

Mrs. Manning's Thursday Well-Being Activity and Prayer



Well-being Activity

You are going to use your nose today to find things that smell. Collect some flowers, leaves and twigs (again, only what your grown-ups allow) from the garden and crush them in a pestle and mortar or on a chopping board with a rolling pin. What do they smell like? Herbs like mint etc are really good. Some flowers smell nice but some don't smell of much at all. Do they smell different before they are crushed? Try it with herbs and spices from your kitchen cupboards too. Which smells do you like and which don't you like? What about your family? You could maybe make a little chart.

Prayer



Do not worry but in prayer,
Ask God for what you need,
With thankful heart and simple trust,
For God is Lord indeed.

Amen