Mothers Day blessings

Mothering Sunday is a chance to say ‘thank you’ for the special role of our mum. Even mums who are far away or who have died can be remembered and honoured – read on for some simple ways to celebrate the love of mothers everywhere.
Mothering Sunday is a day to celebrate the love and care of all who have a mothering role. These thoughtful ideas show how much you appreciate your mum, and how much her love can be shared with others too.

**Plant some seeds**

Mothering Sunday is just the right time of year to plant sunflowers. Even little children can help pop the seeds into the ground and give them water, and it's a great way for them to learn how things grow, and how to take care of something precious.

*Tip:* if it's still frosty at night, plant the seeds in a pot indoors, and then move them outside once they have germinated and the weather is warmer.

**Paper flower blessings**

Scroll down this page to download and print a simple but beautiful craft activity to bless someone. It's something you can pop in the post to send to a loved one who is far away – perhaps a mum, a grandparent or a godparent.

**Give some flowers**

If receiving flowers makes you smile, how about taking a small bunch of flowers round to an elderly neighbour who may be alone on Mother's Day?

If you have a mum but she's far away, you could:

- Press some flowers and use them to make her next birthday card
- Send her some bulbs to plant, by post
- Send her a paper flower blessing (see above)
- Say a prayer for her at bedtime

Churches celebrate Mother's Day with a special service and often give out small posies of flowers – sometimes just to the mums, sometimes to all the women, and in some places, to everyone!

If your mum has died, you might like to take a posy of flowers from church to her grave. If it’s a long way away, do you know someone who lives nearby who might do it for you, and send you a photo?

**Give a gift to change the world**

You could visit the [Unicef Gift shop](#) or a similar site and buy a gift in memory of a person who was special to you, and that will make a difference in the world.
Related pages

**Heroic Bible mums**

Discover a way to read and talk with children about mums in the Bible

**Craft activity to try**

- [Paper flower blessings](#) (647.9 KB)

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