

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

### Well-being Activity



My 10 favourite.....

Make lists of you 10 favourite anythings. It could be dogs, sweets, games, films, dinners - absolutely anything. Compare your lists with your family. It's also a good game to play in your head in the car, or if you can't sleep.

### Prayer



Lord, send me sleep that I may live;  
The wrongs I've done this day forgive.  
Bless every deed and thought and word  
I've rightly done or said or heard.  
Bless relatives and friends always;  
Teach all the world to watch and pray.  
My thanks for all my blessings take  
And hear my prayer for Jesus' sake.

Amen