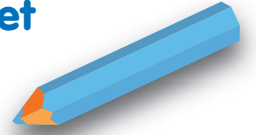


Mothering Sunday

ROOTS

Activity sheet



Round the clock with me

Based on Exodus 2.1-10. Miriam takes care of her baby brother.

What do I do?

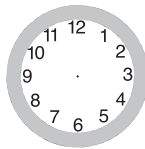
Remember what mums and young carers like Lauren do around the clock... what do you do?

Write down, or draw pictures of the things you do in each part of a normal day.



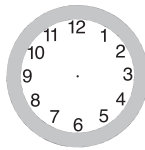
7:00-9:00am

When I get up I



9:00-3:30pm

For most of the day I



3:30-until bedtime

**Later in the day, until
it is time for bed, I**

Who do I take care of?

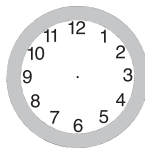
Write down, or draw a picture of any people or pets that you help during your day.

Saying thank you?

Write down, or draw a picture of one person who looks after you that you want to say thank you to this week. How will you do it?

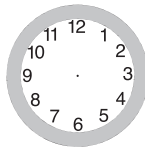
Who takes care of me?

Write down, or draw a picture of the person or people who help you during each part of the day... it might be your Mum or Dad, a brother or sister like Miriam or Lauren, your teacher, or someone else.



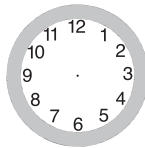
7:00-9:00am

When I get up they



9:00-3:30pm

For most of the day they



3:30-until bedtime

**Later in the day, until
it is time for bed, they**

PRAYER

Please Jesus, bless all mums today
and all who act like them,
by taking such good care of others.
Give them rest when they're tired,
and help us to show them the love
we feel for them inside.
Amen.