

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

### Well-being Activity



Make some re-cycled skittles. You can use plastic bottles or toilet roll tubes to make a set of skittles. Decorate them how you like – the only limit is your imagination! You might need to wrap the bottles in paper if you are using them. Put different numbers on them so you can add up your score. If they fall over too easily stuff them with scrap paper. Use a soft ball or scrunched up newspaper or foil to knock them down. Why don't you share your works of art with your class mates by whatever means you are allowed. You could even have a virtual zoom game with them if your adults agree. Have fun.

### Prayer



Dear God

Make me more mindful of all those who support me and my well-being.

Help me notice acts of kindness from friends and strangers alike.

Help me be grateful to those who work so I have food, water, heat and light.

And bless and strengthen those who keep working whilst I sleep.

Amen