



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? Are you born with a soul or does it grow as you age? Does your soul change as you get older? Do animals have souls? Can a soul break or escape?

FEEL

How might different people feel about this?

e.g. Do we all have a different soul? Can people ever have the same soul? Can you inherit a soul? Does your soul look after your emotions? Can you show someone your soul?

CONNECT

What links can you start to make?

e.g. Do we all have souls? Where do they come from and why? Are souls passed on when people die? When do you lose your soul? Can we change our souls if we want to?

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Activity ideas:

1. You are going to take a picture of your soul using items to represent its different elements! Find a bag or basket and go on a treasure hunt to find your soul in the house:
 - a) if your soul was a colour, what colour would it be? *find something the same colour
 - b) if your soul was a sound, what sound would it make? *find the sound if possible
 - c) if your soul was a food, what food would it be? *find the food if possible
 - d) if your soul was a book, which book would it be? *find the food if possible
 - e) if your soul was a game, which game would it be? *find the food if possible

If you haven't got the items you are looking for, you can draw a picture of them instead. When you have finished, arrange your 'soul' on a table and take a picture to remind you.

2. What value does a soul have?
Take a look at these two short clips from The Simpsons when Bart sells his soul for \$5 and think about or discuss some of the ideas raised in the cartoon:
[Bart sells his soul](#) (part one)
[Bart sells his soul](#) (part two)
3. "Laughter is the language of the soul". What do you understand by this quote from Pablo Neruda and do you agree?

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

What other activities could you do?

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RESOURCES:



THINGS TO READ



[What is a soul \(and can it escape?\)](#)

(Article | *Lonerwolf*)

[Soul](#)

(Reflective entry | *Encyclopaedia Britannica*)



THINGS TO WATCH



[What is the soul?](#)

(5 minute video | *Oprah Winfrey*)

[Where does your soul live?](#)

(10 minute video | *Patricia Lloyd – Ted Talk*)



THINGS TO LISTEN TO



[The Soul](#)

(45 minute podcast | *Melvin Bragg – BBC Radio 4*)

[The soul in depression](#)

(50 minute podcast | *Krista Tippett - On Being*)



THINGS TO DO



[Create a recipe for your soul](#)

(Tips and guidance | *Mindfood*)



THINGS TO INSPIRE



[Explore our Awe & Wonder topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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