

Mrs Manning's Daily Well Being Activity and Prayer



Lord,

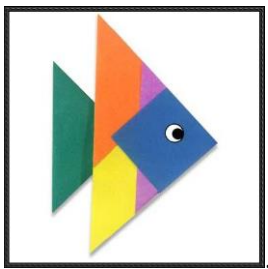
Open my eyes so I can see,
The ways I could more useful be,
Give me the strength of heart and mind,
To do things that are good and kind.

Amen

Well Being Activity

Flappy Fish

Cut out some paper fish from thin paper – newspaper is ideal. You can colour them with crayons but don't stick anything on them or they will be too heavy. Put them on the floor or table and get a piece of card or thin book or comic and flap it behind the fish to make the fish 'swim' along. Have races with your family. Experiment with smaller or larger fish and different shapes



STAY SAFE