

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

Well-being Activity



Make your own fossils. Make some salt dough with 1 cup plain flour, half a cup of salt and half a cup of water. Put it all in a bowl and mix it all with your hands – it's lovely and messy! If it's too dry add more water and if it's too sticky add more flour. Then roll it into little balls and flatten them with your hand. Then you can press objects into them that will look like fossils, maybe a shell or a very bumpy stone. If you have a little toy dinosaur, that works well or you could even make 'alien' dinosaurs. It's up to you, and if you don't like what you have made squash it up and start again. You can leave them to air dry or pop them in the oven (with supervision) on the lowest temperature for about 4 hours.

Prayer



Dear God, you are my shepherd,
You give me all I need,
You take me where the grass grows green
And I can safely feed.
You take me where the water
Is quiet and cool and clear,
And there I rest and know I'm safe,
For you are always near.
Amen

(Based on Psalm 23)