

Lichfield Inspire

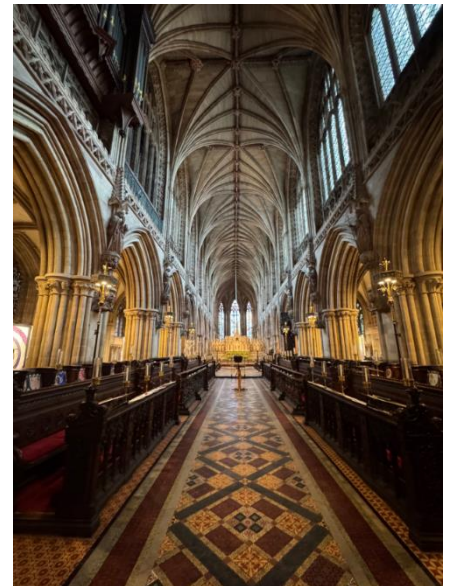


On Thursday 23rd May, children from Year 5 travelled to Lichfield Cathedral to take part in their 'Inspire' Day. The theme for the year revolved around children engaging with aspects of spirituality, well-being and courageous advocacy.

On arrival, we were amazed at the sheer scale and size of the cathedral. The children spent time marvelling at the intricate carvings and statues outside, before we entered to begin the day's tasks.

One of the activities we enjoyed was art and craft based. We explored the parable of 'The Lost Son' and considered what its meanings were and what it teaches us about themes of forgiveness, hope and love. The children analysed pieces of artwork depicting parts of the story before being tasked to create their own. The aim being that after all three weeks of Inspire, there would be over 1800 pieces of artwork from Diocesan schools that had taken part.

We were incredibly fortunate as part of the day to be given guided tours of the Cathedral by a team of knowledgeable volunteers. In the Lady Chapel, we explored the imagery in the intricate stained-glass windows to help see if we could retell the story of Jesus' arrival on Palm Sunday, the last supper, his crucifixion and ascension to Heaven. We were amazed to see that some of the windows had glass designs in from the 1500s! Our guide took us to explore some of the incredible artefacts held by the Cathedral, including 'The Ark': a chest used to contain the Gospels manuscript from the Cathedral during the Civil War; and the Manuscript itself – believed to be one of the oldest books held in the UK.



A further activity revolved around the theme of refugees and safety. The children worked in groups to consider how deforestation was impacting upon rural residents of Brazil. They were tasked with imagining they had to flee their homes, and what possessions they might be able to take with them. The focus was to support the children in identifying what really had value and importance.

Finally, in one of the smaller chapels in the cathedral, we explored the theme of peace and mindfulness. Children spoke about 'being still' and how they could use breathing techniques to still and reflect on events from within their lives. In one of the tasks, children were invited to hold onto a pebble symbolising a sad or angry emotion before considering what they could do to release their feelings and emotions to help move forward.