

Year 5—Unit 6—Spring 1: Being Attentive to the Sacred, as well as the Precious

<i>Learning from Experience</i>	<i>Learning from Faith and Non-Religious Worldviews</i>
Q. What is it like to engage with your own thoughts?	Q. Does meditation on words of wisdom have an impact on my mood or behaviour?
<i>Learning about Religions Traditions and Non-Religious Worldviews</i>	<i>Learning to Discern</i>
Q. How do followers of Christianity value time alone with God/time for reflection?	Q. Do I find being quiet peaceful or unsettling? When should quiet reflection lead to action?