

# Journeys in the Spirit



March 2024

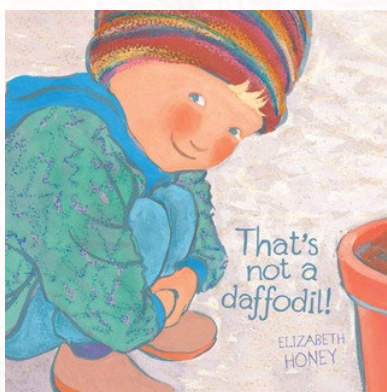
## Spring

The daffodils are out! There's more than a whiff of Spring in the air and with it, new life.

*"The two qualities which are most important to children of today are hope and imagination. Hope to believe they can change the world they live in and imagination to find ways to do so."*

*Quaker faith & practice 23.85*

## Read



### [That's not a daffodil by Elizabeth Honey](#)

This amusing tale follows Tom and his friend Mr Yilmaz as they wait for a daffodil to bloom while having lots of fun along the way.

## Grow

Tom had to be very patient as he waited for his daffodil to grow. The daffodils have been blooming for a while now, but have you thought about growing some flowers or food with the children? There might be someone in your meeting who has a green thumb and is willing to share their gardening knowledge. They could even provide soil and pots, so the children

could take them home and report back on their progress. What does it look like this week? And while the flowers we grow will look cheerful, think who else they might benefit?

## Something new

Tom had to wait patiently for a long time to see his bulb grow into an actual daffodil. If you want to learn the sign for wait, you can visit the [British Sign Language website](#). Additionally, Mr Tumble teaches Makaton signs about [Spring](#) and the new life it brings.



## Daydreams

Take a moment to dream. You can use bubbles or a guided meditation to slow down and create space for dreaming. There are many mindfulness exercises available [online](#), or you can create your own. In our busy lives, taking time to be still and focus on the present moment can be a helpful break that allows us to imagine beyond our everyday thoughts.

## Dandelions

Consider trying a different meditation technique by following the journey of a dandelion seed. This flower has many amazing properties and deep symbolism, but the most magical feature is its beautiful seed head. Have you ever shaken a dandelion flower and watched as the wispy seed heads floated away? Spend time imagining with children where these seeds might end up.





## Make

After your dandelion seed journey, you can bring them to life with this painting technique. Cut a toilet roll's end up 1/4th of the way all around it, and then spread out the end. Dip this end in white paint and press it onto coloured paper. Fill in any remaining gaps by adding further details with paint. For a full YouTube tutorial visit [here](#).

## Poems

Robert McFarlane and Jackie Morris have created a beautiful anthology of poems about "Lost Words"; words that are slowly disappearing from use. In the book, there is a dandelion poem that is an acrostic poem, where certain letters in each line form a word or words. What are the children's favourite words? Can they write an acrostic poem using a word of their choice? It could be "popcorn", "sloth", or even a word they have made up themselves!

## Let new names take and root and thrive and grow

The [poem, dandelion](#) asks us to imagine new names for the humble flower. Have fun imagining new names for everyday objects. A lettuce might become a salad ball or a hummingbird becomes a butterfly dragon.

## Lost Words Blessing

Listen to the [Lost Words Blessing](#) sung by a collective of folk musicians inspired by the Lost Words poems.

## A game of words

This is a game that can be played by two or more players and is perfect for learning new words! To start the game, the first player describes the minister's cat with an adjective that starts with the letter "A," for example, "The minister's cat is an angry cat." The following player then uses an adjective starting with the letter "B," and so on, alphabetically. For instance, "The minister's cat is a bouncy cat,"

"The minister's cat is a clever cat," and so forth. Some children might need help with this so be ready to remind the group which letter you're up to.

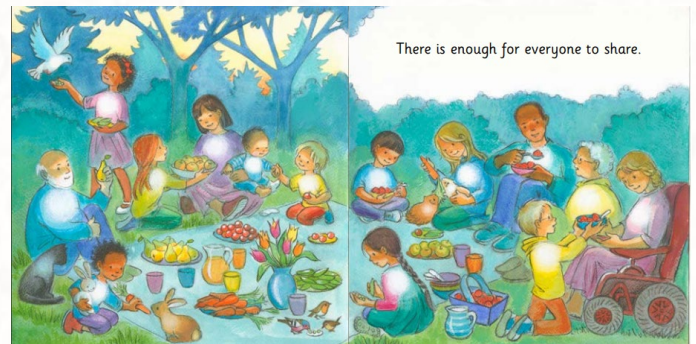
## Imagination Picnic

There are many examples of imaginative meals in children's literature. Think about the Tea Party in Alice in Wonderland, the enormous chocolate cake in Matilda and the serene picnic in Wind in the Willows. Create a picnic, real or imagined with the children. What would you eat? Who would you invite?

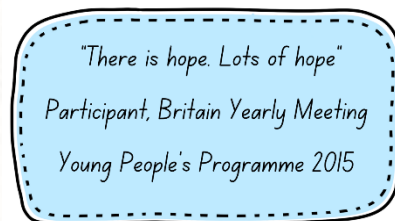


## Let's Explore the Quaker Way

The beautifully illustrated book, [Let's explore the Quaker way](#) pictures a wonderful picnic where people are eating together.



Read the book with the children. The light in all of us is depicted in a number of ways throughout the book. Wonder with the children how they imagine their light. Does their light look like anyone's in the book? Why have they chosen what they did? What does that light feel like?



Taken from [Living our beliefs](#)

