

Notes on planned spirituality and courageous advocacy Year R/1

Planned spirituality:

- R/1 have weekly 'Book and Biscuit sessions' with their parents/carers. This promotes well being and positive relationships.
- Weekly/ 2 weekly Forest school sessions for R/1 where the children spend the morning at the Wetland site. Activities have included nature walks, using their senses to see what they can hear, see, exploring feelings, a variety of crafts using nature.
- In science last term, the children learnt about their body and their 5 senses. We went for a walk to the recreational ground to spend the afternoon exploring our senses.
- Children take part in go noodle / yoga sessions in class for calming time
- Children use 'Alphabreathing' techniques to calm down after lunch / focus on breathing.
- Children have weekly poetry basket sessions where they learn a new poem. They work together to think of actions.
- In History lessons last term, the children learnt about Florence Nightingale and were shocked to see what hospitals used to be like. They felt sad at these conditions but also felt proud of the changes Florence Nightingale made and the impact she had. This term, the children are looking at Guy Fawkes.
- Care in the community event – A few children from each year group build relationships with the residents in the community. R/1 also invite the local community to their nativity. They hand make invitations and post them.

Courageous Advocacy:

- During our transport unit in the Spring term, speak to the children about ways in which we can help to have less traffic on the roads. Possible ideas - Who can walk to school? Could parents park further away? Walking bus?
- During our animal unit, we could research RSPCA / local animal charities.
- In Summer 2 when the children explore our 'Under the sea' topic. Children to think about ways to help protect the oceans. Could we write letters? Promote litter picking / Look into Tetrapak for recycling ideas for the children.