

## NO SPECIFIC DATE

Here's a couple of Know Myself activities you can complete at any time you fancy this term.

### A Rainbow Odyssey

1) Can you name any Greek gods or goddesses? Don't worry if you can't/ Many people can name the well-known ones like Zeus or Hades, but not all of them. The important gods and goddesses were known as Olympians and were said to live on Mount Olympus in Greece.

2) Make up an action for each of the Greek gods and goddesses below:

**Iris** - is the goddess of rainbows (not you but the ones in the sky) and the messenger of the Olympian gods. People believed she made rainbows suck up seawater to the rain clouds so that it would rain.

**Hypnos** - is the god of sleep. People believed he had the power to put anyone to sleep. He was sometimes naughty and helped the gods play tricks on each other by making them fall asleep.

**Demeter** - is the goddess of the harvest and growing plants. She was responsible for letting the plants and crops grow, but would hide away every winter.

**Hestia** - is the goddess of the home. She was known for her kindness and generosity.

3) What other gods or goddesses do you think there were? One for mobile phones? Probably not as they weren't invented. Look around your room and name ten things that the Ancient Greeks wouldn't have had.

send us your list of items

### Poppy Fields

1) Can you remember what you did this morning, last time you came to Rainbows, what about 75 days ago? Why is it easier to remember some things from the past but not others?

*One way to remember things is to think about them regularly. At school you might learn about Kings and Queens, and you can probably tell us lots about them. We have to actively do and talk about things to remember important parts of our past.*

2) On the 11 November many people take part in Remembrance Day. Have you heard of it before or ever done anything for it? Why might people want to take part in Remembrance?

*We take part in Remembrance to thank the people who've protected our communities and country, both in the past and now.*

3) Grab a piece of paper. Can you think of an image or picture that you see every year around Remembrance Day?

*Poppies became the symbol of remembrance after World War I. They could be found growing on the fields across France and Belgium during the war and even appear in the famous poem **In Flanders Fields** written during World War I.*

4) Have a go at creating your own poppy field that you can showcase on Remembrance Day. Create as many poppies as you want all over your paper. While you're creating this, think about how else you could remember the people who protect the community and country.

send us a picture of your poppy field