

Week 5 4th February and week 6 11th February

Mental Health Awareness week

Feeling Positive



Blessings - God's protection

Dear Children this week's lesson is counting your blessings:

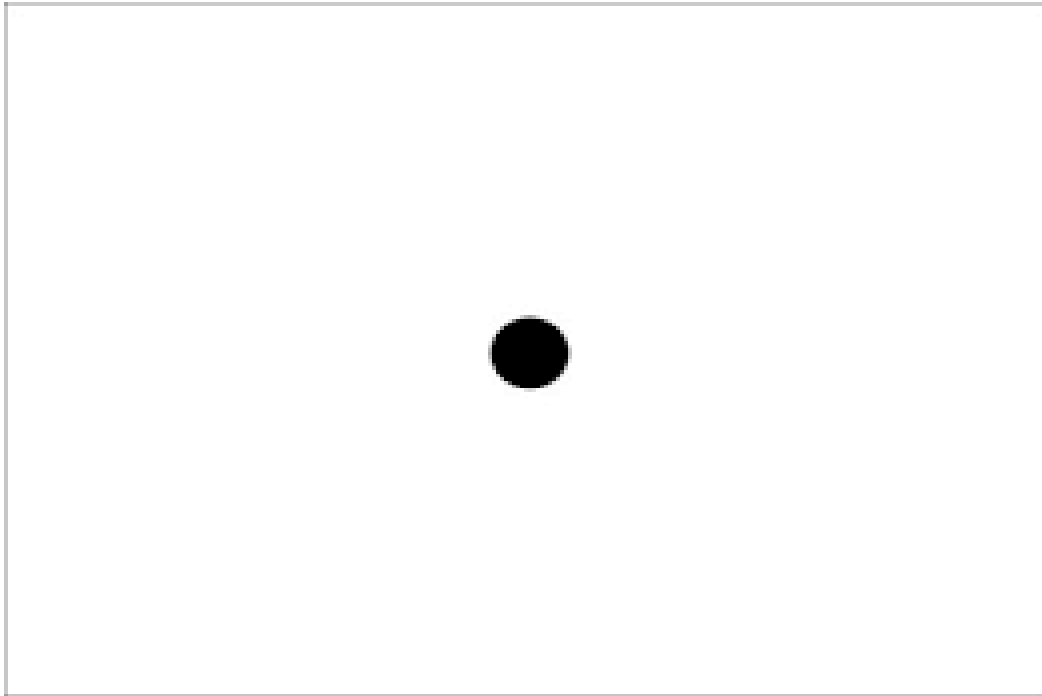
It will last 2 weeks.

Remember Count your Blessings always.

Thankfulness

Today we will be reflecting on the value of Thankfulness.

Look at the piece of white paper with a black dot in the middle. What can you see?



Think

The paper is almost all white, but you will have noticed the black dot.

We are all tempted to take for granted the things in our lives we can be thankful for - like the white of the paper - and we focus on the things that are not going so well - the black smudge. Perhaps there are things in your life that are difficult and make it hard for you to feel thankful?

Think of what they are and then try to think of what is left, what you can be thankful for?

Write down everything that you are thankful for: Write your words creatively please. Like you do in your spellings.

Watch the film clip King Midas

<https://www.youtube.com/watch?v=czL321qRaSo>

Complete the comprehension



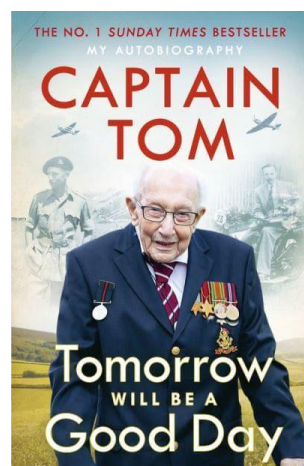
Read the above quotes:

The first quote can be found in the Bible and the other can be found in the Quran. What is their message?

Message

At the end of these lessons, you should have reflected and found that you have a lot to be thankful for. Building from our previous lesson you will learn to manage your worries and realise we all have a lot to be thankful for and in turn your mental health remains positive.

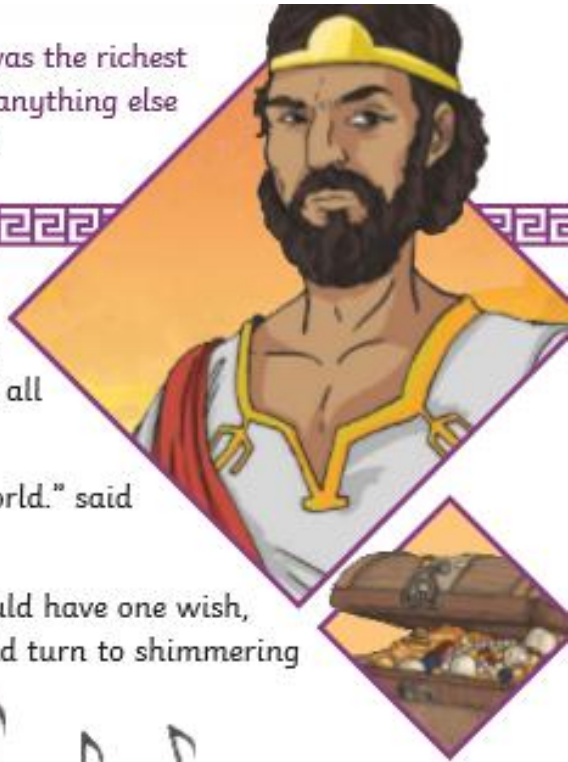
In the words of Captain Tom:



Remember that...

Mrs Kabbani

There once lived a king named Midas who was the richest king in the world. He loved gold more than anything else on earth – including his daughter Marigold.



One day, a beautiful fairy boy appeared before Midas. The boy's face shone with a dazzling light and his cap, feet and wand all had wings.

"Midas, you are the richest man in the world," said the fairy.

"That may be," said the King, "but if I could have one wish, I would ask that everything I touch should turn to shimmering gold."



**"Your wish shall be granted," said the fairy.
"From sunrise tomorrow, your slightest touch will
turn anything into gold but your gift will not make
you happy."**

Midas woke early next morning, reached out and lightly touched his bed. It turned instantly to gold. Delighted, the King went to eat breakfast. However, when he tried to drink a glass of water, it too became solid gold. The bread and butter turned to gold in his hand and the soft, tender meat became hard, yellow and shiny. Not a thing could pass his lips. All was gold, gold, gold.





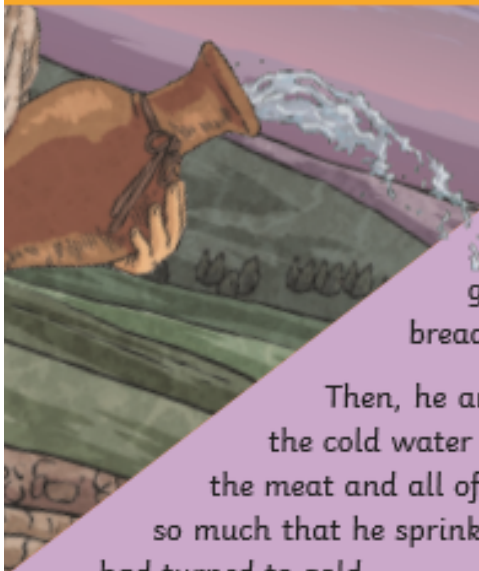
His daughter came running in from the garden. Without thinking, he gently kissed her cheek. At once, the little girl was turned into a golden statue. In his grief, he called upon the fairy for help.

"O fairy," he begged, "take away this horrible golden gift! Take all my gold, only give me back my darling daughter."



The beautiful fairy appeared and, convinced the King had learnt his lesson, told him how to fix what had happened.

"Take this pitcher to the spring in the garden and fill it with water. Sprinkle the things you have touched with the water to restore them."



The King did as the fairy said. He first sprinkled the head of his dear little girl. Instantly, she became his darling Marigold and he gave her a kiss. The King sprinkled the golden food and, to his joy, it turned back to real bread and real butter.

Then, he and his daughter sat down to breakfast. How good the cold water tasted! The hungry King ate the bread and butter, the meat and all of the good food. King Midas hated his golden touch so much that he sprinkled water over everything else that the fairy's gift had turned to gold.

1. What did King Midas love more than anything else on earth? Tick one.

- Marigold
- gold
- his castle
- money

2. Number the events from **1-4** to show the order they happen in the text.

- The fairy gave Midas a gift.
- King Midas loved gold more than anything in the world.
- Midas and Marigold sat down to breakfast.
- Marigold turned to gold.

3. What was the first thing Midas turned to gold? Tick one.

- some bread
- some water
- his bed
- Marigold

4. Where was Marigold when the King first went to breakfast? Tick one.

- her bedroom
- the kitchen
- the garden
- with the King

5. Find and copy one word that means the same as 'jug'.

6. Fill in the missing words.

"Fill this pitcher with _____ water from the garden. Sprinkle the water on the things you have touched to change them back."

7. Why do you think Midas asked the fairy to take the gift back? Use evidence from the text to support your answer.