

Mirror moment: Me / Individual

- Our inner strength / self.
- Our own emotions, thoughts and dreams.
- Reflective / deeper thinking about ourselves.
- Right and wrong.
- Our beliefs and values.
- Positivity.
- Natural instincts.

- Who I am outside and who I am inside
- Individuality
- How to understand our lives
- How to make myself a better person
- Looking at yourself and looking at your future
- Reflection on your personal feelings
- Respecting yourself
- Growing as a person



Footsteps moment: Others

- Making connections with others.
- Growing empathy of others.
- Positive and healthy relationships.
- Recognise and celebrate qualities in others.
- Recognise and respect other's spirituality / beliefs.
- Open-minded towards others.

- Thinking about the feelings of others
- Putting yourself in someone else's shoes
- Think about relationships
- Being selfless
- Not judging people by how they look or how they act
- Being friendly
- Teamwork
- Looking after people
- Including others
- Thinking about others
- Being encouraging to others



Window moment: Natural world around us

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| <ul style="list-style-type: none">• Awe and wonder.• Natural world.• Mystery of creation.• Aware of environmental responsibilities.• Care for the world and creatures. | <ul style="list-style-type: none">• Environmental issues• Respect and value nature• Feeling empathy for creatures in their natural habitats• Think about the wider world around us with the different countries• Creation of the world• Being Eco Warriors |
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Candle moment: Beyond

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| <ul style="list-style-type: none">• Looking for deeper meaning.• Questioning.• God.• Power / force.• Intangibles. | <ul style="list-style-type: none">• Questioning what life is about• Prayer• Power of imagination and power of belief• Respect others' beliefs without criticising• When we can feel God's love• Respecting religions• Peace• God, Jesus and the Holy Spirit• Festivals• The flame on the candle is God lighting up the world• Heaven• Remembering family who have passed and the happy memories |
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