

Journeys in the Spirit

March 2023

Spring Forward



Spring is a season of new life. The Earth wakes up from its rest, temperatures rise, and daylight increases. Signs of life are everywhere you look.

Spring poems

Our Earth is a wonderful place and it's exciting to see it spring back into life. Shirley Hughes has written and illustrated so many books, full of details of day-to-day life. She must have spent a long time looking around her. In [***Out and about: A first book of poems***](#) there are poems for each season. You could share these with the children. In the poem *Spring greens*, Shirley has noticed twigs in pots, bulbs in jars, as well as people washing cars. Are they spring-cleaning? Talk with each other about the changes that are happening and then have a go at [writing your own spring poems](#).

Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford. Do you keep yourself informed about the effects your style of living is having on the global economy and environment? A&Q 41

Spring Forward

[Daylight saving begins](#) on 26 March 2023, when the clocks go forward one hour at 1am that morning.

Do the children remember the clocks going back in the winter? Will they do anything differently?

Spring clean

Spring can bring a desire for a good sort-out or clean. Use the energy of the season to inspire a clear out. To live simply is at the heart of the Quaker faith. In the pages of [Let's explore the Quaker way](#), a girl is pictured taking her extra soft toys to the charity shop. Are there things that you don't use anymore or that you would like to share? Use the book to help children explore the Quaker values of truth, peace, simplicity and equality. Go outside on a spring-noticing walk. Are there spring-cleaning jobs that need doing in the garden or meeting house that could be done by the children?



On 25 March at 8.30 pm, people across the globe are being urged to keep their lights off for an hour. This is to show symbolic support for the planet and to raise awareness of the environmental issues affecting it. This year, people are encouraged to spend 60 minutes doing something positive for our planet. What could you do? Picking up rubbish, cooking with local ingredients, planting a tree, or getting people together for an Earth Hour event, anyone, anywhere can join the [#BiggestHourForEarth](#).

International Women's Day



[International Women's Day](#) is celebrated on 8 March and is a worldwide celebration of women's rights and recognising of women's social, economic, cultural, and political achievements. Women across the globe inspire and motivate every day so each of us will have someone we can think about. Elizabeth Fry might come to mind as an inspirational Quaker woman, but there are many more. [Read](#) of Quakers at Greenham Common, amongst others.

"Women waiting, watching, just being there, behaving as if peace were possible, living our dream of the future now."

This year's theme is #EmbraceEquity
[More resources](#)

How does your garden grow?

Knowing where our food comes from helps children connect with the natural world. Spring is a good time to sow seeds and watch their progress. Even if there is no garden available, cress or



sprouts grown on a windowsill can give quick results.

Pictures by [pixabay](#)

Big Thanks!

As well as International Women's Day, Mother's Day is in March. The origins of Mothering Sunday lie in the Middle Ages, when children who had left their families to work in domestic service were allowed to go to their home – or "mother" – church. Today, many people give thanks for their mothers or mother figures.

As we look around in Spring, there is much to be thankful for. New life, nature, food and increased daylight.

Read

Poet Joseph Coelho is the Waterstones Children's Laureate for 2022-24 and wrote [Thank You](#), the story of "a little boy, Tatenda, who wants to say his biggest 'Thank you' ever to help his whole community feel better." The book was written during the pandemic and is a tribute to the people who worked hard to keep us safe and keep society going during the global pandemic. A portion of sales of the book go to [Groundwork](#).

Watch a retelling of Thank You [here](#)

Make

Create rainbows with the children and draw or write names of people you would like to say thank you to.

