

Appendix 4

Some further spiritual capacities

The following list comes from the original Kent SACRE guidance with slight adaptation and gives further desirable human and spiritual qualities or values worth developing with children and young people, which would command wide acceptance in settings and schools and in the wider society (including across different religious groupings and denominations). *Schools may wish to use this list to add to or to refine the meaning of the core spiritual capacities outlined in this guidance.*

Human beings possess the capacity to be:		
A	accepting	- of differences, human frailty, loss...sensitivity
	adaptable, flexible	
	adventurous	
	(able to) apologise	- be sorry, accept other's apologies - repentance
	(able to) admire	- the achievement of others
	appreciative, grateful	
	aspirational	- for self and others - seeking and striving
B	brave	
C	(aware of own) capability	- links to self-awareness and self-esteem
	caring	- of others
	communicative	- through language, gesture, art, dance, ritual
	compassionate	- love and relationships
	conscientious	
	considerate/thoughtful	
	co-operative	
	(able to) cope	- with hardship, loss, etc - resilient
	courageous	- able to say 'no' - go against the group
	creative	- problem-solver - solutions - expressive
	curious	- asking questions - seeking answers - engaged
D	decisive	- inner strength and resilience
	discerning	
	(have a sense of) direction	- self-knowledge - values and attitudes
E	empathetic	- 'see and feel world from another's viewpoint'
	energetic	- with a sense of purpose (direction)
F	fair	- sense of justice (self and others)
	(able to have) faith	- in self, others, God (however defined or understood)
	(able to) forgive	- self and others
	free	- make choices - positively influence course of life
	friendly	
G	generous	
	gentle	
	good	- morally aware
	gracious	
H	helpful	
	honest	
	hopeful	
I	imaginative	- creative
	independent	- self aware
	interdependent	- relationships
	(able to show) initiative	- creativity and leadership
	(show) integrity	- based on values such as honesty and justice
	insightful	
	inspired	- by the world, the arts, human achievement, faith
	intuitive	

J	just	
K	kind	
	knowing	- about diverse beliefs and values
L	listeners	- to themselves and others
	loving	
	loyal	
M	(to consider) the meaning of life	- reflection on experience
	merciful	
O	open	- to learning
	optimistic	- resilient
P	patient	
	perceptive	- insightful - human nature, feelings
	persevering	- resilient
	positive	- outlook on life
Q	questioning	- themselves and place in world - ultimate questions
R	reflective	- thoughtful and responsive - big questions, emotions
	(in) relationship	- self, others, God (however defined or understood)
	reliable	
	respectful	
	resourceful	- seeking and striving
	(take and show) responsibility	
	responsive	- to others' needs, feelings and wishes, events, world
S	self-aware	- understanding - strengths, attitudes, aptitudes
	self-confident	- sense of capability towards self and others
	self-determining	- direct own lives, set goals and take action
	self-disciplined	- order, perseverance, resilience
	(able to show) self-respect	- self esteem - result of being self-aware, confident
	(able to) share	
T	tactful	
	(able to) think	- for themselves, critically, deeply, make links
	tolerant	
	(able to) transcend	- the present moment-exercising imagination
	trusting	- self, others, God (however defined or understood)
	trustworthy	
	truthful	
U	understanding	- sensitivity and responsiveness
	unselfish	
V	(able to) value	- self, others, the environment, property, beliefs
W	wise	- more than knowledge, ability to use positively