

# What is Spirituality?

Spirituality is our relationship with **ourselves**, **others**, the **world** and **beyond**, through unpicking the **OWs**, **WOWs** and **NOWs** of life.

OWs



These are the **tricky** or **sad** times that hurt your feelings or make you upset.

Like falling over; losing something special, or having an argument.

They can feel like a big "Ow!" inside your heart.

WOWs



These are the **amazing** moments that make you feel really happy or excited.

Like seeing a rainbow; cuddling a puppy, or hearing your favourite song.

You might say "Wow!" and want to remember it forever.

NOWs



These are the **everyday** moments - just being here, right now.

Like eating breakfast, walking to school, or listening to a story.

They help you notice what's around you and enjoy the little things.