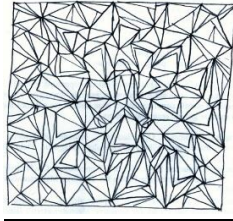


Mrs. Manning's Daily Well-Being Activity and Prayer

Well-being Activity



Do some calm colouring today. If you have a colouring book, find a nice picture or pattern. You could print something from the internet or you could make your own pattern. Try making a pattern without taking your pencil off the paper. Then colour it in. Take your time, make it nice and neat.

Prayer



Dear God.

We give thanks for the goodhearted people who love us and who show their mercy and kindness by providing us with food and drink, house and shelter when we are in trouble or in need.

Amen

(From a 1739 Prayer Book)