



Find the sun on
a cloudy day



Find the sun on a
cloudy day

As we gather today, focus on the
music video.

Just over 3 minutes of reflection
time.

The lyrics are very simple but try
and think deeply about what
they mean to you.



Find the sun on a
cloudy day

Tones and I –Cloudy Day

<https://youtu.be/V91GRYjIR2I>



Find the sun on a cloudy day

Am I living?

***Oh, what a funny thing to say
But there's alive, and then there's living
Am I living for today?***

Q- Can you distinguish between being alive and living?

Q- Are you living your life or going from day to day?

Q- How do you aim to live your best life?

I'VE
GOT
SUN
SHINE
ON A
CLOUDY
Day

Find the sun on a cloudy day

*But your momma always said, "Look up into the sky
Find the sun on a cloudy day"*

*But your momma always said, "Look up into the sky
Find the sun on a cloudy day, on a cloudy day"*

Q- What does finding the sun on a cloudy day mean to you?

Q- Have you ever had to do this?

Q- Can you give two examples to explain your interpretation?

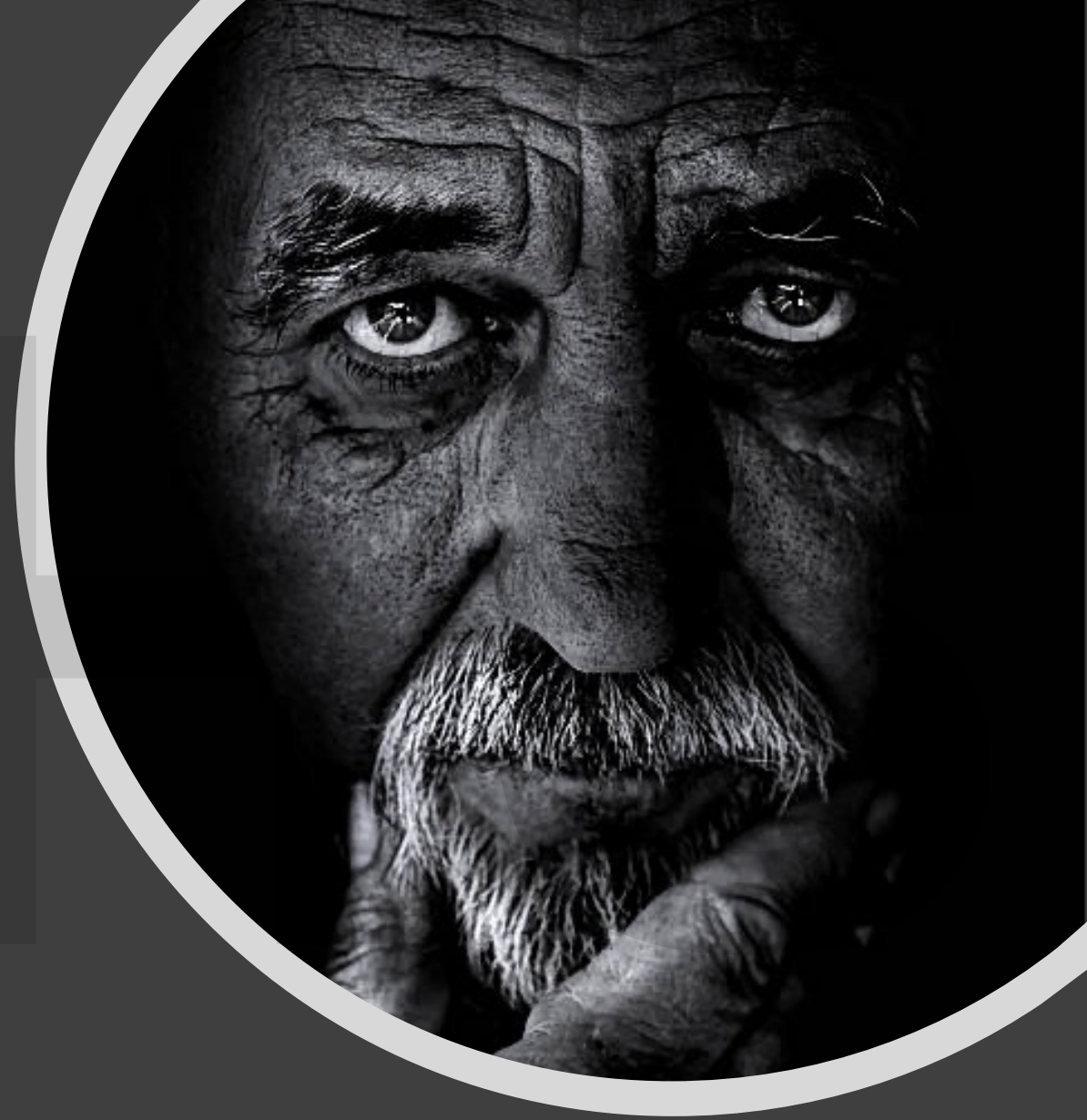
Find the sun on a
cloudy day


*And am I wiser?
For holding close, the friends I make
But if I'm wise, then why this feeling
Of a trial that I can't shake?*

Q- Why would you 'hold' people close to
you?

Q- Why is the singer speaking about 'a
trial'?

Q- It sounds like people are judging her,
why is this so?



A young girl with her hair in two braids, wearing a white dress, is shown in profile, looking upwards. The background is dark with a large, glowing, abstract shape that resembles a smiley face. The shape is composed of many fine, white lines that form a bright, ethereal smile. The overall mood is contemplative and hopeful.

Find the sun on a
cloudy day

*And I'm getting older
With every memory I make
Now that I'm older, with these
moments*

*Will I live with them or just throw
them away?*

Q- 'Getting older' could mean developing wisdom, why is this important as we mature and how do we use it to our advantage?

Q- Memories shape and mold us, what are you choosing to keep or throw away?

Find the sun on a cloudy day

'Find the sun on a cloudy day' is a great phrase to remember as it is reminding us to be positive about what we have.

It gives us a nudge to not be selfish.

The words are a 'kick in the shin' to stay humble and grateful.

Q- How many times do we fall into the trap of confusing needs and wants?

Q- Your basic needs are closely linked to human rights; can you think of some?

Q- Wants are those luxuries in life that are nice to have, can you think of some?





Find the sun on a cloudy day

The following slides are great examples for us to ***'Find the sun on a cloudy day'***.

For each slide talk to your form tutor about
about

What is the picture showing?

Why we should be grateful/humble?



Find the sun on a
cloudy day

What is the picture showing?

Why we should be
grateful/humble?

Think about-

Lack of medicine, vaccinations,
infant mortality, hospitals, doctors.



Find the sun on a cloudy day

What is the picture is showing?

Why we should be grateful/humble?

Think about-

Child labour, cruelty, lack of childhood, children's rights, exploitation.

Find the sun on a
cloudy day


What is the picture showing?

Why we should be
grateful/humble?

Think about-

Loving family, support, security,
home.



A close-up photograph of a pair of weathered, brown-skinned hands cupping a single slice of whole-grain bread. The hands are positioned in the center-right of the frame, with the fingers gently supporting the bread. The bread is a thick slice, showing a golden-brown crust and a porous, light-colored interior. The background is dark and out of focus, with a faint blue light source visible in the upper right. A large, semi-transparent watermark of the letters 'S' and 'U' is overlaid on the left side of the image.

Find the sun on a
cloudy day

What is the picture
showing?

Why we should be
grateful/humble?

Think about-

Availability of food,
waste, starvation.

Find the sun on a
cloudy day

What is the picture
showing?

Why we should be
grateful/humble?

Think about-

Equality, importance of
education, having a great
school, life chances.



Find the sun on a
cloudy day

What is the picture showing?

Why we should be
grateful/humble?

Think about-

How fantastic nature and the
planet is, pollution, global
warming, selfish human
activity.





Find the sun on a cloudy day

Finally, what is your 'go to' song that allows you to **'Find the sun on a cloudy day'**?

Share with others in your class.

How many others agree with you?