

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



### Well-being Activity

Do some alphabet yoga. Try and make your body into the shapes of all the letters of the alphabet- upper case is easiest. If you can't do them all see if you can spell out your name. Spell out some words for your family to guess.

### **Prayer**



I thank you Lord for sleep and rest,  
For all the things I love the best,  
Now guide me through another day,  
And bless my work and bless my play.  
Lord make me strong for noble ends,  
Protect and bless my loving friends.

Amen.

(Bible Hub)