

1st & 2nd Class
SPHE



Tree of Life

Today, Múinteoir Ray helped us to reflect on this past year, which has been a unique time in history.

He created his own Tree of Life, where he imagined each part of the tree represented a different part of his life.

Why don't you create your own Tree of Life?



My tree of life

RAIN: What are the challenges in my life?

LEAVES: What are my gifts to others?

BRANCHES: What are my hopes and dreams?

TRUNK – What do I love? What are my skills?

ROOTS – Where am I from? (My home & my family)



Take a Break!

Múinteoir Ray also spoke about the importance of taking a break and how it can be an opportunity to learn something new!



What 5 things do you like to do to take a break?

1. _____
2. _____
3. _____
4. _____
5. _____



List 3 things you have achieved in the past year



1. _____
2. _____
3. _____

WELL DONE YOU!



Hawaiian Lei

In Hawaii, a colourful garland of flowers called a Lei can be given to someone for a variety of reasons.

Most commonly, they are given as a symbol of welcome, friendship or gratitude for another person. It can also be given to honour someone. This is worn around the neck, like a necklace or scarf.

Let's make our own paper lei now – you can wear it yourself or give it to someone who you think deserves it and should be honoured!

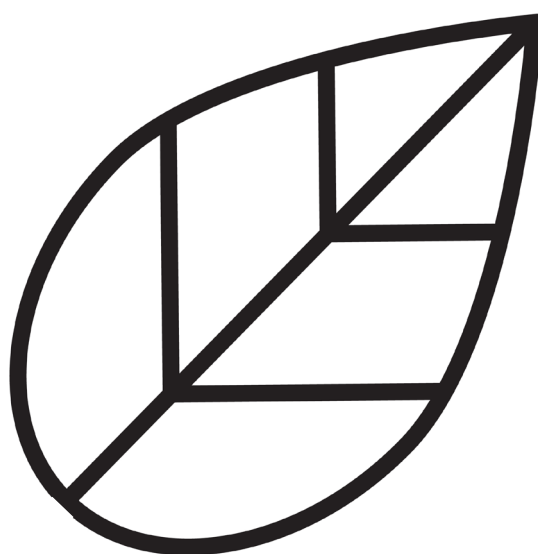
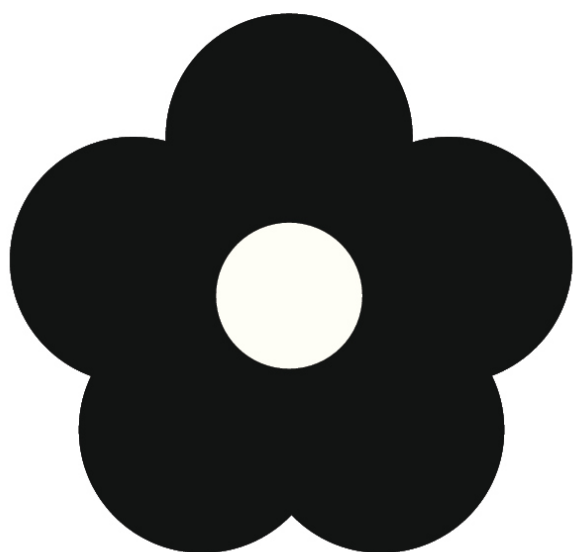
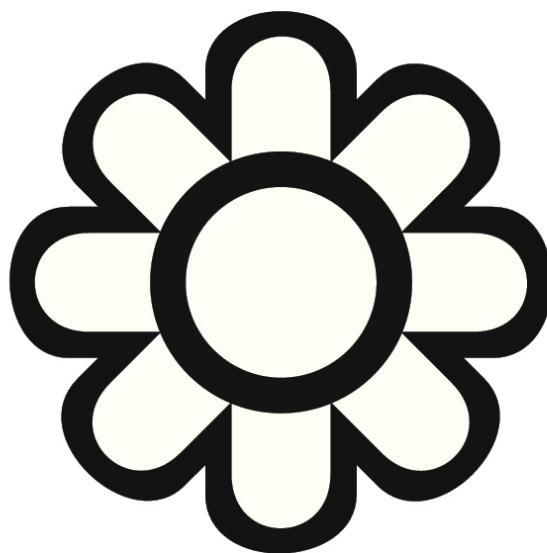
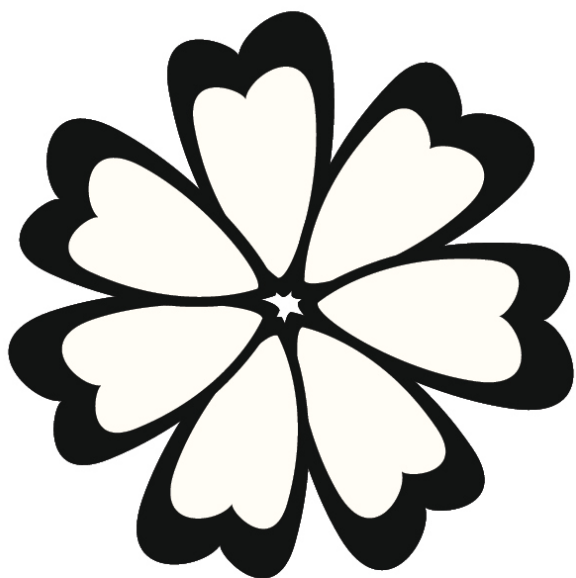


What you'll need: Coloured paper – any colour for the flowers and green for the leaves, a piece of strong string, a needle, scissors, optional: beads and real leaves!

Method:

Step 1

Cut out these flower and leaf templates (one of each).





Hawaiian Lei

Step 2

Trace around them lots of times onto your coloured paper, to make lots of flower and leaf shapes!

[If you don't have coloured paper, you can use plain paper and colour it in].

Step 3

Thread the needle with the string. You might need an adult to help you with this as it can be tricky! Pass the thread through the eye of the needle, then tie a knot at the very end of the string.

Step 4

Start "sewing" together your leaves and petals – put the needles through the middle of each flower / leaf, then move the leaf to the end of the string, where the knot is.

Step 5

Continue until you have nearly all the string covered. You can add beads or even real leaves onto your Lei if you wish!



Step 6

Then very carefully take the string out the needle, and tie the two loose ends together.

There you have – a beautiful Lei to wear yourself or give to someone you think deserves some praise!