

Spiritual Moments

Ideas, Activities, and Moments for All Caregivers to Share with Children

Spiritual moments can sometimes happen by chance. More often, though, they need to be created by establishing nourishing connections. Here are some ways to provide spiritual moments for the children you know, and for yourself as well. Such moments can strengthen the spiritual development of everyone. • Answer questions in a patient, thoughtful way.

- Ask the child to tell you a story. Then, ask questions about it.
- Breathe slowly with a young child, putting each of your hands on each other's heart.
- Clean up toys together.
- Create time in the day to simply be with the child.
- Dance together.
- Discuss the importance of friendship.
- Encourage quiet time.
- Enjoy reading with a child.
- Find a caterpillar and wonder together where it came from and what it will become.
- Find a spider's web and talk about it.
- Keep play spaces decluttered and organized, but expect them to get messed up.
- Laugh together.
- Limit saying *No* when you can – offer *Yes* or *Yes, but*, and don't be afraid to say no when it is truly needed.
- Look at the brown on a banana and together, wonder why it's there.
- Notice and discuss the wag of a dog's tail.
- Offer children time to play alone or with other children without any interruptions.
 - Do not interfere.
 - Do not show the child what to do.
 - Do not suggest to the child to do something different than what the child has chosen to do.
 - Do not talk.
- Pay attention to the environment, make it beautiful and inviting.
- Play together.
- See a shooting star, watch the moon, clouds, sunrise, or sunset.
- Show appreciation and respect when a child repeats something over and over again.
- Sing together.
- Stop and smell the roses.
- Support a child's right to have open time to play.
- Take time to answer children's questions.
- Talk about things for which to be grateful.
- Together, look at the shadows cast by the sun.

- Walk together.
- Watch and discuss a worm squiggling on the ground.
- When hearing a siren, say aloud, *We are wishing good thoughts to the person in the ambulance.*