

Doing the little things

Background

This is a story about a little girl from Wales who wants to understand the meaning of Saint David's command to 'do the little things that you have seen and heard from me.' Saint David is said to have uttered these famous words during his last sermon. These words reflect the Christian belief in living a good, moral life, a life which takes other people into consideration. They are also echoed in the Bible, in Philippians 4:9: 'Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.'

Saint David is the patron saint of Wales. No one knows for sure when he was born but he is believed to have died on March 1st 588 at his monastery in Glyn Rhosyn, Pembrokeshire (now called St Davids). David was the son of Sandde (or Sant), a descendant of the king of Ceredigion, and Saint Non, a holy nun and daughter of a local chieftain. At the time of his birth there was a violent storm, a bolt of lightning struck a rock and split it in two, providing a sheltered place for Non to give birth. Today, the place where this happened is called St Non's Chapel and is located near St Davids.

When he was baptised two miracles happened. A spring miraculously appeared, providing the water for the baptism. The old priest who was performing the baptism was blind but after the baptism he regained his sight. Helping the blind to regain their sight was something that David is reputed to have done more than once during his life.

David's most famous miracle happened at Llanddewi Brefi. A large crowd had gathered so no one could hear what any of the bishops who had assembled there were saying. However, when David spoke the ground underneath him began to rise, eventually forming a hill (on which Llanddewi Brefi church is said to now stand). As he stood above the crowd everyone was in complete awe. Every person could see him and his voice was clear for all to hear.

The purpose of this book is to enable young pupils to understand the meaning of Saint David's most famous words and to consider their relevance to their own lives today.

Overview of activities and links to National Literacy and Numeracy Framework

Key questions	Examples of activities	Links to National Literacy and Numeracy Framework
- What are the 'little things'? - Why should we do the little things? - How can we help each other? - Why do people celebrate Saint David's day?	- I'm special because... - Decisions! What should I do? - My special cakes - This is me doing the little things!	- Express opinions, giving reasons, and provide appropriate answers to questions. - Talk about things they have made, explaining the process. - Take part in activities with others and talk about what they are doing. - Use standard units to measure weight and capacity.

Links to the skills within the RE Framework

Insight into religion	Influence on people	Questions about beliefs and action	Meaning
Skills Becoming aware of human achievements including influential religious people past and present and the 'big ideas' that have shaped the world. Focus Why do we celebrate? Explore different celebrations, e.g. birthdays, Harvest, Christmas and Easter. Why did Saint David emphasise doing the 'little things'? (Links to the Golden Rule within Christianity, the teachings of Jesus and the Bible.) Do Christians have a special book that gives them guidance? What other influential religious people do the children know about?	Skills Making comparisons and identifying similarities and differences of identity, lifestyle, community and tradition. Focus How do the children of Wales celebrate Saint David's Day? How do other nations celebrate their own patron saints (e.g. Saint Patrick's Day in Ireland)? Why do people in Wales dress up on Saint David's Day? How do other religions celebrate what is important to them? Do you think that people in other countries think that all Welsh people wear traditional Welsh clothes today?	Skills Communicate about what is good and bad, right and wrong, fair and unfair, caring and inconsiderate. Focus What did Saint David mean when he said 'do the little things'? Think of examples of Christians (e.g. Mother Teresa) who have helped others. Why was helping others important to them? Who should we help? How can we help them? Think of ways in which you could help your family... your friends... etc. Can we love people who are not our friends? How?	Skills Consider the consequences of words and actions on themselves and others. Value friends and families and show care and consideration. Focus Why is Saint David's Day important to people in Wales? What are the different ways in which Saint David's Day is celebrated? Why do people have festivals and celebrations? What makes you sad, frightened or lonely? What can people do when they are sad, frightened or lonely? How can we help others who are sad, frightened or lonely?

Greater Depth	Exploring responsibility	Personal response
Skills Show curiosity and develop positive attitudes to new experiences and learning particularly when learning about people from other religions and cultures. Focus What do you like about school? What day is special for you? What days might be special for Christians... for Muslims etc.? What would a Muslim do to celebrate Eid? What would a Jew do to celebrate Passover?	Skills Develop a positive self-image and a sense of belonging as part of different communities and to have an understanding of their own identity. Focus To what groups or clubs do you belong? How do you show that you belong? How do you show that you are proud of belonging to that group? How can we show respect to others who belong to different groups?	Skills Thinking about and asking questions about themselves, other people and living things, and listening to the answers. Respond personally to simple imaginary moral situations, considering them from religious perspectives and giving reasons for decisions made. Focus What 'little things' can we do to make other people's lives better and happier? How can doing 'little things' make such a 'big difference'? How can helping others make us happy?

Activities

I'm special because ...

- Discuss why some people and books are special in the lives of people.
- Share and introduce people who are special to you with the children and tell them why they are so special to you.
- Encourage the children to talk about people who are special to them and explain what makes them so special. What do they do? Do they do the little things?
- Ask the children to record their feelings and ideas with drawings/writing (page 34).

Decisions! What should I do?

- Discuss the examples of 'doing the little things' in the story.
- Encourage children to think and share examples of themselves/others doing the little things in different situations (in school, at home, in community, etc.).
- A problem-solving activity where the children are asked to look at the different scenarios on the cards and decide which ones are the odd ones out (pages 35 - 37).
- Encourage the children to explain why they have chosen these cards.
- Ask the children to consider alternative decisions/responses.

This is me doing the little things!

- Discuss the different ways in which Alys did 'little things' to help others, e.g. giving Siân a daffodil; encouraging Megan to sing despite her lack of confidence; ensuring that her brother was comfortable after coming home from school; helping her mother make Welsh cakes; sharing her Welsh cakes with her grandmother and spending time with her telling her about her day.
- Ask the children to think of times when they have done little things to help other people. Examples might be: asking someone who has no one to play with to join in a game; opening doors for someone; washing dishes at home, and saying 'thank you' or another kind comment to another person.
- Ask the children to draw pictures of themselves doing 'little things' to help others. Take photographs of children involved in acts of kindness. Ask them to write sentences describing their actions.

My special cakes

Like many other families, Alys and her mother make Welsh cakes on Saint David's Day. There are several different Welsh names for these cakes including: *pice bach*, *picau ar y maen*, *cacs bach*, *cacennau cri* and *teisennau radell*. A less known English name for them is griddle cakes. One way in which the children could celebrate Saint David's Day is for them to make (and eat) Welsh cakes.

Ingredients:

- 225g plain flour
- 85g caster sugar
- tsp mixed spice
- tsp baking powder
- 100g butter
- 50g currants
- 1 egg, beaten
- splash milk

To make:

- Rub the butter into the sieved flour to make breadcrumbs. Add the sugar, currants and then the egg. Mix to combine, then form a ball of dough, using a splash of milk if needed.
- Roll out the pastry until it is 5mm thick and cut into rounds with a 7.5-10cm fluted cutter.
- Rub the bakestone or a heavy iron griddle with butter.
- Put it on to a direct heat and wait until it heats up.
- Place the Welsh cakes on the griddle, turning once.
- They need about 2-3 minutes each side. Each side needs to be caramel brown before turning.
- Remove from the pan and dust with caster sugar while still warm.

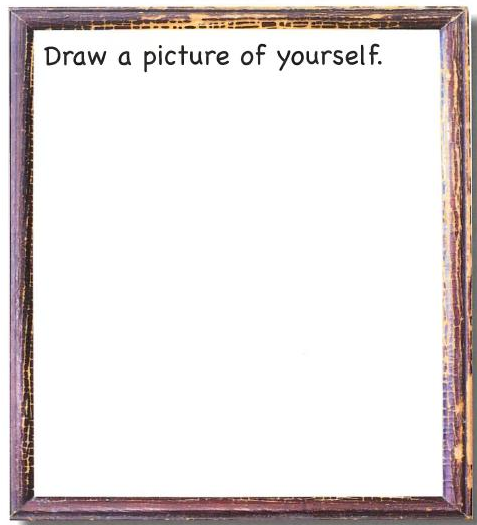
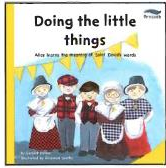
Encourage the children to record the process of making the cakes orally, by drawing pictures, writing the instructions, etc. Use template on page 38 to support them.

Further activities/Links to the Foundation Phase Areas of Learning

- Discuss celebrations in the lives of the children, e.g. birthdays and Christmas. Why do we celebrate? (a person's birth, an event, the life of a famous person or something that has happened in his or her life, to say thank you to God).
- Discuss why we celebrate Saint David's Day. David was a very good man who taught people how to live their lives and to think about other people. He is the 'patron' saint of Wales. The word 'patron' is derived from the same word as 'pattern'. Saint David provided the Welsh people with a 'pattern' for them to follow.
- Discuss why celebrating Saint David's Day is important to the Welsh people. What does it mean to belong to a nation?
- Discuss what happens when a celebration takes place, e.g. making decorations; making and sending cards; preparing and eating special foods; getting together with others who are also celebrating; making invitations and sending them; thinking about and listening to stories about the person or event that is celebrated; giving presents; playing games.
- Plan and hold a celebration of Saint David's life in the classroom.
- Learn about the life of Saint David. There are several websites which provide information for teachers

and pupils about the life of Saint David.

- What happens on Saint David's Day? Look at a picture of Saint David with the pupils and remind them why his life is celebrated on March 1st every year in Wales.
- Read and discuss the book 'Doing the little things'. Explain what happens on Saint David's Day in many schools in Wales. Draw their attention to the clothes worn by some children on this day; the use of daffodils and leeks; the practice of singing songs and reciting poems; eating Welsh cakes.
- Look at photographs of pupils celebrating Saint David's Day and discuss the pupils' own experiences of the day.
- Discuss key words linked to the day such as: Saint David's Day; special saint; black hat; long skirt; white apron; shawl; waistcoat and flat cap; daffodils; leeks, and Welsh cakes. Using these key words and, providing the necessary support, ask the pupils to write an account of what happens on Saint David's Day.
- Make a class book entitled 'Celebrating Saint David's Day'. Include the children's writing as well as photographs of their own celebration of the day.
- Doing the little things - The Golden Rule. Show the pupils a Bible and tell them that it is the special book of Christians. The reason for this is that it tells them about the lives of many key people in their religion and it also tells them how they should live their lives.
- Discuss the Golden Rule of Christianity which is found in the Bible – doing to others as we would want them to do to us. This is what Jesus taught his followers. Discuss examples of this in practice with the children. Provide examples of Christians who have helped others such as Mother Teresa helping the poor in India.
- Jesus told us to love everyone, even if they were not our friends. Can we love people who are not our friends? How?
- At the end of the book Alys' grandmother tells her that small acts of kindness may not seem like a lot but they can make a big difference, especially when lots of people do little things to help others. Discuss this concept with the pupils. How would life improve if everyone did the 'little things'?
- As part of an act of worship the story 'Doing the little things' could be told/read to the children. This could be followed by pupils showing their pictures and reading their sentences. The act of worship could end with a moment of quiet reflection in which the pupils could be encouraged to think about how they can do little things to improve the lives of others.
- Display the children's pictures and photographs together with their sentences. Give the display a title such as 'Doing the little things to help others'.
- Discuss with the pupils how people use clothes, symbols and emblems to demonstrate that they are part of a group. Discuss what groups they belong to – family, beavers, etc. How do they show that they are a part of a group? How should they view people who belong to other groups or other religions?



Draw a picture of yourself.

My name is

I am special because ...

Decisions! What should I do? Set 1

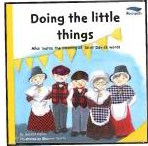


Decisions! What should I do? Set 2

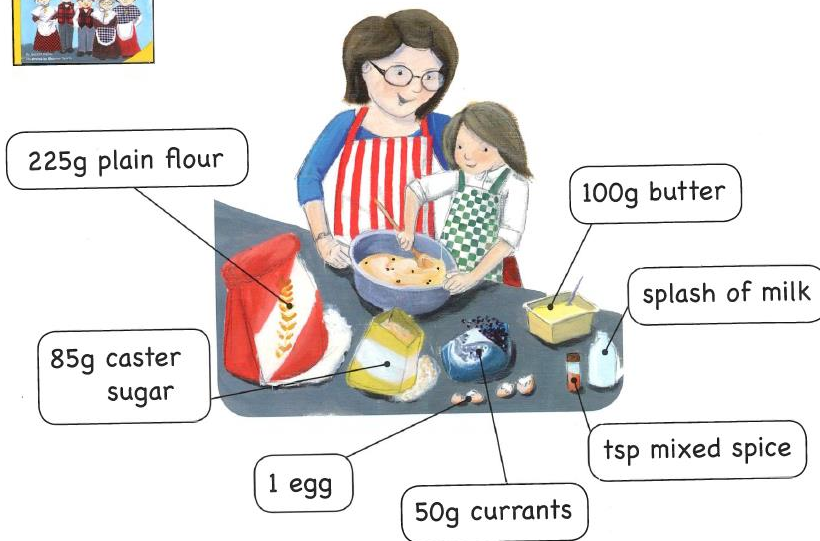


Decisions! What should I do? Set 3





My special cakes



rub

measure

bake

turn

mix

add

cook

cut

roll

