

Lollies



- Mesopotamian nobles built ice houses along the Euphrates River at least 4000 years ago so they could have iced drinks and desserts on hand, but popsicles and ice lollies are much newer. The story is that they were invented by accident in 1905 when an 11 year old American boy stirred his drink with a stick and left it on the front porch. When he came back next morning it had frozen solid, creating a refreshing drink on a stick!
- What refreshes you when you're feeling hot and bothered?
- How can you build times of refreshment into your routine?
- Are there ways to bring more colour and flavour into your life?
- Do ice lollies remind you of your childhood and make you smile?
- What else could you do to rediscover your inner child this summer?