

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

Well- being Activity



Play balloon keepy uppy. How long can you keep the balloon in the air without it touching the ground? How many different body parts can you use? Can you do it with more than one balloon?

Prayer



Dear God

Help me to hear you today

To hear your joy in the birds songs,

To hear your heart in the chattery voices,

To hear your voice in the quiet.

Help me hear you today

Amen

(from www.lords-prayer-words.com)