

09. Soul

Try these things:

Go on a nature treasure hunt and find at least four different things of different colours and stick them here. When you are there look up at the sky and if you want say a prayer.

Ask someone to pick a number, then ask them the question.

<p>1</p> <p>What do you think the soul is?</p>	<p>2</p> <p>What is something you love doing?</p>
<p>3</p> <p>Name three things that make you who you are.</p>	<p>4</p> <p>Is it ok for people to believe in different things? Why or why not?</p>

This week we learned:

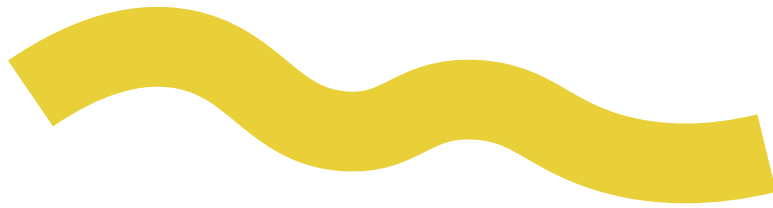
1. The soul is the part of us that makes us unique.
2. We can look after the soul by doing the things we love.
3. Spending time in beautiful places and/or believing in something bigger than us can make us happier.

Why not tell one person at home what you learnt about the soul today!



Watch the film again

www.1010.org.uk

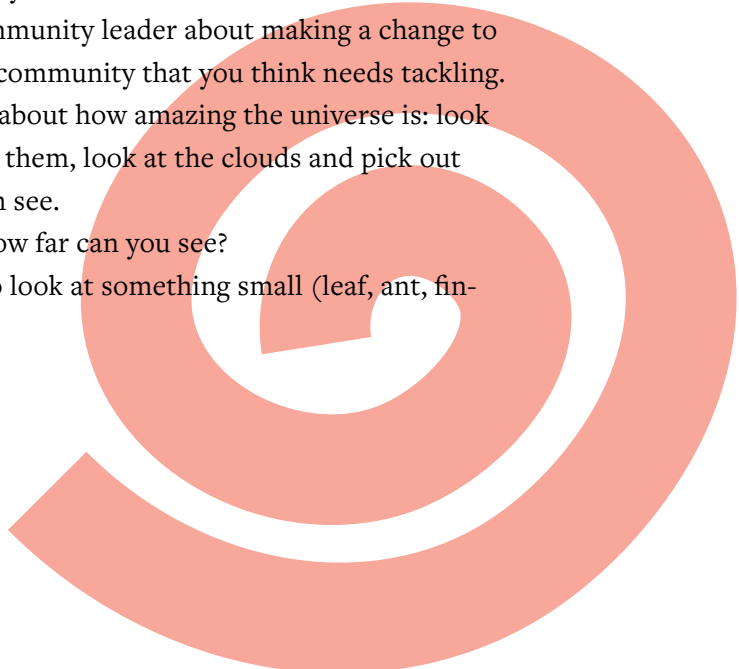


Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



- Tick if you've done it!
- Learn a new skill that interests you.
- Find a space to rest, be still, and relax for at least 10 minutes each day for a week.
- Spend time doing something that you enjoy.
- Write or say a prayer
- Play some music you enjoy
- Talk to an teacher or community leader about making a change to a situation/issue in your community that you think needs tackling.
- Take some time to think about how amazing the universe is: look up at the stars and count them, look at the clouds and pick out some shapes that you can see.
- Go for a walk up a hill, how far can you see?
- Use a magnifying glass to look at something small (leaf, ant, finger), what can you see?



Activity

Make a poster with drawings and pictures that show what you love to do or what makes you special.

