

# Journeys in the Spirit

February 2024



## How does love grow?

February is often thought of as the month of love. It's a time when many people send out cards, flowers, and chocolates to show they care. But love isn't just for Valentine's Day - we can celebrate our love for our friends, family members, and even ourselves all year round!

In this particular video, Elmo and friends join singer Gwen Stefani to sing about ways to help our friendships to grow. Also, [on this site](#), there is a wealth of games and activities, all with the Sesame Street ethos and values.

### Make

*"Love is the will to nurture life and growth in oneself and in another"*  
Quaker faith & practice 22.42



### Read



Suncatchers are a beautiful way to add colour to any space. After the rain, the appearance of a rainbow brings great joy and happiness. It is a symbol of love and hope that is recognized all over the world. During the pandemic, rainbow hearts showed love and support for the work of the NHS across Britain. The rainbow has always been seen as a symbol of hope in times of darkness and trouble. Sharing hope is a way to spread love.

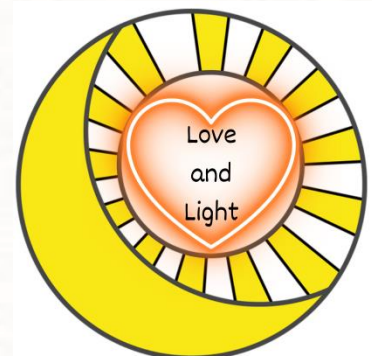
### [Love Grows Everywhere by Barry Timms and Tisha Lee](#)

This story is all about how love can make a huge difference in our lives. Whether it's the love between family members, friends, or partners, it has the power to bring people together and create a sense of community.

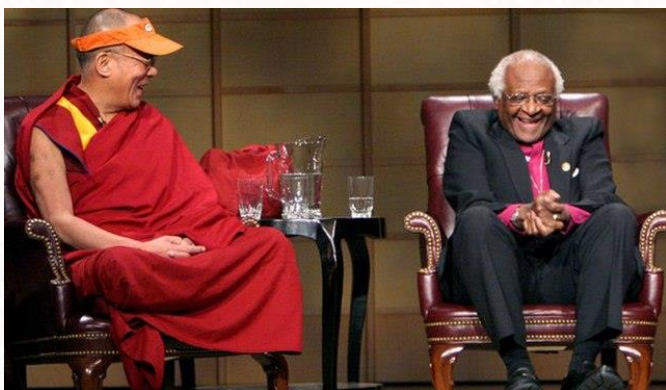
### Want to be a good friend?

Visit the [Sesame Street website](#) for helpful advice from a colourful cast of characters.

[Here](#), you will find instructions for making love heart suncatchers but you could make all kinds of shapes, as well as rainbows. Decorate the windows in your space to share love and hope with all who pass by.



## Mission: Joy

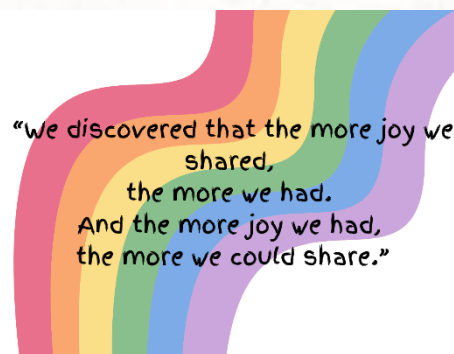
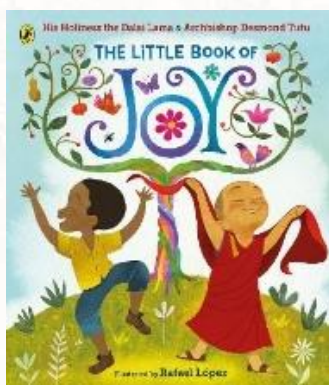


Picture from [Wikimedia commons](#)

Not understanding others can lead to conflict. Building friendships with those that are different to us broadens our understanding of the world. Two very famous friends, from very different backgrounds, made it their mission to spread joy throughout the world.

The Dalai Lama and Desmond Tutu were two spiritual leaders who were the best of friends, despite being miles apart in many ways, including distance. Their friendship was mischievous and great fun, but both of them had backgrounds that were difficult and traumatic.

Rather than holding onto resentment, they chose to let go of negative feelings and found joy in their lives, and eventually co-wrote [The Book of Joy: Lasting Happiness in a Changing World](#) as well as a children's version, [The Little Book of Joy](#).



## Love the Earth

We can show our love for this fantastic planet in many ways. Think with the children how you can do this together, as well as with other members of your community. Ideas could include planting bee friendly plants in the garden, planting trees, a bug hotel or a pinecone palace for ladybirds. Visit the [Woodland Trust](#) for ideas for making your outside space more welcoming for wildlife.

## Game

**Caring Relay:** This relay activity involves two teams or simply two children. Set up a table with pictures showing how to care for others, and each team has a poster board with "Show others you care" written at the top.

One child from each team runs to the table to choose a caring picture or word sheet and tapes it to their team's poster board. The next child repeats the process, and so on until all team members have chosen and taped a caring picture. Some pictures and action papers might illustrate the opposite of caring, so the children should be careful to pick a caring picture. Children then discuss their choices and are reminded to show care for others.

## Sing

Choose a song to share from the Love and Friendship section of [Sing me on a Journey](#)



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