



PLUG IN AND PLAY

Examen for spiritual reflection

Spirituality is at the heart of what it means to be human. Our connection to ourselves, others, the world and, for many, God, plays a fundamental part in our well-being. The SIAMS Evaluation Schedule acknowledges this, asking leaders to reflect upon the extent to which the school:

- supports all pupils in their spiritual development, enabling all pupils to flourish; and,
- offers the opportunity, without compulsion, to all pupils and adults to grow spiritually through experiences of prayer, stillness, worship and reflection.

One spiritual practice which is drawn upon the world over is that of examen. Examen is a tool which invites one to be still and undertake a review of the day so far, almost like watching your day back through as a TV show. It is an opportunity to relish what went well, to recognise what didn't and to resolve to live well tomorrow.

Examen can take place at any time and any place. The 'plug-in-and-play' nature of examen has here been envisioned as a five-step approach:



Stop/stilling (reorient; remind yourself of God's presence)



Pause (reconnect)

Think about the present; ready yourself for reflection

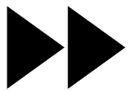


Review the past (relish and recognise)

What went well today? What thankful for?

What did not go so well today?

Is there anything you would like to leave with God and ask forgiveness for?



Imagine the future

What will you need to live well the rest of the day/tomorrow?

Would you like to request from God those things you need to live well?



Continue

Resolve to live well for the rest of the day/tomorrow

Although having its origins in Ignatian/Christian spirituality, this tool for review can be adapted to be inclusive of all, wherever they are on their spiritual journey.

Within the following resources, you will find ideas to draw upon which allow pupils to explore this tool for spiritual reflection in the school, home and churchyard.

These include:

- School: Ideas for creating a focal point for remembrance and spiritual reflection through examen
- Home: Ideas for examen at home
- Churchyard: Suggestions for undertaking examen in a churchyard, or other outside space