

A night prayer

**LORD,
IT IS NIGHT.**

The night is for *stillness*.
Let us be **still** in the presence of God.

It is night after a **long day**.
What has been done has been done;
what has not been done has not been done;
LET IT BE.

The night is *dark*
Let our fears of the darkness of the world and of
our own lives **REST IN YOU.**

The night is Q U I E T
Let the quietness of your peace **enfold us**,
all dear to us,
and all who have no peace.

The night heralds the dawn.
LET US LOOK EXPECTANTLY TO A NEW DAY.
new joys,
new possibilities.

In your name we pray.
Amen.

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*In peace I will
lie down and
sleep for You
O Lord will
keep me safe*

Psalms 4:8

IDEAS TO HELP WHEN YOU FEEL WOBBLY FOR ADULTS

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.

We 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.

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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...

FIVE WAYS TO WELLBEING



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Some organisations that can help with further ideas and resources to support you and your family :

YOUNGmINDS

Provides information for children and young people and those caring for them on mental health and emotional wellbeing issues.
www.youngminds.org.uk



Provides a 24-hour service offering confidential emotional support to anyone who is in crisis.
Helpline 08457 909090
e-mail: jo@samaritans.org



a world leading mental health charity for children and families.
Useful information and resources on their website
www.annafreud.org



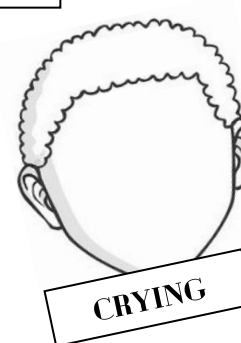
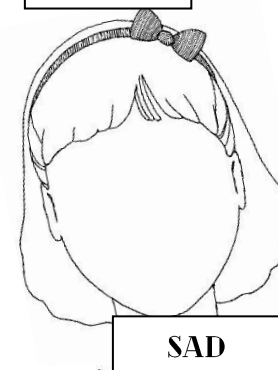
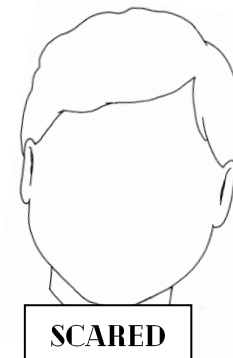
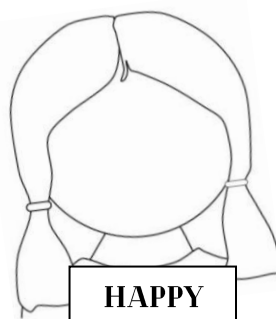
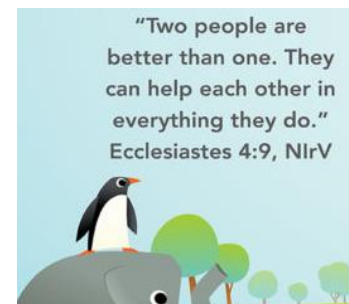
information and support on their website
www.mind.org.uk

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?



HOW
ARE
YOU
FEELING
TODAY?

Some prayers that you can say

*Calm me Lord as You stilled the
storm.
Still me Lord,
keep me from harm;
Let all the tumult within me cease;
Enfold me Lord
in Your peace
Amen*



**Circle me, Lord.
Keep protection near
And danger afar.
Circle me, Lord
Keep hope within.
Keep doubt without.
Circle me, Lord.
Keep light near
And darkness afar.
Circle me, Lord.
Keep peace within.
Keep evil out.
Amen**



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

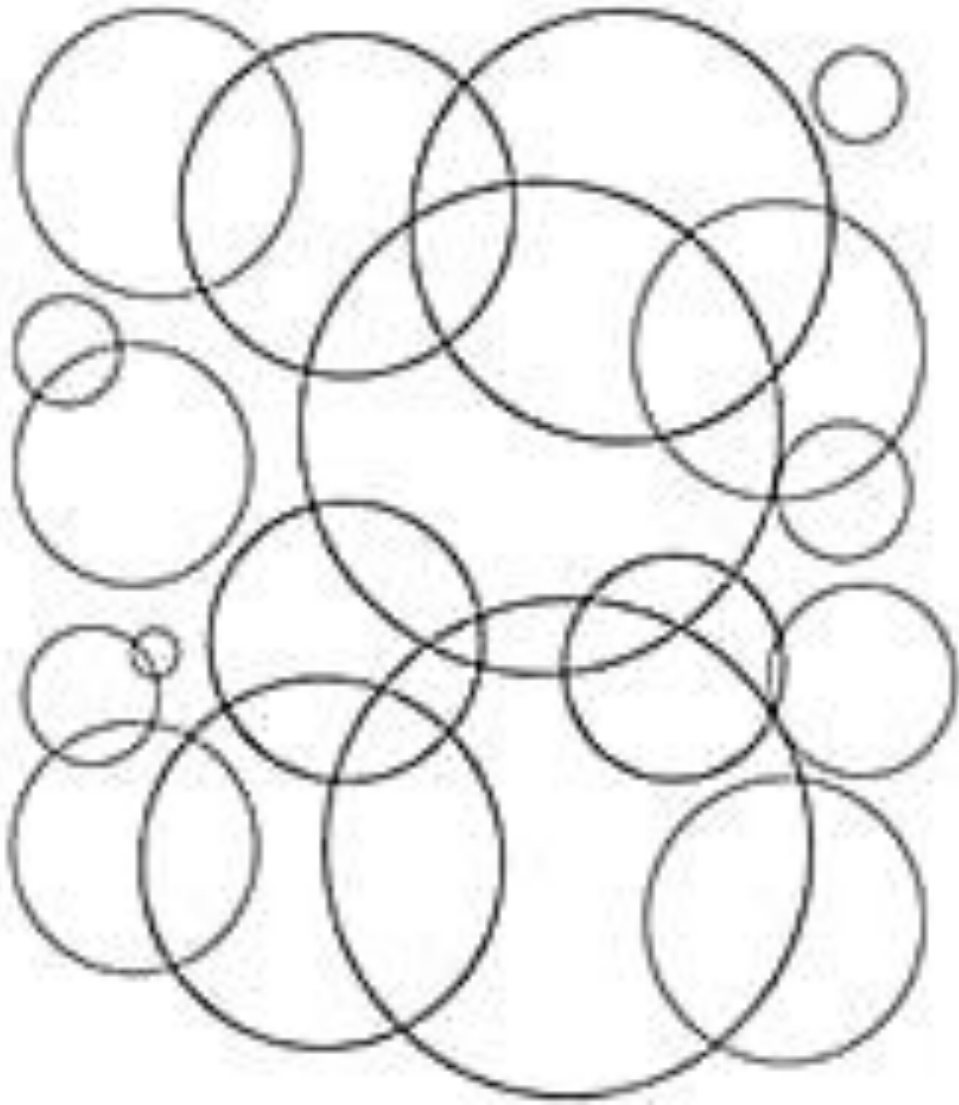
Romans 8:39

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.

