



Embracing Silence

In silence, there is an absence of sound of voices, of conversations. Due to its nature, silence allows a space to be created. The Spiritual Capability of embracing silence intentionally discourages the need for words. It may be a way for participants to recognise and reflect upon 'the spark of the divine' in themselves, others or creation.

In fact, "silence can be a way of saying something so important that it can't be put in words." ¹

This Spiritual Capability may involve:

- Spending time 'alone'
- Taking 'time out' and pausing in quiet reflection
- Meditating, praying and contemplating
- Engaging communally in silent practice
- Participating in the silence
- Listening to one's own thoughts
- Seeking silence in different physical environments
- Absorbing the sounds within the silence.

Examples of educators promoting this capability could be when they:

- Model the 'silence' or non-verbal response after a question or 'wondering'
- Provide wait time - opportunities and an expectation that 'an immediate answer' does not need to be provided
- Create an engaging safe space
- Embed the practice of silence as a part of the classroom and school culture
- Organise opportunities for students and adults to practise sitting in silence (building stamina)
- Explore with students what is heard in the silence.

¹ Nye R (2009) *Children's Spirituality -What it is and why it matters* Church House Publishing London.