

Spirituality in PSHE



How are we promoting Spirituality in PSHE?

Self-worth	<p>Spirituality is promoted through Personal, Social, Health, and Economic (PSHE) studies by fostering self-awareness, empathy, ethical understanding, and a sense of purpose among children. Personal development activities encourage self-reflection and the exploration of values and beliefs, deepening their spiritual self-awareness. Social studies emphasise community, relationships, and cultural awareness, helping children appreciate connection and diversity, which are fundamental aspects of spirituality. Health education supports emotional well-being and body awareness through practices like mindfulness, contributing to inner peace and holistic health. Economic studies highlight ethical consumerism, social responsibility, and the moral implications of economic decisions, encouraging children to align their future aspirations with their values and contribute positively to society. By integrating these elements, PSHE studies create a supportive environment for children to explore and develop their spirituality, cultivating a balanced and meaningful approach to life.</p>
Reflection	
Self-awareness	
Support	
Relationships	
Empathy	
Compassion	
Ethical	