

Deborah – Share

This one's a mission for the children: Prepare a special meal for the grown ups in your house one night, or maybe next weekend. Lay the table nicely and maybe pick some flowers to go in a vase on the table.

You'll need their help with buying food and touching anything hot. If you are very small you can still lay the table and decorate it, even if you can't cook the food.

Try to choose a meal that they would like, not just your favourite meal! Do it as a 'thank you' for all the times they have supported you and helped you.

