

## Ark and Little Lights

Hello Parents,

Do you try to be a super mum/ dad? I'm sure you do. I have learnt over the years that whilst it is possible to be a good mum, it is impossible to become supermum and because of my ditsy character, the more I try to get it right, the more I get it wrong. But you know, I've also learnt, that it doesn't matter. What people want is a genuine mum, foibles and all and as long as we love our kids, it really doesn't matter that we can't do it all. When I used to run a children's group, they were always telling me how I might improve on a craft and the worse I did it, the more the children laughed and the more it 'bigged them up' when they could show me my mistakes, so have a laugh and give yourself a break. – you're loved by your children.

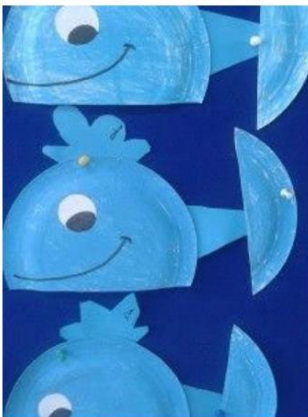
If you have been following my Jonah and the Whale videos, this week Jonah is swallowed by a Whale (all in the old Testament) but God listens to Jonah's prayer and comes to the rescue.

Whether you take this as literal or allegorical – the story is all about the fact that if God is telling us to do something with our lives, it's good to listen. as he will guide us through.

<https://youtu.be/pj6mDny-op8>



## Fish craft



This week you can either use the plate which is such a useful craft addition. Also pasta is so enjoyed by children – you can colour the pasta with food additive.

## How to make coloured pasta for craft

- Pasta (you can use any kind, I bought a few bags and mixed them up for a bit of variety). Be aware of the size of the pasta you are buying as some of the smaller ones could be a choking hazard.
- White vinegar (I bought the cheapest brand)

- Zip Lock bags – you will need 2 for each colour (1 for the mixture and 1 to store the dried pasta in). You can use containers for mixing the colours, but be aware that the colouring will stain
- Grease proof paper
- Food colouring



**What to do**

1. Tip a variety of pasta into a zip lock bag
2. Add a tablespoon of vinegar
3. Add food colouring (as much as needed to create your desired colour)
4. Shake the bag until all of the pasta is covered in vinegar. If there is not enough, add a tiny bit more vinegar
5. Lay the pasta on grease proof paper to dry. You need to separate the pasta so that it doesn't stick together when it dries.
6. Wait for the pasta to dry. I left mine for about 3 hours in the sun, but the actual time will depend on where you leave it.
7. Store your pasta in a zip lock bag or container.

Have a good week and enjoy any snow.  
 love  
 Catherine, little lights, and The Ark