



## **10HANDSON ways to nurture children's spirituality**

**By Carolyn Edwards and the CYM Team**

#1 Make really big bubbles using a bucket of watery washing up liquid, two sticks and string

#2 Play games like Twister that involve lots of physical contact and laughter

#3 Squish sieve pull prod bounce mince bundle cut poke playdough with no real purpose!

#4 Provide water and sand or a mixture of cornflour and water to pour, dig, splash or pile

#5 Encourage imaginative play & storytelling with playmobile/wooden toys. Don't interfere!

#6 Pray using colour. No words/pictures. Just big brushes, wallpaper and freedom to pray

#7 Use your fingers to run, jump, clasp, let go, wave, go high or low, dance and wrestle

#8 Play silly word games or life size Scrabble

#9 Light a fire. Big is great but one candle can create a space for stillness & reflection

#10 Go outside. Take some risks. Climb, run fast, roll down hills, breath deeply, look closely