RMPS Superstar Challenge

P7 We look forward to seeing you in RMPS (Religious, Moral, and Philosophical Studies) sometime soon. In the meantime, here are some RMPS challenges that you can try at home. You can do as many or few as you like, and you can tell us about what you did when we see you.

Complete a (safe) random act of kindness (e.g. washing the dishes, giving someone a compliment)	Design your own stained-glass window. This can be drawn or painted, or you can use a computer.	Make a list of as many religions as you can possibly find online.	Write down five things you are grateful for today.
Cook a religious food (e.g. challah bread, hot cross buns, baklava). PLEASE ASK PERMISSION	Try writing some religious calligraphy – write your own name! Look at the Book of Kells, or Islamic calligraphy for inspiration.	Have a go at some yoga. It's great for relaxation and it's developed from Hinduism!	Research a celebrity who is religious or non-religious. Create a set of questions about their beliefs e.g. "What do you believe in?" or "What do you celebrate?" Try and find the answers to your questions too!
Colour in a mandala, online or on paper. Why not see if you can create your own?	Write a creative story with a moral (e.g. treat others the way you would like to be treated, don't give in to temptation).	Research a country in the world and create a leaflet about the main religion within this country. What do they celebrate? Do they have a holy book?	
Research and create an informative leaflet about a religious celebration.			
Write a paragraph about the following: Where do you like to go when you want to feel peaceful? Why does this place bring you peace?	Go for a walk (safely) and pay attention to the sights, sounds, and smells around you. Take a photo of something you find interesting along the way.	Find a news story about how a religion in the UK has helped the community during the coronavirus pandemic. Create a newspaper front page about it.	
	Create a new religion. What are the beliefs? What festivals do you celebrate?		