

1 Listening Exercise Activity Plan



This is a main activity to be delivered in one session.

Activity 1.1



Create a safe space by reminding participants (and facilitators) that our primary obligation is to respect others' beliefs when they are different from our own. Spiritual beliefs don't need scientific validity. If necessary review ground rules.

Resources

- Possibly ground rules or if they have already been agreed, add to them or print out the relevant ground rule

Activity 1.2



Distribute information sheet. Ask the participants to read the list and share something that they have in their life. People can share from their religion if they have one, or choose something from the list.

Resources

- You don't have to be religious information sheet

Activity 1.3



Variation for a really large group: Break into smaller groups or pairs and ask them to record what each other say.

Activity 1.4



Facilitated discussion to draw out themes which are shared by people who have a religion and people who don't, and those which seem to be common across religions.

Learning outcomes

The range of benefits that can be derived from religious and spiritual beliefs including:

- Access community support
- Mindfulness/meditation/prayer
- Gratitude
- Forgiveness
- Finding your own values and beliefs
- Managing physical pain
- Giving Life Meaning