**THOUGHT FOR THE DAY**

**WEEK BEGINNING MONDAY 26TH FEBRUARY 2018**

**WELLBEING TASK FOR THE WEEK: Read a book for 10 minutes each day.**

**KEY WORDS FOR CONSIDERATION: Reflection; Sharing; making a difference; unique**

**PRAYER TO BE REPEATED EACH DAY: Lord, help me to be aware of who I am, and what is special about me. Help me to accept myself and those around me. Amen**

1. **St. David’s Day**

March 1st 2018 the National Day of our patron saint, David.

St. David said ‘Do the little things’. What do you think he meant by this?

What ‘little things’ are you going to do this week to make a difference to your own, or someone else’s life?

1. March 1st 2018 is also **World Book Day**

Schools, bookshops, libraries, businesses and homes nationwide are invited to join a **fun nationwide social event** to enjoy the pleasures of reading and **SHARE A STORY** on World Book Day… and every day. Spending **just 10 minutes a day** reading and sharing stories with children can make a crucial difference to their outcome and it’s fun for all involved. You can read together **anywhere and everywhere, from breakfast to bedtime!** In the park, on the train, on the sofa, on a plane – reading and sharing stories can happen anywhere at any time.

Choose a book to share today. Read for 10 minutes then share your story with the rest of your class.

Which book have you read in the past year which you would recommend to a friend?

What was it about that particular book which makes you want to share it?

1. ‘We must first accept ourselves, and learn to love ourselves, if we are to do anything meaningful with our lives.’

Jan Thompson, Many Thoughts.

What do you think this quotation means? Do you accept and love yourself?

We are all unique, we are all different and we all have our own gifts to offer to the rest of humanity. We might not think that we have anything to offer others, but because we are all special we all have something to share.

What is your special gift?