

ENJOY
THE
LITTLE
THINGS

HAPPINESS

Our lesson today is all about happy memories.

What is Happiness?

Happiness is:

- Made from your actions towards others
- Enjoying the little things in life
- Spending time with the ones you love
- Playing with your friends
- Enjoying the world around you



What does 'Happiness' mean to you?



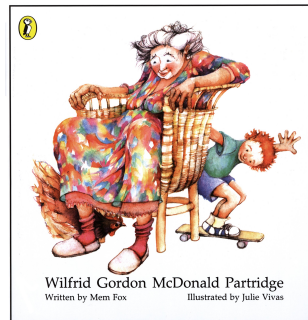
Happy Memories



We often think about happy times we have enjoyed with family or friends. These are our happy memories.

We often take photographs or have special objects to remind us of these happy times.

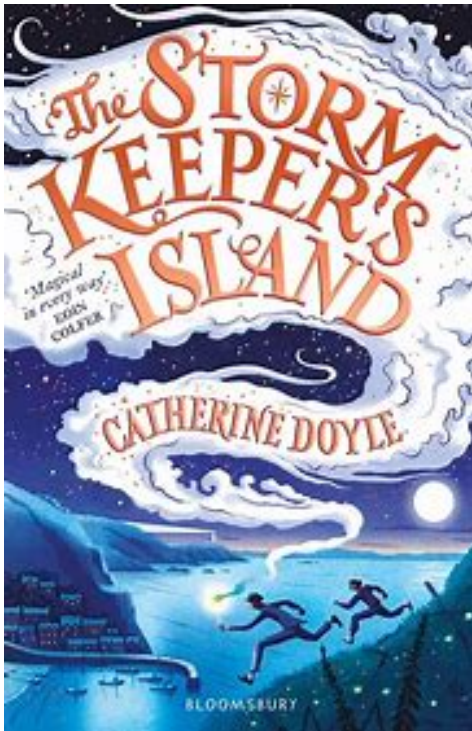
Do you have a special treasure or photograph that makes you smile? Talk to your grown up.



Listen to the story of Wilfred Gordon McDonald Partridge by Mem fox. Just click on the link below. This is a story about how memories are important to us.

<https://www.youtube.com/watch?v=6dLCKYTbR5c>

Memories make you happy!



This half term, I have been reading a magical story called 'The Storm Keeper's Island'. It is about a young boy called Fionn Boyle and his sister Tara, who go stay with their grandfather in a place called Arranmore.

TODAY'S
Moments
ARE
TOMORROW'S
Memories



Memories make you happy!



Arranmore is full of secrets and magic, and it holds onto the memories people have and make there. These memories are kept in candles. There are thousands of candles in Fionn's grandfather's house, that are all different shapes and sizes. Some look like snowflakes and others look like cheesecake!

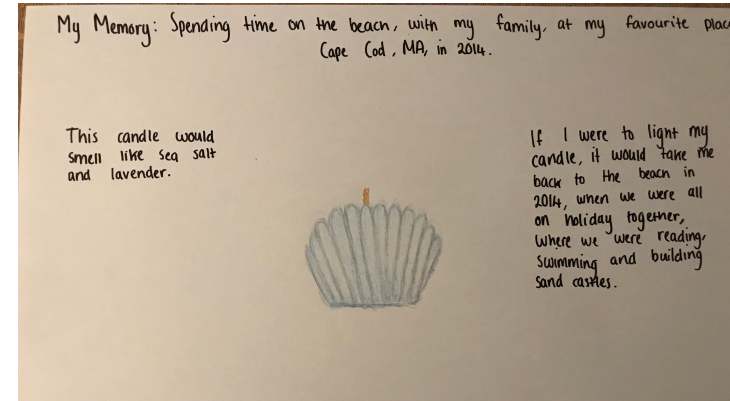


When these candles are lit they take you to the memory connected to that candle, whether it was twenty years ago or two hundred years ago.

Task: Make your own memory candle

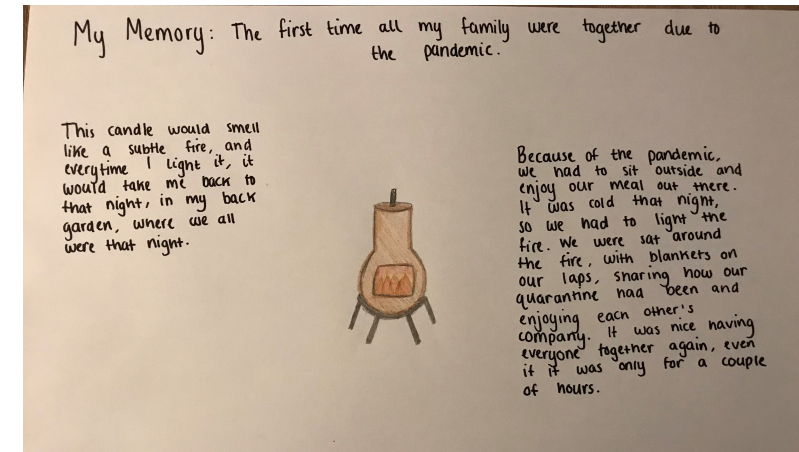


1. Think of a happy memory
2. Draw your own candle that symbolises your memory. e.g. a pizza candle to symbolise a special meal you had with your family where you ate pizza. Alternatively draw an ordinary candle and decorate it to represent your memory. There are some examples on the next page.
3. Make some notes around your candle. What does it look like? What does it smell like? Where would it take you once you lit?
4. Write a few sentences describing what happens when you light your candle. What memory does it take you to? You could write these on the candle itself. Have a look at some more examples on the next page.

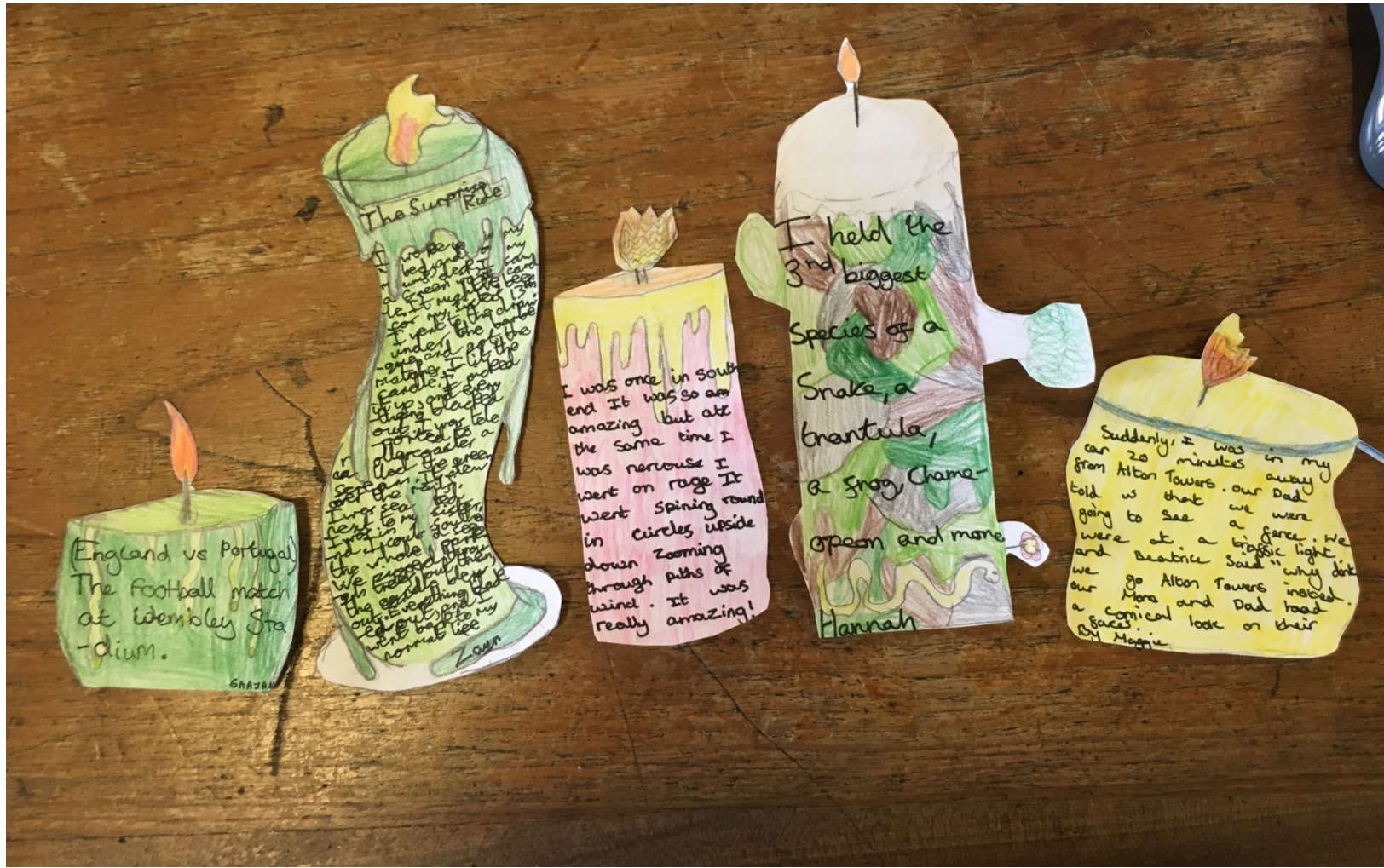


Belle's
examples:

Belle drew her candle in the shape of her memory but you don't have to. You can simply draw a candle and decorate it to reflect your memory.



More examples



A million feelings.
A thousand thoughts.
A hundred memories.
One person.

I would love to see your memory candles.😊

Please send them to me at

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Thank you for working so hard!

