

Read: Joshua 1:9

Discuss: What do you think this means?

Do: Are there times you have had to be brave when you didn't think you could be?

How does it make you feel when it says God will be with you wherever you go?

'Every day may not be good but there is something good every day' Alice Morse Earle

Discuss: What has happened today that is good? Make a list or draw a picture

Read: Romans 15:13 (NCV)

Discuss: What do you think this means?

Do: Tell someone what makes you joyful

'Kindness is a gift everyone can afford to give' Unknown

Discuss: What can you do to show someone today? Go and do it!

Read: Romans 12:2 (CEV)

Discuss: What do you think this means?

Do: Challenge negative thoughts and look for the positives

What values do you have in your school?

Pick one and do something for someone to show them what it means

Read: John 3:16

Discuss: What do you think this means?

Do: Show someone/tell someone you love them today

Think of a reason each person in your house deserve a medal

Design and make a medals for everyone.

Have a presentation ceremony to explain why each person has their medal

Read: 1 Thessalonians 5:11

Discuss: What do you think this means?

Do: Write/email/phone a friend who needs some encouragement today

Get Moving

Try:

Hula Hooping

Star jumping

Handstands

Running on the spot

Read: Isaiah 41:10

Discuss: What do you think this means?

Do: Try something new today (perhaps something you thought you couldn't do) or learn a new skill

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

Read: Genesis 1:31

Discuss: What do you think this means?

Do: Go for a walk/look out the window what can you see in creation that is good

What values do you have in your school?

Pick one and do something for someone to show them what it means

Read: Luke 10:25-37

Discuss: What does this teach us?

Do: Do something today to help someone

e.g

draw a picture and send to a friend

help someone you live with, with a job

Mindful eating

Ask for a snack

Sit at a table with no TV or phone

Look at the food, what does it look like, what shape is it, what colour is it

Pick up the food, what does it feel like, what does it smell like

Take a small bite, listen to the sound as you bite it, what can you taste, as you chew how does the taste and texture change

Read: Matthew 6:25-27

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.

Get Moving

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: Luke 5:1-11

Discuss: What does this teach us?

Do: Think about something you have found hard to do – try it again but in a different way

Write a letter to yourself as if you were writing to a friend.

Tell yourself what you like about you, what you are good at and all put advice to yourself in it.

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)