

The page features decorative geometric patterns in the corners, consisting of colorful triangles (purple, blue, green, orange) arranged in a mosaic-like fashion. The main text is centered and reads:

Do not worry
about anything
but pray
and ask God
for everything
you need.
and when you pray,
always give thanks.

Philippians 4:6





HELLO,

Did you KNOW that you'RE AMAZING?

GOD CREATED you to BE UNIQUE AND LIKE NO OTHER. HOW COOL is it that the GOD who CREATED the MOUNTAINS AND OCEANS, LOOKED AT you AND thought the WORLD NEEDED ONE of you too? We think it's PRETTY IMPORTANT that you LOOK AFTER YOURSELF, so WE put this pack TOGETHER to help you DO just that!

Can you write a list of all the things you love about yourself? Perhaps you could write yourself a letter? Use the paper below:

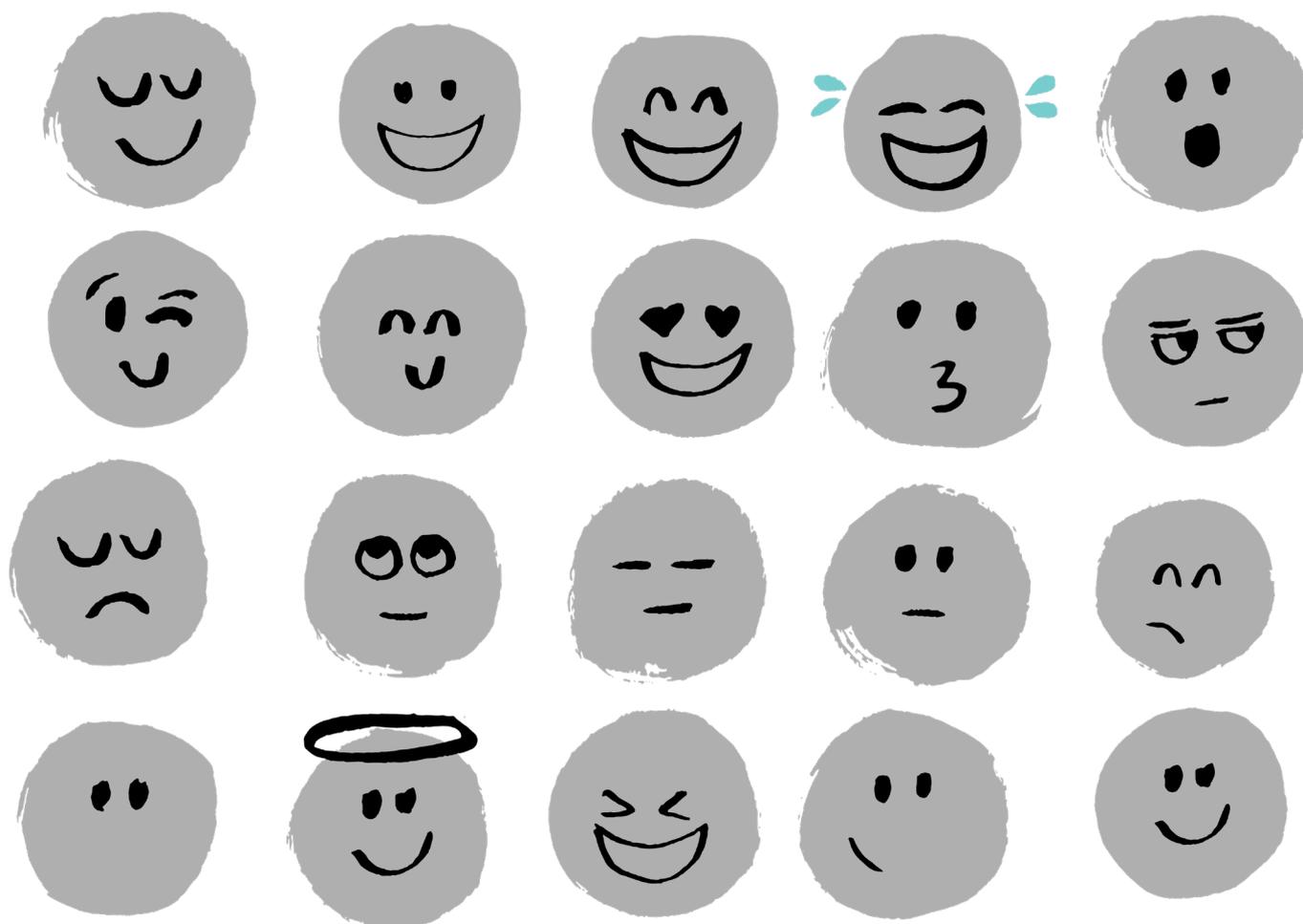




HOW ARE YOU FEELING TODAY?

EMOTIONS ARE WHAT WE FEEL, SOMETIMES THEY ARE AFFECTED BY WHAT'S HAPPENING OR ALREADY HAPPENED. SOMETIMES WE FEEL REALLY HAPPY, OTHER TIMES WE CAN FEEL REALLY SAD, AND SOMETIMES WE FEEL NEITHER HAPPY OR SAD. IT'S OKAY TO FEEL THESE EMOTIONS. CAN YOU FIND A GROWN UP OR A FRIEND TO TALK TO ABOUT HOW YOU FEEL?

Look at the emojis below. Which one best describes how you're feeling right now? You could colour it in or draw a circle around it.



You might like to keep a diary of how you feel. Use the back of this page (or a new piece of paper) to draw your 'feeling emoji' each day.





The GREAT OUTDOORS

SOMETIMES JUST TAKING A BREAK AND LOOKING OUT THE WINDOW CAN MAKE US FEEL A LOT CALMER AND RELAXED. GOD CREATED SOME AMAZING THINGS THAT WE CAN SEE IN NATURE. LOOK OUT YOUR WINDOW OR GO INTO YOUR GARDEN AND SEE WHAT YOU CAN SEE!

COUNT

HOW MANY RAINBOWS CAN YOU SEE IN PEOPLE'S WINDOWS?

HOW MANY FLOWERS CAN YOU SEE?

HOW MANY CATS CAN YOU SEE?

FIND

CAN YOU FIND A LEAF BIGGER THAN YOUR HAND?

A SPIDERS WEB

SOMEONE OUT FOR A JOG

A CAR LICENSE PLATE WITH THE SAME NUMBERS AS YOUR AGE

AN ANT (YOU'LL HAVE TO LOOK REALLY CLOSELY!)

A CLOUD THAT LOOKS LIKE AN ANIMAL

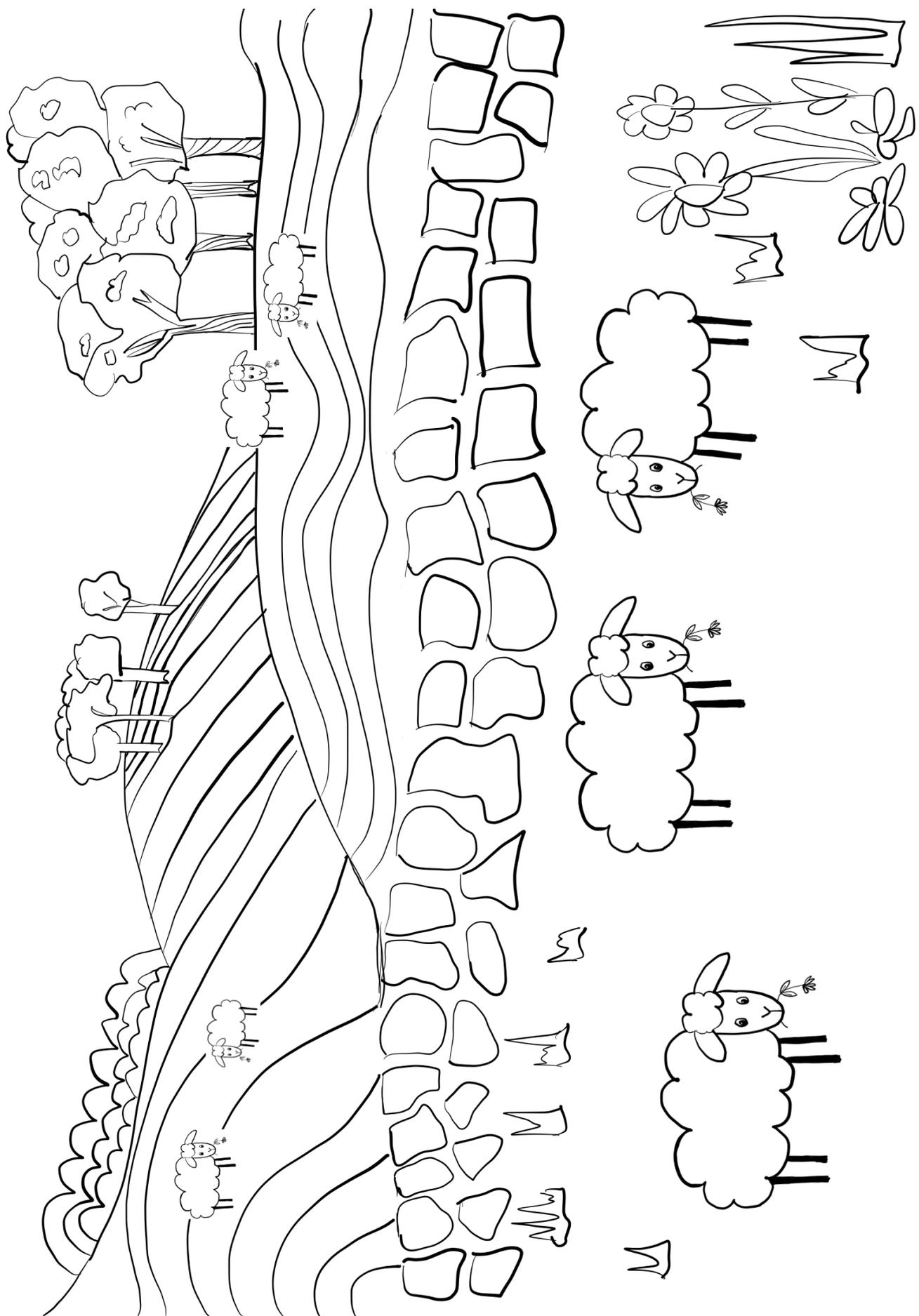
DISCOVER

SOMETHING PRETTY

SOMETHING OLD

SOMETHING BLUE

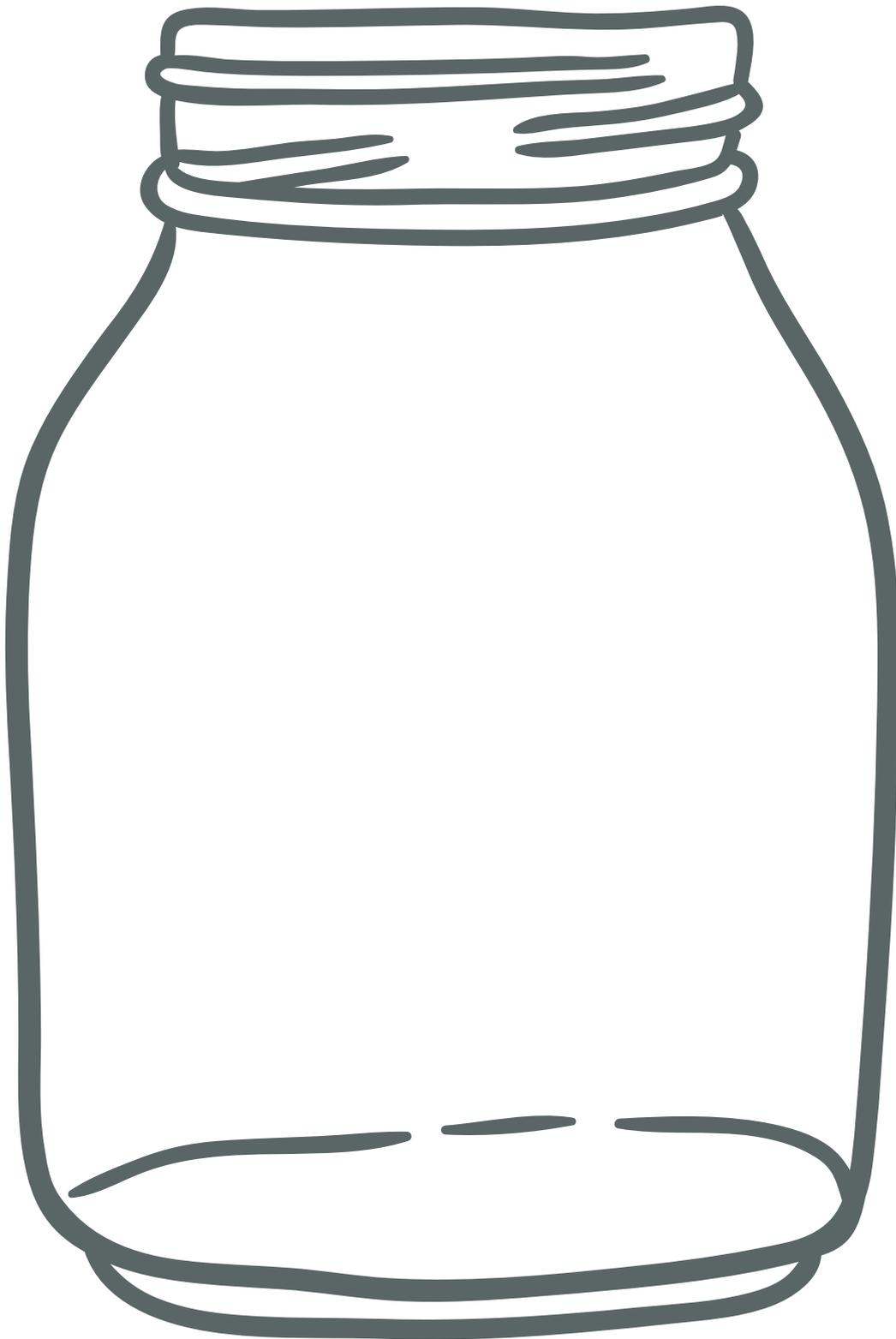






My GRATITUDE jar

Think ABOUT people, things AND EVENTS you ARE
GRATEFUL for. SEE if you CAN fill the jar up!





The PRESENT MOMENT

The WORD 'PRESENT' MEANS right NOW, in the MOMENT.

Think ABOUT the things that ARE happening right NOW, AND how you FEEL ABOUT them.

Right NOW I SEE.....

Right NOW I HEAR....

Right NOW I SMELL....

Right NOW I AM touching....

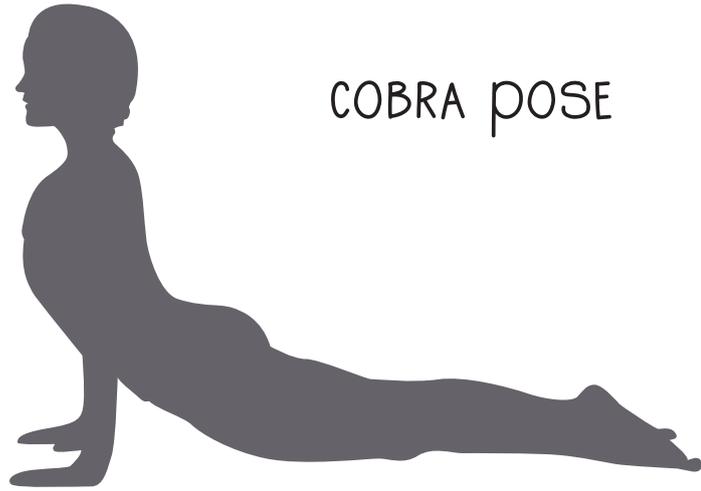
Right NOW I FEEL....



TAKE A BREAK, MAKE SOME SPACE AND TRY
THESE YOGA POSITIONS. CAN YOU
DO THEM ALL?



TREE POSE



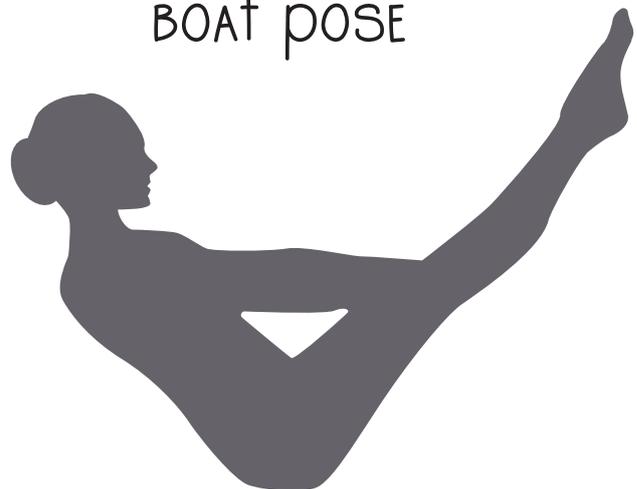
COBRA POSE



BUTTERFLY POSE



DOWNWARD DOG POSE



BOAT POSE

