

Ideas for spiritual reflection at reflective areas and at home: 'Day 5'

On these pages are ideas for spiritual reflection at reflective areas within classrooms (or other areas of the school site) as well as at home. The ideas within the former draw explicitly upon the research of Joyce Bellous and David Csinos (see pages 6-7 of the Heart for the Earth overview); feel free to adapt or use them as a springboard to think of other ideas for spiritual reflection that the school community will value. The latter provides some newsletter text and ideas you may wish to share with parents/carers to stimulate reflection and practical demonstrations of having a 'Heart for the Earth' at home. These activities will help pupils – and their families – to further reflect upon loving and walking lightly upon the planet we share. In so doing, pupils can become climate champions in a range of contexts^[1]:



[1] O'Dwyer, A. 'Exploring climate change education outside the classroom', In Dolan, A.M. *Teaching Climate Change in Primary Schools: An Interdisciplinary Approach* (London: Routledge, 2022), p.141

Ideas for spiritual reflection at reflective areas: 'Day 5'



Word

'People will not protect what they have not learnt to love'

What do you think of this quote? Agree? Disagree? Bit of both?

If you'd like to, pray that people would care deeply for all birdlife on earth.



Emotion

What delights you about birds?

Write your thoughts on a feather[2]. Cut this out and place it somewhere on the reflective area.

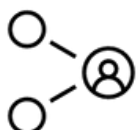
Spend time thinking about the amazingness of birdlife. If you'd like to, offer God a prayer of praise for these wonderful creatures.



Symbol

Use the instructions to create an origami bird[3]. Take this home. Use it as a reminder to:

- think about the wonder of birds
- think of the needs of birds
- pray (if you would like to) for birds around the world



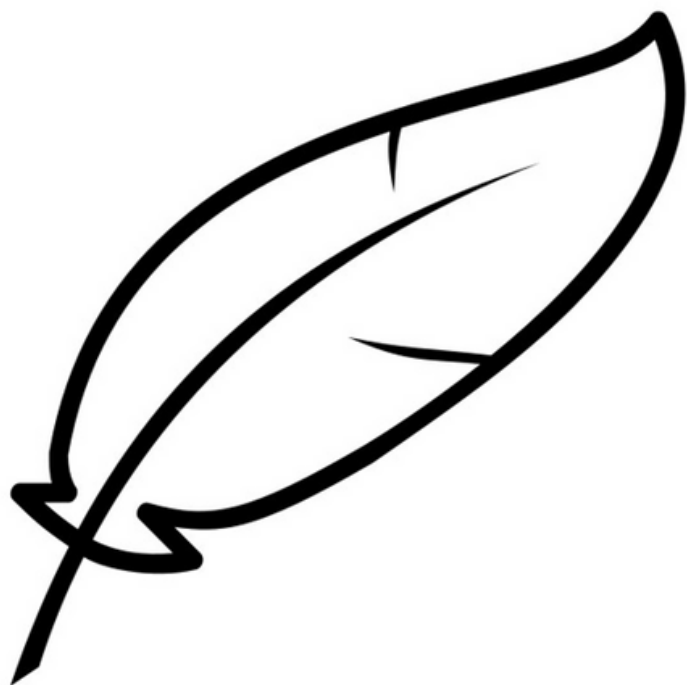
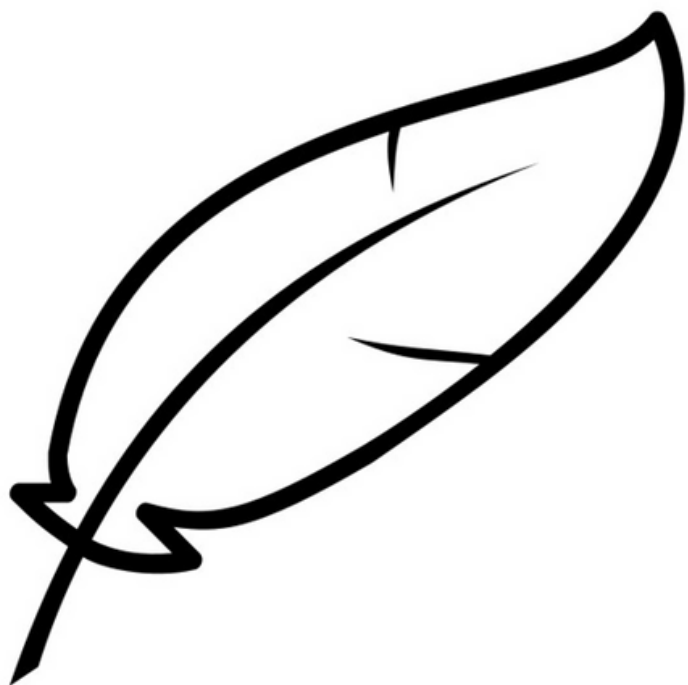
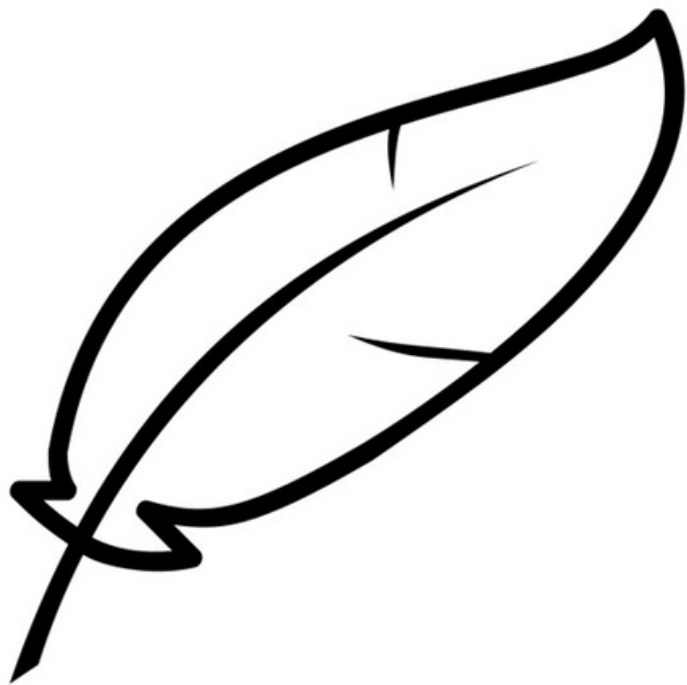
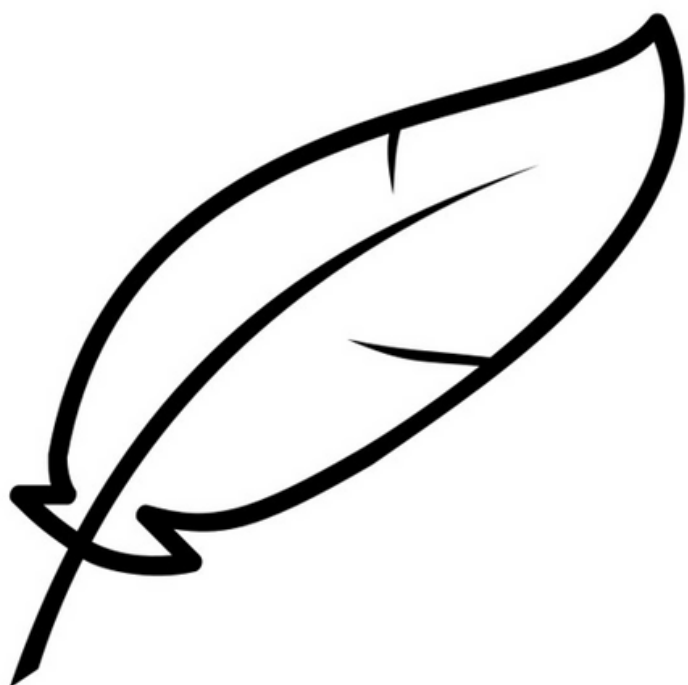
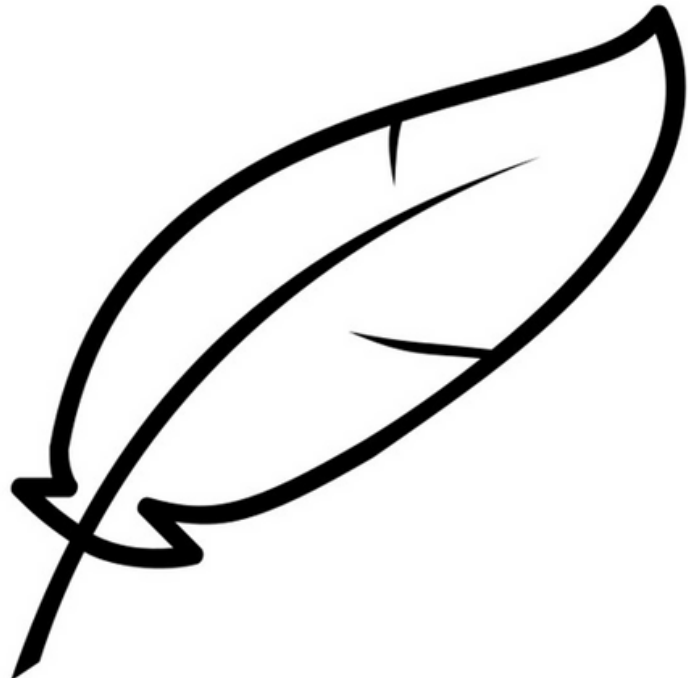
Action

'How will you help birds to flourish today?'

Using your finger, trace what you would like to do on the palm of your other hand.

[2] Feather templates (next page), scissors and something to write with will be needed for this activity. You may like to decide on an appropriate place for pupils to place their completed feathers.

[3] <https://www.origami-fun.com/support-files/origami-twirling-bird-print.pdf> (simple) or <https://www.origami-fun.com/support-files/origami-flappingbird-print.pdf> (more challenging)



Heart for the Earth at Home:

newsletter text and practical ideas: Day 5

In our collective worship and across school life, we are exploring what it means to have a 'Heart for the Earth'. We have been thinking about why it is important to look after the planet we share, with a recent focus on birdlife. We are reflecting on how we might delight in these wonderful creatures and make wise choices to ensure they flourish.

If you'd like to, below are some ideas to further encourage a heart for the Earth on this theme.



- Why not complete challenges from the RSPB's free Wild Challenge as a family? Help wildlife, explore nature and enjoy lots of wild, fun activities. Tell the RSPB what you've done and work towards awards. This can be found online via the RSPB's website.
- Go bird-spotting! How many birds can you see or hear on a walk? You could even make a pair of binoculars using two cardboard tubes.
- Why not make fat balls for birds to eat? These are cheap, simple and fun to make. There are several instructions/recipes that can be found online.
- Listen to birds as they prepare to sleep. At dusk, many birds chirp, warble and squawk.

In collective worship, we will consider the following questions. Why not discuss these at home.



- 'People will not protect what they have not learnt to love'. What do you think about this quote? Agree? Disagree? Bit of both?
- In what ways do you delight in birds?
- There are 38 million less birds in the UK than there were 60 years ago. Why do you think this is? Does this matter?
- If we are a 'community of life' on earth, how can we support birds so they flourish? Is there anything we can do today? This week?