

Read: Matthew 7:12

Discuss: What do you think this means?

Do: Give as many kind comments to as many people as possible today

List all the things you are grateful for today
(you could try this everyday)

Read: Philippians 2:4

Discuss: What do you think this means?

Do: Call a family member you can't see at the moment and have a chat

Enjoy some worship today! Play, sing, dance or listen!

Read: Jeremiah 29:11

Discuss: what do you think this means?

Do: Think of 3 things that give you hope for the future

Be a happiness investigator!
Ask as many different people as you can what makes them happy

Read: Matthew 25:27 (or perhaps the whole parable)

Discuss: What does this story teach us?

Do: Do three acts of kindness to help others – no matter how small

Get moving!!!

Create a circuit challenge in your garden or house! E.g.

1. Do 25 star jumps
2. Run on the spot for 25 steps
3. Do 25 hops on 1 leg
4. Reach down and touch your toes 25 times

Read: Romans 12:10 (ESV)

Discuss: What do you think this means?

Do: Create compliment cards, what would you like to say to people e.g. I love your smile. Give them to your family, maybe post some or deliver them on a walk

Be aware! - focus on the present!

What can you see around you?

What can you smell?

Are you hot, cold or just right?

What sensations can you feel in your hands and feet, and the rest of your body?

Read: Genesis 1 - the story of creation

Discuss: What did God think about his creation?

Do: When you go out for your daily exercise point out something from God's creation you think is beautiful. (or look out your window)

Be creative

Imagine you are an alien who has just arrived on Earth from another planet. You see a sock for the first time but don't know that it goes on your foot. How many creative ways can you think of to use the sock?

Read: Philippians 4:6-7

Discuss: What do you think this means?

Do: Talk and pray about the things that are worrying you and ask Jesus to look after you

Be Part of Something Bigger

Create a family coat of arms, what moto/phrase and pictures represent your family

Read: 2 Timothy 1:7

Do: Find stories in the Bible that shows God's power and that his is in control

Discuss: How does this related to today?

Read: John 14:27

Discuss: What do you think this means?

Do: Create a peace box – collect together all the things that make you feel peaceful, perhaps write a prayer to put in there to read

Use box to help feel peaceful

Have a taste testing trial!

Gather together foods that you have not tried before.

Shut your eyes or wear a blind fold, take a bite, chew well

Award 10 points for each food tried

How many points did everyone score?

Read: John 11:35

Discuss: Why did Jesus cry? Is it okay to cry? Why do people cry? What can you do when you cry? Who can you talk to if you are upset

Take a mindful walk (outside/inside)

As you step outside notice what the air feels like on your skin. Is it warm or cold? Look up at the sky. What can you see? Notice what the ground feels like under your feet. Notice the shapes and colours around you. Notice the smells and sounds

Read: Philippians 4:13

Discuss: What do you need strength for at the moment?

Do: Invite your family (even virtually) to your 'Skills Swap Shop'

Ask them to come prepared to share a skill or something they have learnt

Teach others your skill

Encourage your children to use these activities to boost their wellbeing

For more information around children's mental health contact lynsey.norris@lincoln.anglican.org

Youth Mental Health First Aider (England)