

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



Well-being activity

Make yourself some little worry dolls. They originate from Guatemala and Mexico where children use them to take away their worries. Legend has it that you tell them your worries then pop them under your pillow before you go to sleep and hopefully the worries have been taken away by the morning.

Get small twigs and wrap them with different coloured wools or threads to look like their clothes or you can twist some pipe cleaners into a doll shape. You can use as many colours as you like. Leave a little bit unwrapped at the top for the head and draw a face. Make them tiny so that you can pop them under your pillow or carry them around in your pocket if you like. I hope they work for you.

Prayer



May peace far wider than the sky,
And deeper than the sea,
Fill your heart and soul and mind,
Now and eternally.
Amen

(Philippians 4:6-7)