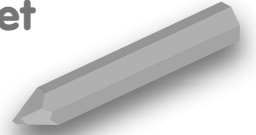


# Mothering Sunday

# ROOTS

## Activity sheet



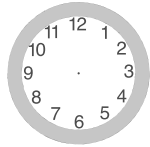
## Round the clock with me

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.



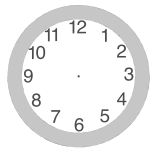
**7:00-9:00am**

**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.

### 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**

### 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?

# 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.