

## Spiritual Moments in Relationships

Most children enjoy interactive relationships that are not stagnant, but that change in ways that stimulate their senses, intellect, and inner person. Such moments can help children to strengthen their will to self-regulate, be mindful, and take on responsibilities such as caring for a plant or garden, a pet, or helping to keep a room clean and organized.

### We all have special people in our lives.

Referring to the above paragraph, think about the special people who were important to you as a young child. What made them so important to you?

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Referring to that same paragraph, who are the special people in your life now and what makes them so important to you?

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Describe how the qualities of the important people in your life, from your childhood to now, are the same or how they have changed.

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