

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?

What ties these reflective moments together?
