

## **Fox Cubs Minute**

This weekend there were seven Fox Cubs in all.

Our theme was about where we belong, how we fit in, and being proud of who we are. Firstly we thought about how we need to care for each other and feel we belong to our group.

We listened to a story, "No Matter What", which was about how important it is to feel loved and to feel safe.

We made a den as a safe space. Soup was made here, books were read, and it became a quiet place to be alone or with others.

We have worshipped together each day using candles, lights, and floating flowers. These quiet times helped us think about ourselves.

We also thought about helping each other. Using our special dolls we learnt that some people do not always have enough food or enough money for heating. We made up a food box with treats for our little doll family.

It was important to have fun, which we did when we played together with the parachute, outside in the park, and on the balcony outside our room. We made new friends and learned about life through imaginary play.

We thought about all of you sitting here in the Light, and what you were doing. We set up a miniature room using little wooden people, and thought about the people sitting at the front.

Today we thought about what is happening in other communities we are part of, and little ways we can help each other.

Being together in person again made us happy and helped us feel part of our Quaker community.