



Find somewhere quiet to listen to this song.

<https://www.youtube.com/watch?v=L3HQMbQAWRc&safe=active>

Read the story:

Once upon a time, there was a young squirrel. The squirrel would watch its mum and dad collect acorns and bury them in the ground. When he asked them why they did this, they told him that the winters were long and that they needed to make sure that they had enough food to see them through the cold season. The young squirrel started to worry, what if we don't collect enough food? Or what happens if the winter is longer than normal? The young squirrel began by helping his mum and dad to collect extra food, but before long the squirrel found himself not sleeping, all he could think about what collecting enough food. He would hunt for acorns in the dark while everyone else was sound asleep. He would even sneak off and bury some of the acorns that his mum prepared for him to eat. After telling the parable of the young fool, Jesus explained to his followers that God would look after those did God's will...Jesus said 'Who of you by worrying can add a single hour to your life?'

Being prepared for the future is very different than worrying about the future. The young squirrel's mum and dad prepared as they always do, but the young squirrel let worry rob him of his sleep and his happiness.

What are your worries?

Have you experienced something like the young squirrel before?

Does worrying make people feel better or worse?

What advice would you have given the young squirrel?

How would you remind yourself not to worry and be content?

Make a list of ideas for your Class teacher and send them a photo.

stay positive

Dear God,

We have learned that worrying cannot help solve any situation that we find ourselves in. Let us be grateful and content with what we have. We ask for support for those who don't have all their needs met, and we reflect on what we can do to help others. Amen

