

MAIN LESSON ACTIVITY

Good morning everyone,

I hope you had a lovely weekend and are looking forward to our second week of Ancient Greek Mythology.

The story on Friday introduced us to some new characters – Helen, who was said to be the most beautiful woman, daughter to Zeus and the Queen of Sparta, but raised by the King and Queen of Sparta. We were also introduced to Paris of Troy, and he was visited by three goddesses in the field. He was to give a golden apple to the fairest of the three, and in exchange, Hera offered him power and riches, Pallas Athene offered him wisdom and Aphrodite offered Paris the most beautiful woman to be his wife. In the end, Paris chose Aphrodite and gave the apple to her.

For today's activity, I would like you to choose one thing that you can do or give to someone in your family (or all your family if you wish) and for the rest of the day, you need to remember that you have made this promise and keep it. The goddesses promised Paris these attributes of power, wisdom and love for the entirety of his life, which is a much more significant commitment than a day!

In terms of choosing something, it is a promise you are making and so consider well, that it is something you can fulfil all the way till bedtime.

Here are some ideas for promises you could make:

- You could promise to be kind and not say or do anything that might upset someone
- You could promise to make your parents a cup of tea or coffee whenever they want one through the day
- Perhaps you might promise to cook a meal or all the meals during the day
- Promise to help someone in the family, no matter the task or what you are preoccupied with
- Promise to give the family a massage
- You could promise to clean the house or part of it
- You could promise to do everything you parents (or teachers) ask, without hesitation
- Perhaps you'd like to offer any amount of jobs around the house or garden that you know has been asked of you but you've not done.
- If you know a sibling, parent or friend has asked you for something (whether it's to share, be nice, if they can play, for you to help in the kitchen or something like this) and you know deep down that you haven't really fulfilled these requests, perhaps today is the day!

Make sure you are promising that is meaningful to your family and situation, and something you can uphold all day. If your family or the person you would like to make the promise to doesn't accept it (as Paris didn't accept Hera or Athene's offering) then you need to come up with a new promise that is satisfactory.

I hope you have fun giving in this way today. Take note of whether it is hard at all, or whether you enjoy it all day long, and most of all, enjoy the fulfilment of a promise!