Halewood C of E Weekly Spirituality Moments 2026

40 simple, 5–10 minute moments to help children pause, reflect and grow spiritually through Self, Others, Beauty and Beyond.

Week 1: Beauty – The Colour Hunt

Activity: Ask children to look around the classroom for three different shades of one colour. Pause to notice how each shade is slightly different.
Reflection: Where did you find beauty in an ordinary place? Why might we miss it when we rush?
Follow-up: Notice one surprising colour on your way to lunch.

Week 2: Self – My Weather Report

Activity: Invite children to choose a weather word that matches how they feel today: sunny, cloudy, windy or rainy. They may share or keep it private.
Reflection: Feelings change like the weather. What might help you on a cloudy day?
Follow-up: Think of one gentle thing you can do for yourself today.

Week 3: Others – The Empty Chair

Activity: Place an empty chair in the circle. Ask children to imagine someone who might feel left out and think of ways to welcome them.
Reflection: What does it feel like to be noticed and included?
Follow-up: Invite someone into a game or conversation today.

Week 4: Beyond – A Question Without an Answer

Activity: Ask children to think quietly about a big question, such as “Where does love come from?” or “What makes life wonderful?”
Reflection: Some questions invite us to wonder rather than find a quick answer. What would you ask God, or someone very wise?
Follow-up: Keep your question in mind and notice new ideas this week.

Week 5: Beauty – The Tiny Window

Activity: Make a small rectangle with your fingers and look through it at one tiny part of the room or garden.
Reflection: What did you notice when you looked at less, but looked more carefully?
Follow-up: Find one small detail worth appreciating later.

Week 6: Self – The Strength in My Hand

Activity: Hold out one hand. For each finger, silently name something that helps you: a skill, a person, a place, a memory or a hope.
Reflection: We have strengths and sources of support even when things feel hard. Which one matters today?
Follow-up: Use one of your strengths to help with a challenge.

Week 7: Others – A Thank-You Pause

Activity: Ask children to think of a person in school whose work often goes unnoticed. Allow a moment to picture what that person does.
Reflection: How does our school family depend on people we do not always see?
Follow-up: Say a specific thank-you to someone today.

Week 8: Beyond – Seeds of Hope

Activity: Show a seed or draw a tiny dot on the board. Ask children to imagine what it could become with time and care.
Reflection: Big changes can begin very small. What hope would you like to grow in our world?
Follow-up: Choose one small action that could help that hope grow.

Week 9: Beauty – One Minute of Wonder

Activity: Show a familiar object such as a pencil, shell or feather. Give children one minute to notice its shape, texture and purpose.
Reflection: How can an everyday object become amazing when we pay attention?
Follow-up: Choose another ordinary object to look at with fresh eyes.

Week 10: Self – The Pause Button

Activity: Invite children to pretend to press a pause button on their palm. Breathe in gently and out slowly three times.
Reflection: When might pausing help us make a better choice or understand our feelings?
Follow-up: Use your imaginary pause button once today.

Week 11: Others – Kind Words Echo

Activity: Say a simple encouraging phrase such as “You matter here.” Invite children to repeat it softly, then think who might need to hear it.
Reflection: Words can stay with us long after they are spoken. What words help people feel they belong?
Follow-up: Offer one genuine word of encouragement.

Week 12: Beyond – The Invisible Thread

Activity: Ask children to imagine a thread connecting them to people who care for them, their community and the wider world.
Reflection: We belong to something larger than ourselves. Who or what helps you feel connected?
Follow-up: Think of someone far away who might need care or prayer.

Week 13: Beauty – Sounds Like a Painting

Activity: Sit quietly for 30 seconds and listen. Ask children to imagine the sounds as colours or shapes in a painting.
Reflection: Can sounds be beautiful? How does listening change what we notice?
Follow-up: Listen carefully to a sound you usually ignore.

Week 14: Self – A Moment of Courage

Activity: Ask children to recall a small brave thing they have done, such as trying something new or asking for help. No one has to share.
Reflection: Courage does not mean never feeling afraid. What helped you take that step?
Follow-up: Be brave in one small, safe way this week.

Week 15: Others – See Through Their Eyes

Activity: Describe a simple scenario: a new pupil arrives at playtime and knows nobody. Ask children to imagine how they might feel.
Reflection: How can imagining another person's feelings change what we do?
Follow-up: Look for a chance to help someone feel welcome.

Week 16: Beyond – The Gift of Today

Activity: Invite children to look at their hands and think about all the good things they can do with them today.
Reflection: Each day gives us chances to make a difference. What would you like today to stand for?
Follow-up: Offer a silent prayer or intention for the day ahead.

Week 17: Beauty – Shadows and Light

Activity: Use daylight or a classroom lamp to notice a shadow on a wall or desk. Move an object and watch the shadow change.
Reflection: How do light and shadow help us see shapes differently? What surprises you?
Follow-up: Look for an interesting shadow at breaktime.

Week 18: Self – The Worry Backpack

Activity: Ask children to imagine a backpack holding worries. Invite them to picture setting it down for a moment; they can speak to a trusted adult about anything troubling them.
Reflection: What helps a heavy feeling become easier to carry? Who can help us?
Follow-up: Remember one trusted adult you could talk to.

Week 19: Others – A Circle of Belonging

Activity: Invite everyone to stand or sit in a circle. Ask them to look around and silently think of one way each person contributes to the class.
Reflection: What would be missing if someone were not part of our class family?
Follow-up: Help one person feel known, noticed and valued.

Week 20: Beyond – A Wish for the World

Activity: Invite children to picture the world from high above. Ask them to choose one place or group of people to hold in their thoughts.
Reflection: What would a kinder, fairer world look like? How might we play a small part?
Follow-up: Share a short prayer, hope or action for the world.

Week 21: Beauty – The Window Frame

Activity: Make a rectangle with your fingers and use it to frame a small view through a window or across the classroom.
Reflection: What changes when we really look at something familiar?
Follow-up: Find another ordinary scene worth noticing.

Week 22: Self – Three Gentle Breaths

Activity: Sit comfortably and take three slow, natural breaths. Notice your feet resting on the floor.
Reflection: How can a short pause help us feel ready for what comes next?
Follow-up: Use three breaths before a challenging task.

Week 23: Others – A Thank-You Chain

Activity: Invite children to name or silently think of someone whose work helps our school run smoothly.
Reflection: Who helps us in ways we sometimes overlook?
Follow-up: Thank one person for something specific.

Week 24: Beyond – Big Questions Jar

Activity: Offer a big question: "What makes a life meaningful?" Give everyone quiet thinking time.
Reflection: Can a question be valuable even when nobody knows the answer?
Follow-up: Keep wondering; you do not need to agree.

Week 25: Beauty – The Smallest Detail

Activity: Show a familiar classroom object. Give children 30 seconds to notice details they have never spotted.
Reflection: Can something ordinary still surprise us?
Follow-up: Look closely at one object outdoors.

Week 26: Self – Strength in My Hands

Activity: Invite children to trace around one hand in the air and think of a strength they have used this week.
Reflection: How do our strengths help us and others?
Follow-up: Choose a strength to practise today.

Week 27: Others – Listening Without Fixing

Activity: In pairs, one child talks for 30 seconds about a favourite place while the other listens without interrupting; swap.

Reflection: How does it feel when someone gives you their full attention?
Follow-up: Practise listening carefully to someone today.

Week 28: Beyond – A Quiet Hope

Activity: Give a minute of silence for children to hold a hope for their community; they may pray if they wish.
Reflection: Why do we hope for things we cannot make happen alone?
Follow-up: Turn one hope into a small helpful action.

Week 29: Beauty – The Wonder of Water

Activity: Place a drop of water on a clear surface and watch how it moves or catches the light.
Reflection: How can something so small be so interesting and important?
Follow-up: Notice a different way water helps life today.

Week 30: Self – My Inner Cheerleader

Activity: Ask children to think of a kind sentence they could say to themselves when learning feels hard.
Reflection: Why do the words we tell ourselves matter?
Follow-up: Use your sentence when you meet a challenge.

Week 31: Others – The Welcome Gesture

Activity: Ask children to invent a simple welcoming gesture that needs no words, then practise with a partner.
Reflection: How can we help people feel they belong without speaking?
Follow-up: Use a welcoming gesture with someone today.

Week 32: Beyond – One World, Many Lives

Activity: Look at a globe or imagine the world turning. Think about children beginning or ending their day elsewhere.
Reflection: What connects us with people we may never meet?
Follow-up: Wish well to someone living far away.

Week 33: Beauty – Patterns We Make

Activity: Clap a simple rhythm, then ask children to repeat it and invent another.
Reflection: How can repetition create something beautiful?
Follow-up: Notice a pattern in music, nature or movement.

Week 34: Self – The Pause Button

Activity: Pretend to press a pause button. Stop moving for 20 seconds and notice how your body feels.
Reflection: When might choosing to pause be helpful?
Follow-up: Try a pause before reacting to something frustrating.

Week 35: Others – Invisible Helpers

Activity: Ask children to think of a person who helped them learn something but might not know it.
Reflection: How do other people shape who we become?
Follow-up: Tell someone what you have learned from them.

Week 36: Beyond – What Is Peace?

Activity: Invite children to imagine a peaceful place, then a peaceful classroom. Give a moment of stillness.
Reflection: Is peace just quiet, or is it also how we treat each other?
Follow-up: Do one thing that brings peace to your class.

Week 37: Beauty – The Sound of Rain

Activity: Listen to rain if it is falling, or gently tap fingertips on desks to make a soft rain sound together.
Reflection: How can the same sound make different people feel different things?
Follow-up: Listen for a beautiful sound later today.

Week 38: Self – A Step Forward

Activity: Invite children to imagine taking one small step towards something they want to improve.
Reflection: Why can small steps matter more than giant leaps?
Follow-up: Choose one achievable next step.

Week 39: Others – Kindness in Disguise

Activity: Share a scenario where someone quietly tidies a shared space without being asked.
Reflection: Does kindness count if nobody notices it?
Follow-up: Do one unseen act of care today.

Week 40: Beyond – A Moment of Awe

Activity: Ask children to think about something vast or mysterious: the ocean, space, life or love. Sit with the thought.
Reflection: What fills you with wonder? How might wonder change how we live?
Follow-up: Take one question home to think about.

Staff note: Children may respond aloud, silently, through drawing or through prayer. Never require a child to disclose personal feelings.