

Ice Cream



- Which ice cream flavours do you remember best from your childhood? Have your tastes changed since then?
- An ice cream cone can remind us of the joy to be found in simple moments. It melts quickly, can get messy and never lasts as long as we hope - but perhaps that's part of the pleasure!
- School life can be similar - busy days, unexpected spills, times that haven't gone to plan - but also, the shared memories we'll treasure, the laughter, a child's breakthrough, taking pride in a job done well!
- Ice cream teaches us something important about life; if we rush, we'll miss the experience. Sometimes we need to slow down and savour the moment before it slips away.
- This summer, give yourself permission to pause, to notice the simple moments and to enjoy the good things in life!

“Sometimes you will never know the value of a moment until it becomes a memory.” Dr Seuss



