Spiritual Moments in Time

Spiritual moments in time are quiet, calm moments with extended time for children to play and explore – these moments are most felt when children live their lives within a set routine and within environments that provide order. Such environments invite children to predict, know, and feel secure within a day, a week, or more.

Think about moments that have given you feelings of peace and contentment; moments when you felt as if time was simply stretched out before you and you had no need to hurry.

*What are you doing in these reflective moments?*

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*What ties these reflective moments together?*

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