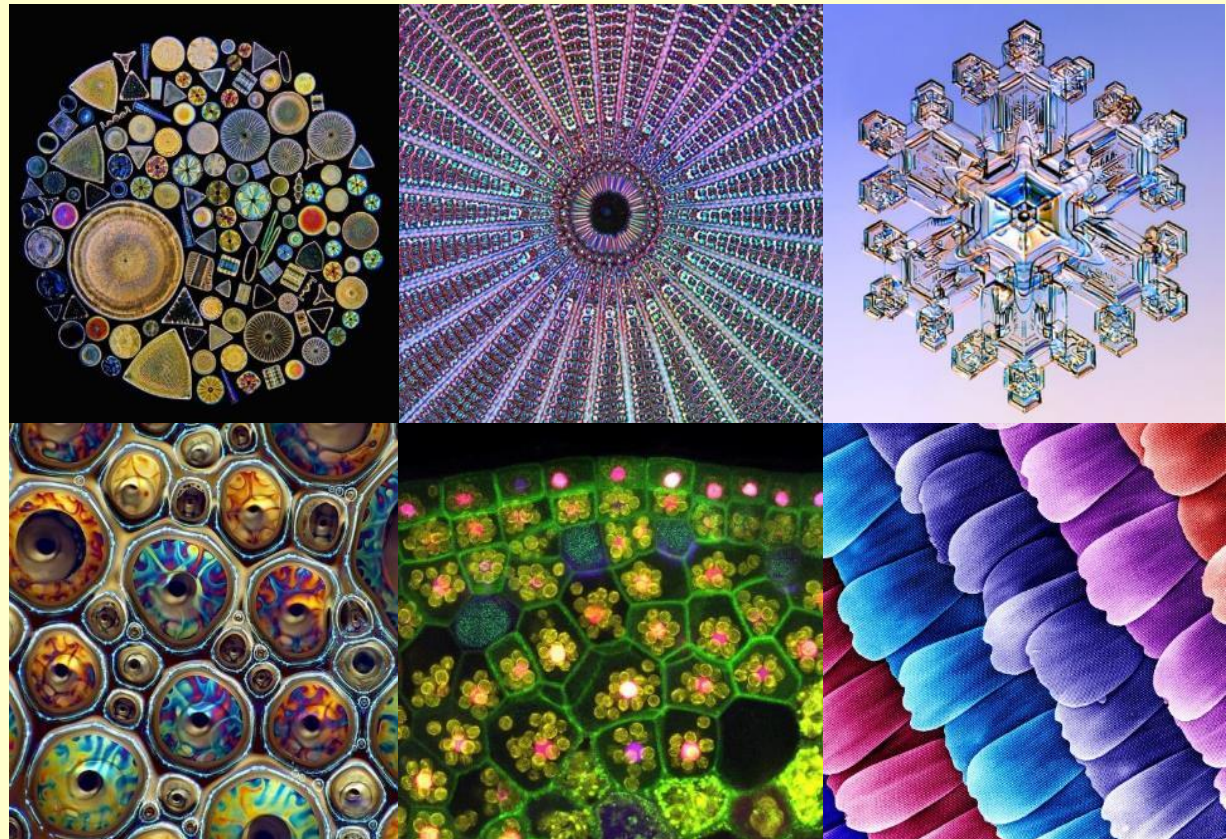
It is a butterfly  
wing.

These are all amazing, beautiful images.

You might not be able to readily see the beauty shown in the previous slides but there are certainly many places where you can visit, stop and take time to appreciate their beauty.

How about the world around us that we can see and experience everyday...do we take the time to look and appreciate it?

The next slides show you photos taken from places around our dioceses – places many of us have visited or could visit in the future.



Sunset over Stokes Bay,  
near Gosport, looking out  
over the Solent to the Isle  
of Wight.



A frosty heathland in the  
New Forest.



A view from Tennyson  
Down on the Isle of  
Wight.

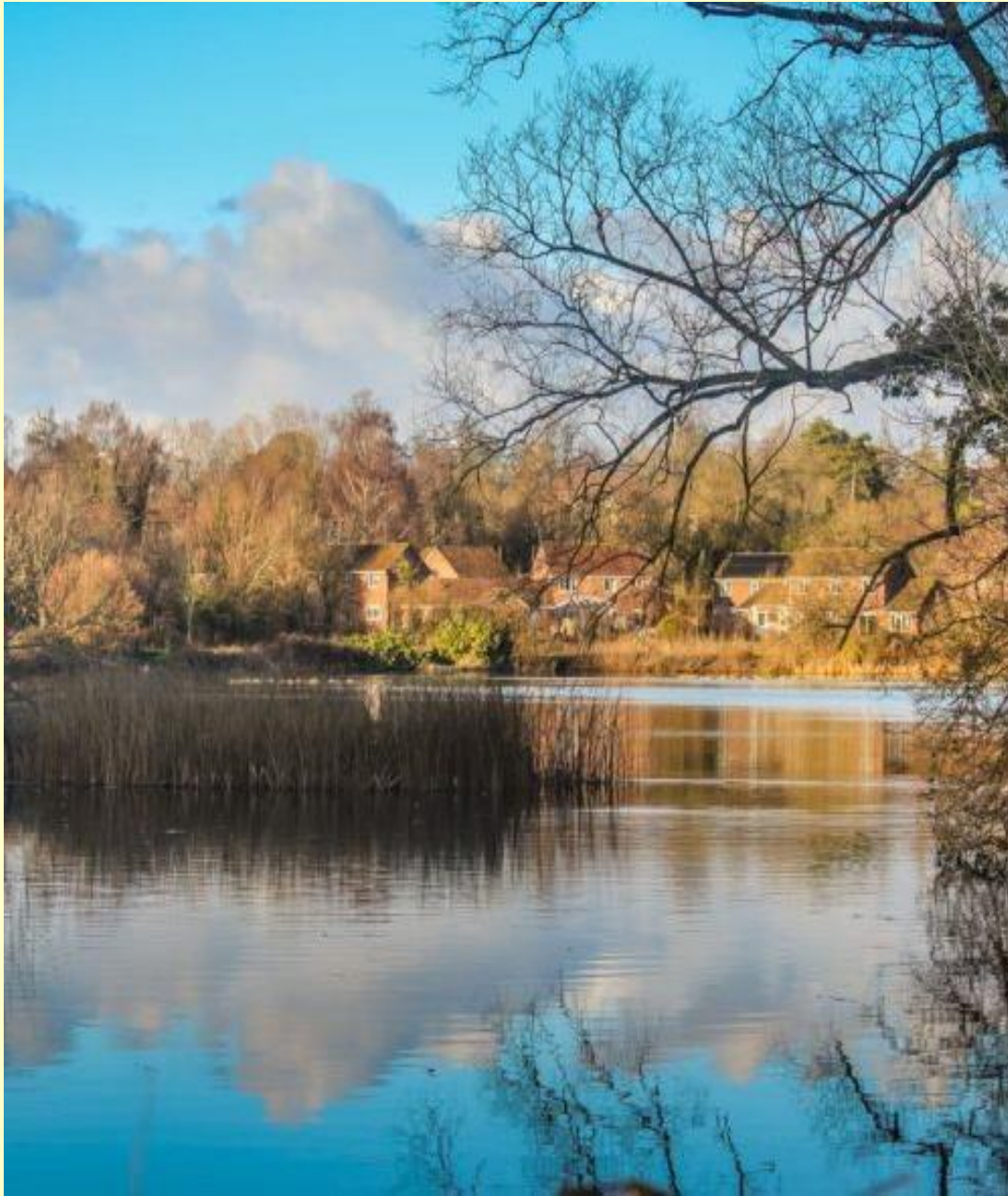




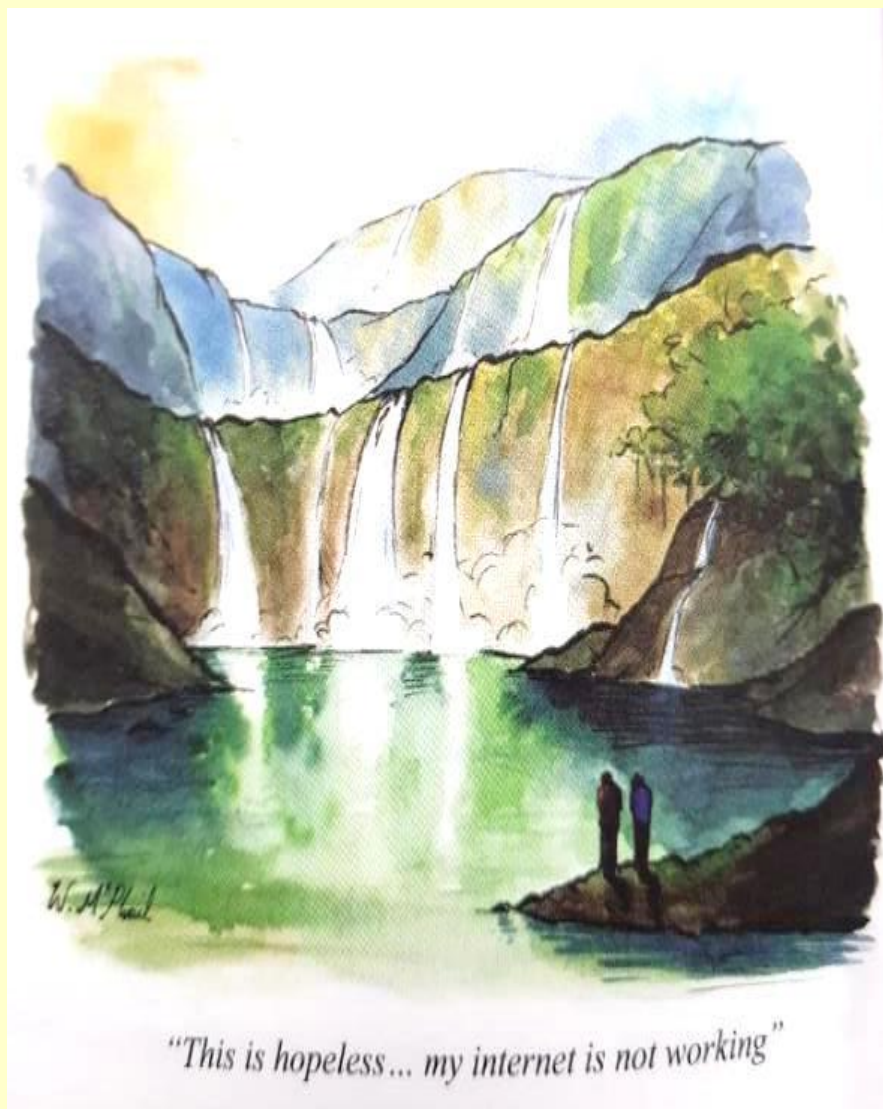
The River Meon.

A view from  
Hengistbury Head,  
Dorset.





Rooksbury Mill Nature Reserve, Andover.



What do you think the cartoonist is trying to say here?

How many times do we visit somewhere or pass by somewhere and not take time to appreciate it?

Do we spend more time wanting to take photos, rush to our next destination than to just be still, quiet and soak in the atmosphere of a peaceful and beautiful place?

Perhaps we should all visit somewhere with just that specific intention – this sort of activity is shown to be good for our mental health and well-being.

Let's have more window moments!

The Bible refers a number of times to being still in God's presence. One of the Ten Commandments is to 'Remember the Sabbath Day.' Christians believe that this is not only a chance to meet to worship God but also a time to rest – these are rules not to follow for the sake of them but for our own good and well-being.

Christians believe that resting in God's presence builds not only a close relationship with God but also emotional and physical well-being.

What beautiful and calming places do you know where you can sit and be still?

Have you had a **window moment**?



Psalm 10 vs 46 'Be still, and know that I am God...'

## Window Moment Activities

We will be creating beautiful window art using the nature found around us by collecting leaves, petals and twigs from the Green and carefully arranging them onto the sticky inside of our paper plate frames.



We will also be creating ephemeral art using the natural objects found. Ephemeral art means art that doesn't last forever. It is art that is made, enjoyed, and then disappears.

