



An Baya

Together we can make a difference

Daily Reflection Monday 18th May



Yesterday we looked at the value of Hope. I wonder what ideas you had and what you learned from the Faith at Home assembly?

Today we are continuing to think about what Hope means by looking at The Parable Jesus told called The Yeast.



'The kingdom of God is like a woman who takes some yeast and mixes it with flour until the whole batch of dough rises.' Matthew 13:33

So how is the kingdom of God like yeast?

I wonder what your ideas are?

One way of explaining is that just like a small amount of yeast affects a lot of flour so a little bit of kindness or help for someone can make all the world of difference.

Reflection

Think about yeast and how each one of us is like a tiny grain of yeast that makes the dough light and airy.

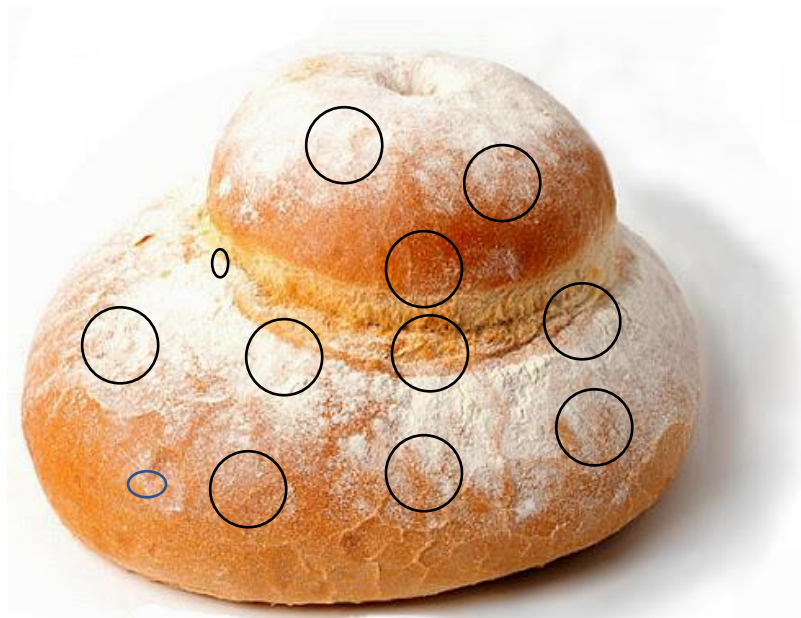


Think about one thing you are going to do with others today and then think about what act of kindness you may be able to do for someone, whilst you are with them.

Responding

Make a picture of a loaf of bread. And each time you have performed an act of kindness draw a symbol of an air bubble on the bread.

I am sure your loaf will soon be covered by acts of kindness. Your whole family could take part in this as well.



Mental Health Awareness week 2020 18th – 24th May

In celebration of Mental Health Awareness Week 2020 and the theme of kindness, our Mentally Healthy Schools' team have designed a calendar encouraging pupils to do two acts of kindness each day – one to someone else and one to themselves. The kindness calendar can be used by teachers, parents and carers with versions for younger and older children.

The calendar can be found at the weblink below:

<https://mentallyhealthyschools.org.uk/resources/seven-days-of-kindness-calendar/>

