




### Mother's Day - Sunday March

**Mothering Sunday in the UK is always on the middle Sunday of the period of Lent, thus falls on different dates. It started in the 16<sup>th</sup> century when Christians would return to their 'mother' church, the main church or cathedral in the town or area. Servant children were allowed to return home to visit their mothers. They would pick flowers and take cakes. Today it is a time to say thank you to all the amazing women in our lives be it a grandma, aunty, sister, carer or Mum.**

#### **Activities**

- Make your card or simple gift. See links for images of ideas.  
<https://www.pinterest.co.uk/rcreationsuk/mother-s-day-crafts-cards-for-kids/>  
<https://www.easypeasyandfun.com/mothers-day-crafts-for-kids/>
- Why not make your mother some flowers.  
<https://www.youtube.com/watch?v=xfuUa4Adf3A> or try some simple origami <https://www.youtube.com/watch?v=pCRtFgLjD8w>
- Or be more adventurous and make a traditional simnel cake  
<https://www.bbcgoodfood.com/recipes/easter-simnel-cake> 
- Or if they are watching their weight a simple fruit salad. 
- Outside you could plant some flowers as a tribute to your 'Mum'.
- Or make them a heart out of leaves, stones and/or shells. 

Think of all those roles your Mum may be... teacher, cleaner, cook, taxi driver, hairdresser, gardener, decorator, nurse, zoo keeper, particularly through lockdown so it's time to show your **appreciation, gratitude and thanks!**

Celebrate and enjoy this day together - *Sarah*