



Activity 9

Spiritual Development:

Journey Through Life

To explore the qualities and virtues you need to pack to set out on the journey of life.

You will need – A small toy suitcase, photocopy of a picture of a suitcase, felt tip pens, pens, pencils, scissors, paper and a picture of a luggage tag.

Activity – Discuss with a friend or in a small group the qualities and virtues that we need to believe in and model to succeed on the journey of life. Once you have some ideas, draw an item of clothing and write the quality on the front and cut out the item of clothing you have drawn. Repeat this several times until you have between 5 and 10 items ready to pack your suitcase with. Together with a friend pack the small toy suitcase with the qualities and virtues you are taking on your life journey. Discuss why you have chosen them.



To keep your items after the activity stick them on your photocopy of the suitcase.

