



Activity 32

Spiritual Development:

You will need – Template of an open book, felt tip pens, pencil crayons, pencils, beads, thin wire or string to make the bookmark.



why different people have chosen different qualities, virtues and values and in varying quantities.

Recipe for Life

To examine the values, virtues and qualities in life.

Activity – First of all sit with a friend or in a small group and discuss the ingredients you would put in your recipe for life, e.g. cup of resilience, 3 spoons of courage, pinch of risk taking, half a cup of empathy, cup of kindness, 2 spoons of adaptability etc. Once you have discussed the elements of your recipe you can then write them in your recipe book and decorate it. You can decorate your recipe in any way you want. To finish your recipe book make a book mark either from paper or from beads and attach it the spine of your book. You can make a display of the recipes. Now sit with others from your group and discuss each recipe, as they will all be different. Discuss

