

Developing Spiritually

Developing Spiritually is an innovative new resource for developing and assessing the spirituality of young people and adults.

“Best experience ever in my life.”

The **Developing Spiritually Course** has been developed by Youthscape and Reshapers CIC and is a Gateway Assured approved programme through Gateway Qualifications. It has been delivered in two secondary schools over three years, with 35 young people (in yrs 8 & 9) successfully completing the course.

Developing Spiritually understands spirituality as that which *“helps individuals to live at peace with themselves, to love (God and) their neighbour, and to live in harmony with the environment.”*¹ The course helps learners to develop their spiritual understanding, skills and health.

“The course has helped me mentally like having a calm mind.”

Developing Spiritually is a unique and valuable learning experience, with the option of learners being assessed and awarded a Gateway Assured certificate. Assessment can be carried out through a range of activities and methods including artwork, discussion, projects, reflection on spiritual mentors, tools and experiences. Evidence is collected in a portfolio and assessed against four key learning outcomes:

1. Understand the benefits of a calm mind
2. Be able to recognise their worth and value and how this can inform how they live
3. Understand how people relate to the transcendent
4. Understand what it means to be connected to the world and others

“That lightbulb moment when you realise that there’s more to the universe & life.”

Feedback from learners and teachers has been enthusiastic and identified outcomes that support schools to meet the Ofsted standard that *“Pupils spiritual, moral, social and cultural development equips them to be thoughtful, caring and active citizens in school and in wider society.”*² Gaining a Gateway Assured certificate also recognises learners' achievement and boosts confidence in those who may struggle with other formal or academic assessments.

“I hadn’t stopped and thought about spiritual things before, but I have learnt more about who I am, and what I and others think about the deep parts of life.”

Developing Spiritually is best delivered in small groups with community-based activities that introduce learners to experiences of awe and wonder and to spiritual people and places. It can be facilitated by youth workers, teachers or volunteers who are comfortable with the learning outcomes and confident they can support learners to reflect on their spiritual life. Youthscape and Reshapers can provide you with tested classroom and e-learning materials and that’s all you need to deliver the course.

“Leaving bad people I used to hang out with and make new friends who give me a good influence”

If you want to include the option of the Gateway Assured certificate, you just need to register with Reshapers CIC as an affiliated centre. We will quality assure your course delivery and assessment process and handle learner registrations and certification with Gateway Qualifications. We can also support you to develop your own teaching and assessment materials, if you don’t want to use ours, and can provide training for new tutors. We’ll invite you to join our good practice community and help us to research and evidence outcomes and best practice.

Contact Jane Chevovs: jane@reshapers.org

See www.reshapers.org for more information about assessment.

¹ Fisher, John; *The Four Domains Model: Connecting Spirituality, Health and Well-Being*; Religions 2011, 2, 17-28.

² Ofsted School Inspection Handbook, Ofsted 2015.