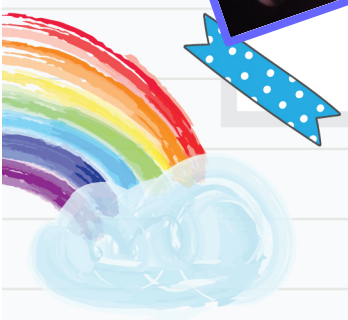
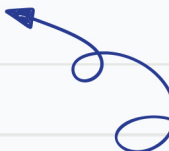
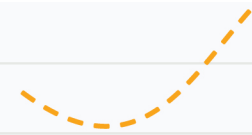




The
Bolton & Farnworth
C of E Primary
Multi Academy Trust
Together With God



Activity 3

Spiritual Development:

The Hole in the Doughnut, the Piece you cannot see

To explore what makes us whole.

You will need – Plain ring doughnuts, icing sugar, spoons, paper circles and a variety of sprinkles.

Activity – The doughnut represents you as a person, mind and body, the part of you that can be seen. The hole in the middle represents the part of you that cannot be seen, the inner you or spirit. Take a doughnut and drizzle icing over it and use the sprinkles to decorate it. While you are decorating your doughnut think of all the things that make up the 'hole' i.e. the things that are important to you, the things that make your life happy and the things that you believe in. Write these on the circle of paper and place it on top of the hole of your doughnut.

