Spirituality in PSHE

PSHE provides rich opportunities for spiritual development by encouraging reflection on personal values, relationships, and ethical decision-making. In *Healthy Relationships*, pupils explore empathy, respect, and emotional awareness, reflecting on their own feelings and the impact of their actions on others.

Choices and Consequences encourages pupils to consider moral dilemmas and the results of decisions, fostering responsibility, self-awareness, and ethical reasoning. Pupils reflect on fairness, justice, and integrity, developing a strong sense of personal values.

Units on *Emotional Wellbeing* promote mindfulness, resilience, and reflection. Pupils are encouraged to consider how they manage emotions, cope with challenges, and support the wellbeing of others, fostering empathy and self-awareness.

Discussion-based activities, role play, and reflection tasks provide opportunities for pupils to articulate beliefs, evaluate scenarios, and develop moral and spiritual insight. Pupils learn to respect differing perspectives and develop understanding of social and personal responsibilities.

Cross-curricular links enhance the spiritual dimension of PSHE. For example, linking lessons on emotional wellbeing to literature or history allows pupils to consider human experience, values, and resilience across contexts.

Ultimately, PSHE supports pupils to grow into ethical, reflective, and empathetic individuals, equipping them with the skills and understanding to live responsibly and meaningfully in the wider world.

Example: **iDecision PSHE**

- **Scheme:** iDecision PSHE Scheme

Unit examples: *Healthy Relationships (Year 4)*, *Choices and Consequences (Year 3)*, *Emotional Wellbeing (Year 5)*

