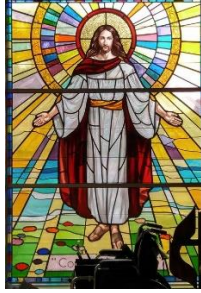


## Mrs Manning's Daily Well Being Activity and Prayer



Lord be beside us every day,  
Guiding and leading us gently always.  
Lord be above us, help us to see,  
The hope of the future, of all we could be.  
Lord be beneath us to carry us when  
We are exhausted and don't have the strength.  
Lord be ahead of us, smoothing our paths,  
Protecting and blessing the places we pass.  
Lord be behind us, healing our wounds,  
Forgiving mistakes and making us new.  
Lord be within us, this family is yours,  
Now and forever, you are our Lord.

Amen

### Well being Activity

Make yourself a 'Proud Cloud'. Draw a large cloud on a piece of paper and write in it anything that you have done recently that you are proud of. Maybe you did some extra hard work or were particularly kind to someone today. It doesn't have to be a great big thing, perhaps you were brave when you saw a spider or gave someone first choice of biscuit. I bet you will fill your cloud! Of course you can decorate it how you like

