



Spiritual GARDEN

*Now
Open!*

What is a spiritual garden?

A spiritual garden is a space in which we can retreat from the noise and chaos of the world.

It is a place where our souls can wander, rest, and rejuvenate amongst nature.

An area for meditation, mindfulness, and developing a sense of peace.

Put simply, it is a place where we can think and enjoy what God has created.

How can we enjoy our spiritual garden?

Mr Fairbanks and the WOW group have spent a lot of time planning and working on our spiritual garden.

You asked for a place to go for some quiet time, and so we have put a great deal of love and care into creating this space for all of our school family to enjoy.

How can we enjoy our spiritual garden?

We have been talking about how we can all enjoy our new garden in safe and respectful ways. Here are some of our ideas...

How can we enjoy our spiritual garden?



Please take a mindful walk through the willow tunnel, write a prayer to hang inside, or look for wildlife.



Please don't run and play tig. We don't want to scare the creatures inside, or break any of the willow.

How can we enjoy our spiritual garden?



Please sit and take some time to enjoy the breeze blowing, the birds chirping or the feel of the raindrops. Please read a book or sit and talk quietly with a friend.



Please don't stand or jump on the bench, or go there to use unkind words. We want everyone to feel safe and accepted in our garden.

How can we enjoy our spiritual garden?



Please gather around the cross to think about your day, something you are grateful for, or something you would like forgiveness for. Please sit by it and look for funny shapes in the clouds.



Please don't run up and down the mound, or swing on the cross. We want everyone to enjoy the space peacefully.

How can we enjoy our spiritual garden?



Please take a seat in our story chair or on our log seating and tell a story, or do some rubbings of the bark.



Please don't scream and shout over each other. We want everyone to have a fair turn.

How can we enjoy our spiritual garden?



✓ Please explore the different plants using your senses (smell, look, feel), or inspect them for wildlife. Please take some time to consider how each plant is unique, or even do an observational drawing.

✗ Please don't pull the plants out of the soil or pick parts off them. We want to respect all living things.

How can we enjoy our spiritual garden?



Please sit and watch or listen to the water trickling from our water feature. Please allow the sound to soothe and calm you, giving you space to reflect on something that may have made you sad or angry.



Please don't put things inside the water feature or touch it. We want to take care of all our resources so that they are there for everyone to use.

*How can we enjoy our
spiritual garden?*

The WOW group are working on other ways to enjoy the spiritual garden, but if you have any ideas then please let us know.

Thank you.