



What is a  
soul and  
where does  
it come  
from?

## Take it further:

### THINK

What curiosity questions can you ask?

*e.g. What do you think of when you hear the word soul? Is a soul the same as a spirit? Can a soul break or escape? Do animals have souls?*

### FEEL

How might different people feel about this?

*e.g. Do we all have a different soul? Does your soul look after your emotions? Can you show someone your soul?*

### CONNECT

What links can you start to make?

*e.g. Can souls get passed on from one person to the next? Do we all have souls? Where do they come from and why?*



## Activity ideas:

1. Where does your soul live and what colour is it?  
Take a moment with your eyes closed and think about what your soul feels like and where it lives in your body. Can you feel it? Does it move? What colour or colours does it have? Does it change colour at different times?

Take a piece of paper and draw an outline of your body (you can use this [body template](#) if you like) and draw inside your soul, thinking about where it lives and its different colours.

2. If you have some playdough in your house, take a moment to think about the meaning of soul, and then spend 5 minutes shaping a soul with the playdough. There is no right or wrong way of approaching this creative task.
3. Create a recipe for your soul!  
What does your soul need to feel happy and nourished? Think about all of the things in life that make you feel calm, relaxed and well. These are ways to feed your soul. Using the attached worksheet, create an ideal recipe for your soul to make it feel happy:

[Recipe for a happy soul](#)

*\*USE THE **THINKER'S GUIDE** TO HELP YOU*

What other activities could you do?

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