



# National Day of Reflection 23 March

As you may have heard, there will be a national day of reflection on the 23<sup>rd</sup> March organised by Marie Curie and The Church of England. We will join together (in our bubbles, of course) to mark

'the first anniversary of the first UK lockdown, for a National Day of Reflection to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future.

There are still tough times ahead, as the death toll continues to rise. This annual day will give us all time to pause and think about this unprecedented loss we're facing, and support each other through grief in the years to come.'

All children and staff will be asked to wear something yellow along with school uniform and make a Parentmail donation to Marie Curie.

The old school bell will be rung at 9:30am for a 2 minute silence followed by class worship.

### **Family Reflection**

Children to be given envelope to take home for families to remember someone they miss or have lost or to write a general reflection, memory, thought or prayer. Envelopes to be returned to school.

### **Reflect Connect Support Talk**

These are the four key words for the day. See Worship plan.

### **Books**

**We have a few books available to provide a starting point to discuss loss. Please choose a book from the selection available, or choose one of your own**

Badger's Parting gifts

Waterbugs and Dragonflies

The memory tree

No Matter What

Sad little Bear

Shelter for sadness

The Sad book

Read and share the book you have chosen with your class. Follow this up with P4C, poetry, drama, artwork, creative writing. Take photographs of the book and chosen tasks.

**During the day children participate in some daffodil craft using the following skills**

Diamond: Daffodil printing

Ruby: Daffodil wreaths

Emerald: Daffodil Sun-catchers

Sapphire: Daffodil Pinwheels

Amethyst: Sculptured Daffodils

Pearl: Daffodil window art

Topaz: Sketching daffodils – pencil and pastels

Amber: Watercolour daffodil paintings

Tanzanite: Clay Daffodils

Opal: Cross stitching of Daffodils



### **Ribbons**

Each child to tie a yellow ribbon to the trellis which will be placed outside the front of school throughout the day. Your allocated time slot is:

Diamond: 1:00pm

Ruby: 1:30 pm

Emerald: 2:00pm

Sapphire: 2:30pm

Amethyst: 9:40am

Pearl: 10:00am

Topaz: 10:20am

Amber: 11:00am

Tanzanite: 11:20am

Opal: 12:00pm

### **Plant seeds/trees/flowers to symbolise hope**

Each class to create planter. These need to be robust as they will be used outside throughout the year. Compost, seeds and plants to be provided but please seek/source your container so we are re-using or recycling – be as creative as you like, reach out to your families on Facebook

### **Prayer Petals**

All children will be given a yellow petal to draw (younger children) or write a prayer/reflection to remember someone they have lost or miss. These will be collected and stuck onto a huge flower template to be displayed in the hall alongside the yellow envelopes

### **Spring Flower guided meditation**

- Ask your pupils to imagine they were a tiny seed and to wrap up into a tight ball, imagine they're sleeping in the soft soil, keeping their breathing nice and slow.
- Guide their breathing: Count 2, 3, 4, hold 2, 3, 4, out 2, 3, 4, hold 2, 3, 4.
- After a short while, play rain videos, use a rain maker and twinkly sun sound effects.
- Ask them to slowly, slowly begin to move, stretch and grow towards the ceiling.
- When they're fully grown flowers, put the fan on and imagine their leaves and petals leaves gently moving in the wind