

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



### Well-being Activity

Make yourself a 'Happy Box'. Find an old box and decorate it how you like – the brighter the better. Maybe give it a face like this. Fill it with little things that make you feel calm and happy. It could be a shell you found on the beach or a photo of your dog. You can write things on little pieces of paper as well, such as the names of your friends or a special day out you had.

### **Prayer**



Dear God

When I see someone in trouble, may I know when to stop and help or when to hurry to fetch help.  
May I never pass by pretending I don't see.

Amen