

Tell God about your day

Many Christians use a prayer activity at the end of each day to help them think back over the day and pray about things that have happened. They find that it helps them. It is based on an old prayer tradition called an 'examen'. This is a form of the prayer that you could use. Talk to God about your day either by yourself or with other people in your family.



God loves me and wants to listen to me talk about my day.



I tell God what I did today.

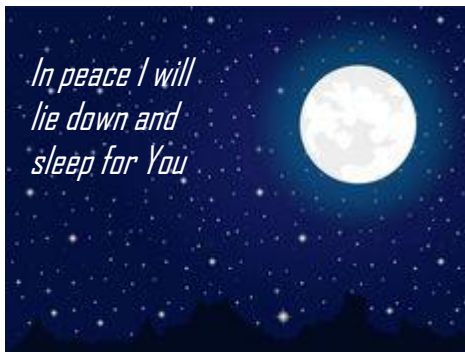


When was I the happiest?

When was I the saddest?



What did I like best about today?



I finish by saying:

*Thank You God
for this day.
Bless tomorrow,
this I pray*

Amen

IDEAS TO HELP WHEN YOU FEEL WOBBLY

Everyone has days when they feel a little wobbly inside
maybe worried, scared or sad

It's ok – it's normal

There are things that we can do to help us when
we feel like that and to help us be stronger so
the wobbles don't happen too much.

In the story from the Bible about the two houses
Jesus says building the house on the rock is like
building our lives on things which help us be strong.
This booklet has some ideas of things which might
help you to learn how to be strong and help on the
days when feel weak and wobbly.

I hope you find them helpful

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

GRATITUDE PROMPTS

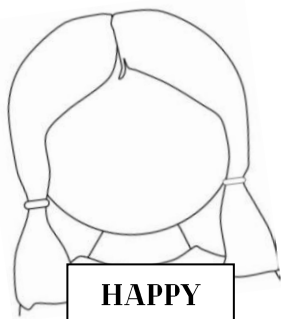
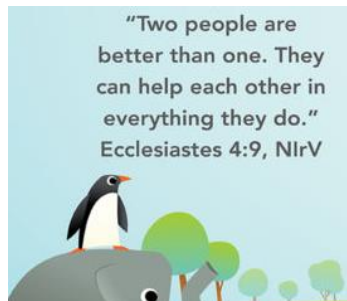
1. A **strength** of mine for which I am grateful is...
2. Something **money** can't buy that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is....
7. Something that **changes** that I'm grateful for is....
8. A **challenge** I'm grateful for is....
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

How are you feeling?

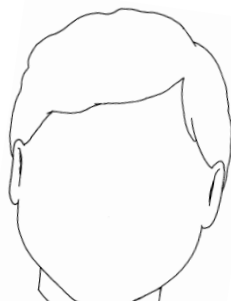
It's always good to talk about how you are feeling.
Sharing with someone can help you feel better.

Add faces and expressions to the people on this
page to match their emotions.

For each one, can you think of a time when you've
felt like this? If you needed help, what helped you?



HAPPY



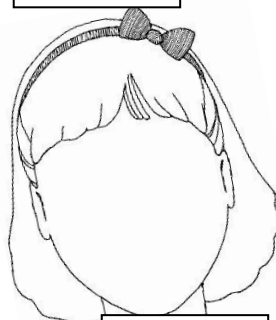
SCARED



ANGRY



THOUGHTFUL



SAD



WORRIED



LONELY



LAUGHING



CRYING

HOW
ARE
YOU
FEELING
TODAY?

God wants you to trust Him when you are scared. Draw pictures of things you're worried about here, then pray to
God about them. He will take care of you because He cares about you.



Cast all your **ANXIETY**

on Him because

He cares for you

1 Peter 5:7



Some prayers that you can say

Dear God,
calm me as Jesus
calmed the storm.
Make any storms in
me stop. Wrap me up
in Your love and
peacefulness.
Amen



**"Dear Jesus, when I am afraid, I
will trust in you. You are always
with me. Amen."**

Night Prayer

God our Father, I come to say
Thank you for your love today.
Thank you for my family And all the
friends you give to me
Guard me in the dark of night
And in the morning, send your light
Amen

*A morning
prayer*

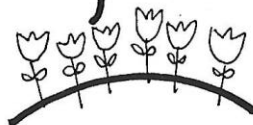
LORD,

help me
to remember,
nothing
is
going to
happen to
me

TODAY

that
You and I
can't
handle

together



ingrid wolf

Calming Balloons

Taking a moment to be calm and relaxed
during a busy day can help us feel settled
and happy.

Taking slow and gentle breaths, in and
out, can help us to feel better if we are
worried, frightened or sad.

Imagine you are blowing up a balloon.
Take a gentle, deep breath in and slowly
breathe out to fill up your imaginary
balloon. Pretend to tie a knot in the end
and tie on a string.



Imagine holding onto your balloon and
watching it flying high in the sky. As it gently
blows in the warm breeze, just watch it. As you
watch it, think of something that makes you
happy.

Imagine blowing up some more balloons and
think of some more things that make you
happy. Enjoy feeling calm and relaxed.



God gives us lots of good things that can make us happy.

Even when times are difficult there are good things that
happen that we can be grateful for and which can help us to
smile. Sometimes it can help at the end of each day to look
back and try to think of 3 good things that have happened.
Sometimes they may only be small things but it is good to
remember them, especially when times are hard.

Thinking about things that make us happy can help us to have
a positive day. It is a good way of looking after our mental
health and wellbeing too.



Bible verses to help

The Bible says lots of things which can help us.

It can be good to try to remember some of these so that you can bring them into your mind when you need to. There are some written here – can you draw pictures to go with them? There are others that you can colour elsewhere.

Jesus said:

Peace I leave with you. My
peace I give you. Do not let
your hearts be troubled and
do not be afraid.

John 14:27

The Lord is near. Do
not be anxious about
anything but pray
about everything –
giving thanks to God.

Philippians 4:5

Nothing can separate
us from the love
of God

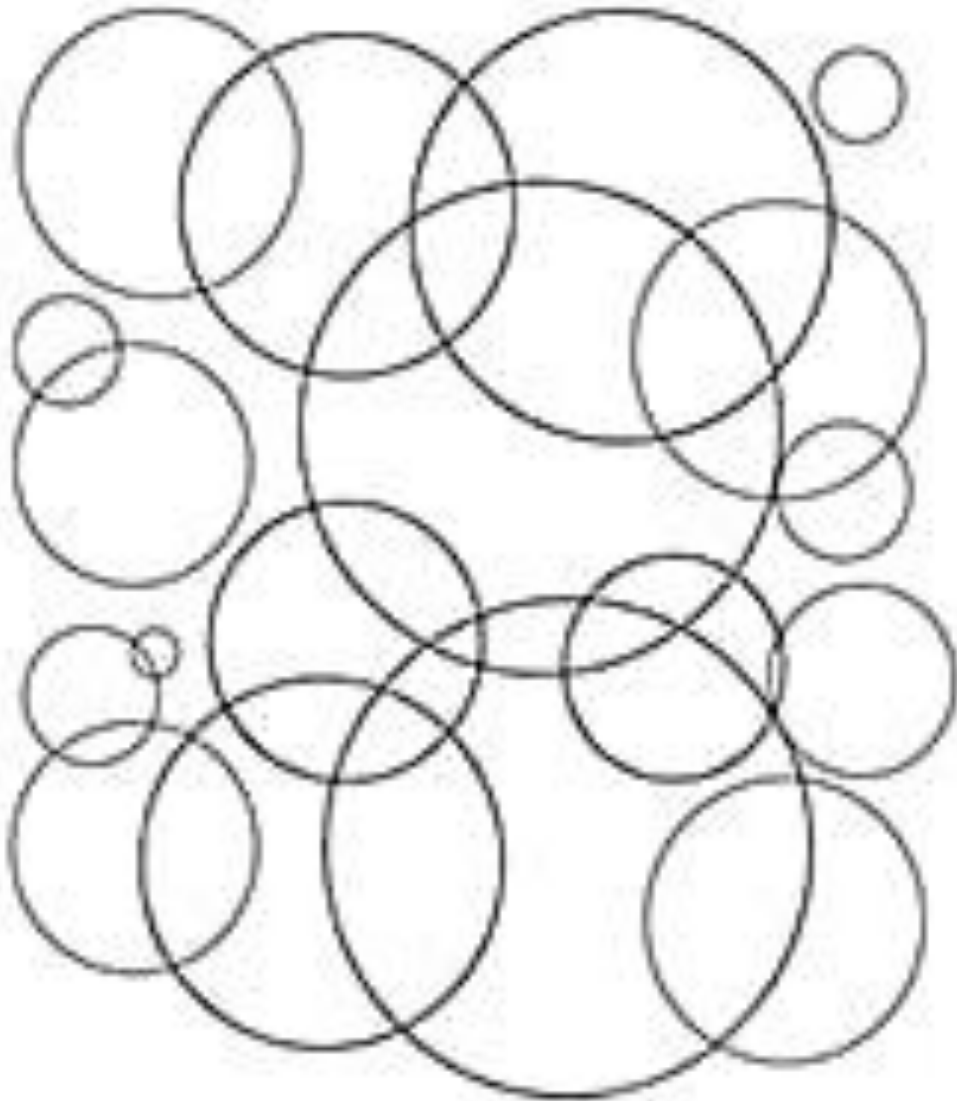
Romans 8:39

Jesus said:
I will be with
you always

Matthew 28:20

Bubbles of Gratitude

Think of things that you are grateful for and want to say thank you for. It could be something big or something very small, something that you experience often or something that has just happened once. Thinking of these things helps us feel calm and happy. Once you've coloured these circles you could make your own sheet.



Be Kind to Yourself

Jesus tells us to love people as we love ourselves. It's important that we look after ourselves as this will help us to be able to care for other people. In the hearts are some ideas of how you can look after yourself. There are also some blank hearts so you can write your own ideas. As you colour in the hearts think about how you can do some of these things and people who might help you.

