

CHANGE AND GROW

By Mark and Helen Johnson

CHALLENGE

It is the perfect time of year to be **planting seeds** – either in the garden or in a pot indoors. (If you don't have any seeds, you can grow lots of vegetables from kitchen scraps such as onions, avocado, celery, mushrooms etc.) Don't forget to water them and watch them changing and growing each day.

DID YOU KNOW?

Most **oak trees** don't grow acorns until they are at least **50 years old**.

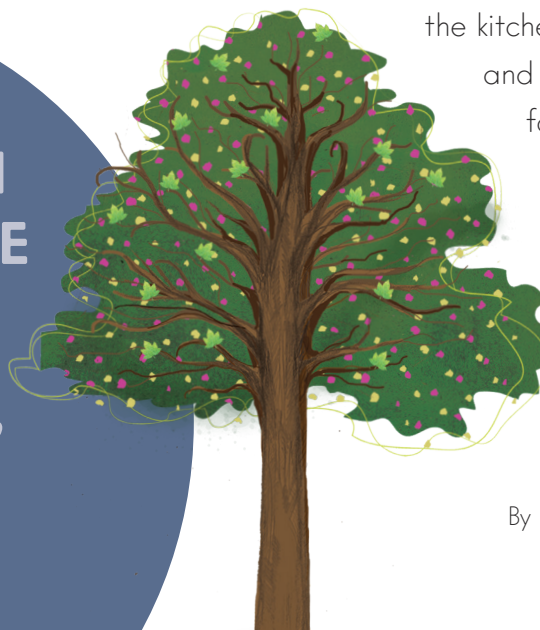
TALK ABOUT

Perhaps over a meal together, **talk about all the 'places we've loved and those we've left' – the 'days we remember well'**. What happy memories does each person have of school, friends, holidays etc.?
Now talk about all the things you are hoping to do in the future, both in the short term – like a family movie night at the weekend – and further ahead – perhaps going back to school or starting a new club.

SHARE IT

As a family, **create a 'bucket list' of places you'd like to visit and things you would like to do together** once life returns to normal. You could write this on a board or large piece of paper and pin it up in the kitchen for everyone to add to, and to help everyone to move forward with hope.

“LEARN FROM
YESTERDAY, LIVE
FOR TODAY,
HOPE FOR
TOMORROW.”
Albert Einstein



Song taken from
Summer Assembly Songs
By Mark and Helen Johnson

