

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



Well- being Activity

Make a glitter jar. Use a clear plastic bottle or jar such as a jam jar. Pour in warm water until it reaches about one third of the way up. Add about 3 table spoons of PVA glue and 2or 3 drops of food colouring. Then add your glitter – as much as you like and give it a good stir or shake. Then top the jar up with more warm water leaving a little gap at the top. They are fun to use anyway but if you are worried about anything give it a good shake then watch it swirl and settle. As the glitter calms down so will your thoughts.



Prayer

Dear Lord,

May we learn to appreciate different points of view:

To know the view from the hill is different from the view in the valley.

The view to the east is different from the view to the west.

The view in the morning is different from the view in the evening.

The view of a parent is different from the view of a child.

The view of a friend is different from the view of a stranger.

The view of humankind is different from the view of God.

Lord, help us not to despise what we don't understand.

Amen