Scottish Interfaith Week

8-15 November 2026

Wellbeing

www.scottishinterfaithweek.org

Less than two months until Scottish Interfaith Week 🎉

With less than two months to go, we've been busy putting the final touches on resources designed for you, responding to your queries, and planning wellbeing events for the festival! 📬

In this issue you'll find:

- How to become a festival ambassador
- 🆕 Classroom resources and schools competition
- 🆕 Interfaith dialogue activity on health and wellbeing
- 🆕 Posters to promote the festival & your events
- 🆕 Guides to interfaith meditation and stillness
- How to submit an event
- Interfaith films to watch
- The Interfaith University Chaplaincy Project (including over eighteen pages of activity ideas from Scottish universities)

Got a question for us? 👋 Don't forget you can get in touch at info@scottishinterfaithweek.org

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Could you be a festival ambassador? 📸

Ambassadors attend Scottish Interfaith Week events on behalf of Interfaith Scotland.

As an ambassador you will receive an ambassador badge, take photos at events and write up your experiences for the festival website.

We will reimburse travel expenses for one event per person, but you are welcome to attend more events at your own expense.

Training will be lead by Interfaith Scotland staff online on October 5th (6.30-7.30pm).

➡️ Register for training: nicola@interfaithscotland.org

Scottish Interfaith Week Interfaith Scotland

🆕 Classroom Resources and Schools Competition

We have created exciting new resources for schools on the theme of *Wellbeing*. These include ideas for classroom activities and a competition.

To celebrate the theme of 'Wellbeing' we are asking young people to:

- Use any creative medium to explore a wellbeing practice or a way to create opportunities for individual or communal wellbeing

Any primary school class or secondary school pupil in Scotland can enter the competition and be in line to win a prize.

Ideas for entries: write a daily gratitude journal, make a sculpture with natural objects (leaves, stones, shells), have a desk-free day and record the experience, make a poster about your favourite meal and find out where each ingredient comes from. The more creative the better!

You can find out more in *Classroom Resources and Schools Competition*, including deadline, prizes, and ways to engage.

⬇️ Download resource for schools

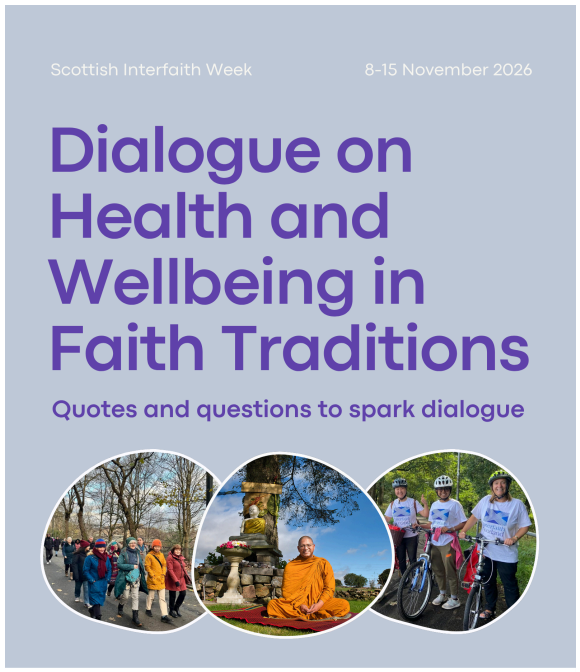
🆕 Posters to promote the festival and your event

Keen to let your community know about Scottish Interfaith Week? 🖼️ ⭐

Print out this eye-catching promo poster and display it in your community hub, whether that's your place of worship, library, sports centre, or somewhere else in your community!

We also know how challenging it can be to design a poster for your festival event and we wanted to make it easier for you. You can download an easy-to-edit poster from our website, fill in your details then print it off to display where you wish.

⬇️ Download posters from website



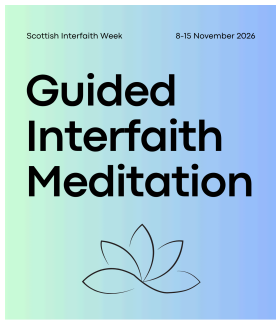
🆕 Dialogue on Health and Wellbeing in Faith Traditions

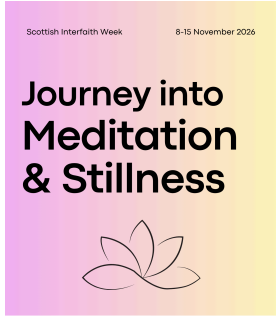
This resource will walk you through how to run a fun interfaith dialogue activity on the theme of health and wellbeing.

Inside you will find quotes and passages about health and wellbeing from eight religions and beliefs. Some are passages from scriptures, or other holy writings, and some are from authors from that faith.

Each section includes questions to encourage dialogue on what can support health and wellbeing from different faith perspectives.

⬇️ Download Dialogue on Heath and Wellbeing





🆕 Guides to Interfaith Meditation and Stillness

Interested in meditation for wellbeing? We have created two interfaith resources you might just love.

Guided Interfaith Meditation provides a step-by-step guide to engaging in an interfaith meditation, taking inspiration from prayers and meditations in different faiths.

Journey Into Meditation & Stillness provides a deeper insight into the practice of meditation, including exploration of the benefits, posture, focus, breathing, imagination, and relaxing the body.

⬇️ Download Interfaith Meditation Guides

Interfaith films for you 🎞️

Looking for an interfaith-inspired video to share with your class, colleagues, or at your Scottish Interfaith Week event?

We have a collection of films on our website including the festival's 20th anniversary short film, interviews with teachers and event attendees, and short films about the lives of people of faith in Scotland.

➡️ Watch interfaith films

Interfaith activities at university

Looking for ideas of activities to run on campus? 💡

We've got just the resource for you! The *Interfaith University Chaplaincy Research Project* includes eighteen pages of interfaith activities that have been successfully run at Scottish universities. This list will definitely help your brainstorm.

⬇️ Download Interfaith University Chaplaincy Research Project

Got your festival event planned yet? 🗓️

Don't forget to submit your event through the Scottish Interfaith Week website to be included in the programme!

All you need is the name of your event, date, time, a short description, name of the event host (group/organisation), location and contact details.

You can submit these brief details now then send us more information closer to the time.

➡️ Submit your event

Other ways to support the festival

If you can't host an event but would like to support Scottish Interfaith Week then there are many ways you can help:

- volunteer at an event near you
- promote the festival in a newsletter
- mention Scottish Interfaith Week in a community meeting
- think about your own networks – who could host an event?
- ask your local library or community hub to hold an event

#️⃣ Join us for the journey on Facebook and Instagram

Missed a newsletter?

If you missed one of our newsletters for Scottish Interfaith Week, you can read them all on our website.

➡️ Read newsletters

For updates on Scottish Interfaith Week follow us on:

Facebook Instagram

Scottish Interfaith Week in association with Interfaith Scotland.
Scottish Charitable Incorporated Organisation. Charity Number: SC029486.

Contact email: info@scottishinterfaithweek.org

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