

> Give them the opportunity to really feel the heat: go abroad to see live volcanoes in Italy (where you can also see the devastation wrought in Pompeii) or Iceland, watch fire-eating, or let them get up close to the transformative power of fire through lessons in glassblowing and firing pottery. You might even be lucky enough to find a blacksmith who will let them try their hand at working metal. Closer to home, you can make your own mascara from charcoal, or fragrant little incense cones to enjoy or give as gifts. If your children want a big project, build a fire pit or pizza oven in the garden for the whole family to enjoy.

I hope that by choosing even one or two of these activities to enjoy together your family will find itself energised by the power, warmth and light of fire. ●

Celebrating fire all year

Celebrate the festival of Hanukkah in November or December. In January go to the Up Helly Aa festival in Scotland, where there are torch-lit processions and the burning of a Viking-style galley. Huddle around the warmth of winter fires. Look for the lengthening and warming days of spring. Hold a summer barbecue for family and friends. Find ways to light up your house and garden all year round, from sunflowers to fairy lights, fireworks to lanterns. Good stories to read together include the legends of Icarus, who flew too near the sun, and Prometheus, who stole fire from the gods.



www.true-image.co.uk

www.theglasshub.co.uk

For more ideas and how-tos for the activities mentioned visit www.pinterest.com/melissaaddey/playing-with-the-elements-fire
Find useful tips for educating children about fire safety here - www.nidirect.gov.uk/fire-safety-advice-for-parents-and-child-carers

In the winter
issue : WATER

Melissa Addey works as a mother, writer and business consultant – in whatever order happens to come along! She was brought up on an organic farm in Italy and home schooled. She lives in London with her husband and young son and is working on a historical novel set in the Forbidden City. www.melissaaddey.com