

Tots Café at Home 4

Martha

With a further 3 weeks added onto our lockdown, and a lot of people furloughed or working from home (and no commute), we have a bit more time on our hands. Today's story is a bit like a coin, with two sides or perspectives. One is full of busyness and not enough time, while the other has plenty of time and a stillness. Let's take a look...

See photos for story.

Martha was rushing around getting everything ready, cleaning, preparing a meal...being very hospitable and a great host but that isn't what was important at that time. What was important was what Mary had chosen to do, to sit and to listen. Pondering on this story, I saw how it linked to our current situation. It seemed we used to just have enough time in the day to get all the jobs done, a bit like Martha, but perhaps we have now been given the chance to be a bit more like Mary.

Challenge

I want to set a challenge for you today. While out on your walk or bike ride, when in your garden or even just out the window, just stop and listen for 30 seconds (I find it's best if you close your eyes). Get your children to count how many different sounds they hear in that 30 seconds and ask them how many they heard - likely it's not many. Now get them to do it again but this time ask them if they hear the wind in the trees. Ask them if they hear the wind blowing over their ears. Do they hear more than one birdsong? First time they might just have heard the car drive past, this time (hopefully) they will hear a lot more.

Craft

Rain Stick - see photos.

You'll need: Paper Towel Tube (for the outer tubing), Foil (for the inner mechanics), Broom Handle/Wooden Spoon Handle (to wrap the foil around), Rice (to make the noise), Paper/Card (to block the ends), Sellotape (to tape the card on), Scissors (to cut out the card)

An easy to follow guide can be found here - <https://www.giftofcuriosity.com/diy-rain-stick-craft/>

Not got everything? Then try this one which only requires a bottle, sticks and some rice - <https://rhythmsofplay.com/diy-rainstick-musical-sensory-bo.../>

What else might you fill your rain sticks with? Does each filling sound different?

Songs + Game

Incy Wincy Spider

If You're Happy And You Know It

Wind The Bobbin Up

The Grand Old Duke Of York

Can your child guess the song just from you humming the tune? Take turns guessing the song!

Remember we love to see all you get up to so please do share!

Enjoy this glorious day! God bless.



