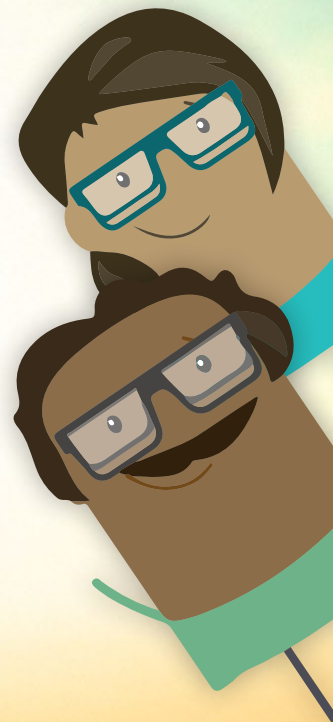


# VALUES FOR WELLBEING



# SUNDAY

## Gratitude

Find and have a grateful heart every day.

### BIBLE VERSE:

This is the day the Lord has made. Let us rejoice and be happy today! Psalms 118:24 ERV

### OVERVIEW:

One of the best things we can do for our wellbeing is practice gratitude. Being grateful for even the smallest thing in our lives helps us to grow mentally and emotionally strong, and this keeps us healthy in all other ways as well. When we express gratitude, our brains register positive feelings, and this makes us happy.

### BIBLE STORY:

THE 10 LEPERS: Luke 17:12

### GRATITUDE CHALLENGE:

Find the things on this list to help you practice gratitude. You can do one a day for the week or go crazy and see how many you can find now. Make sure you record your finds on your phones (if you have one) and share them with your family or friends, or on social media.

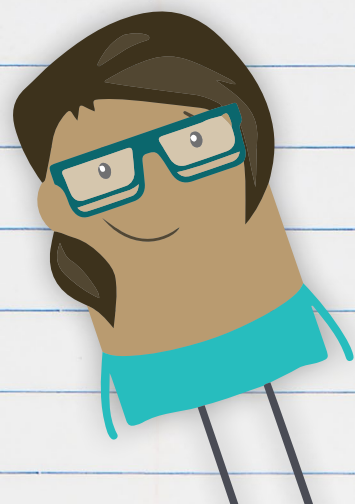
1. Find something that is healthy and tastes good
2. Find somewhere where you can sit quietly to read, say a prayer, or rest your mind
3. Find something outside that is really cool to look at
4. Find someone to give a hug (make sure they're okay for you to do it first)
5. Find something that makes you happy e.g., a game/toy, a pet, a person, a hobby, picture.
6. Find something that smells beautiful/wonderful
7. Find someone you can sit with and have a laugh or chat to.



# SUNDAY

## *Gratitude*

### MY COMMENTS JOURNAL



# MONDAY

## Honesty & Integrity

Choose to be honest and show integrity in all circumstances.

### BIBLE VERSE:

Let me be weighed on honest scales that God may know my integrity. Job 31:6

### OVERVIEW:

We can reflect honest attitudes every day when we:-

1. can admit when we're wrong
2. choose to be honest no matter the consequences
3. are not afraid to speak up for what is right even if it means being unpopular
4. return something that doesn't belong to us
5. do the right thing (even when you don't have to)

### BIBLE STORY:

JOSEPH: Genesis chapters 37-49

### ACTIVITY:

This week ask God to help you to show integrity and honesty in all that you do. Look for ways to encourage and support someone to do the right thing. Help them to do what's right, even if there are consequences.

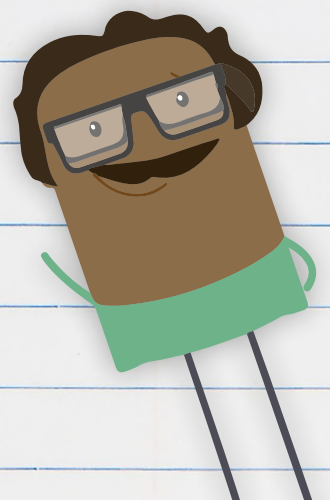
Read the story of Joseph (Genesis 37-49) and identify the times he showed integrity and honesty.



MONDAY

# *Honesty & Integrity*

MY COMMENTS JOURNAL



# TUESDAY

## Emotional Intelligence

Respond appropriately to your emotions.

### BIBLE VERSE:

Anxiety weighs down the heart, but a kind word cheers it up. Proverbs 12:25 NIV

### OVERVIEW:

Emotions are important, as they help us understand about life, explain what is happening to us, or make sense of different situations. For example, when we come to the edge of a cliff, we will see the danger and we may feel frightened, or when someone says something funny, we laugh and feel happy. Uncontrolled emotions may control what we do, so when we get hurt, we may become angry and lose our tempers by shouting and saying nasty things.


But when we learn to recognise and accept our feelings, we can learn how to deal with them in a healthy way, we are able to live a harmonious and well-balanced life with those around us, and we are able to handle any challenges, trauma, or exciting happenings that come our way.

Question: How do we express our feelings in a healthy way?

### BIBLE STORY:

**ACTS 12:13-17** The story of Peter knocking at the door where Rhoda answers the door.

### DO ONE OF THE FOLLOWING:

**EMOTIONS SORT** [ **HANDOUT**]: We have 5 basic categories of emotions: Happy, Sad, Angry, Afraid, Ashamed.

Under each heading identify and write down which emotion best matches which category e.g., excited goes under Happy, sad could go under Ashamed.

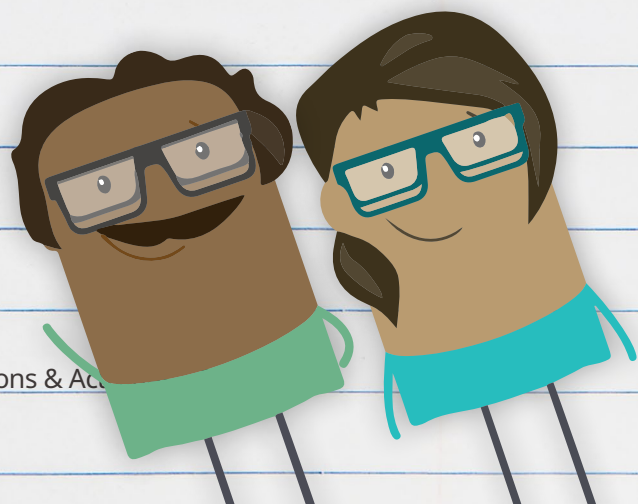
**MIME:** Get into groups or pairs and mime the emotion on the card. See how many people can recognise what emotion you are doing?



TUESDAY

# *Emotional Intelligence*

MY COMMENTS JOURNAL



# WEDNESDAY

## Resilience

Be resilient and learn to bounce back from negative experiences.

### BIBLE VERSE:

Let your hope keep you joyful, be patient in your troubles, and pray at all times. Romans 12:12  
GNT

### OVERVIEW:

I'm sure many of us knows what it's like to be in lockdown. We've all experienced staying at home, not being able to connect with our friends, or go to school or the shops. There may have been times when we were really bored with being at home, or just wanted to go and spend time with the people that made us happy. In times like these, we need resilience to cope and carry on. Resilience means being able to maintain a routine every day and stay positive, no matter how boring, tiresome, or scary it becomes.

### BIBLE STORIES:

**DANIEL:** Daniel 6:11

**JOSEPH:** Genesis 37:5

**ESTHER:** Esther 4:8

### WEEKLY PLANNER ( HANDOUT)

Planning your week can help you maintain a positive routine and stay resilient. It also helps us to measure time, organise events, and track what's happening.

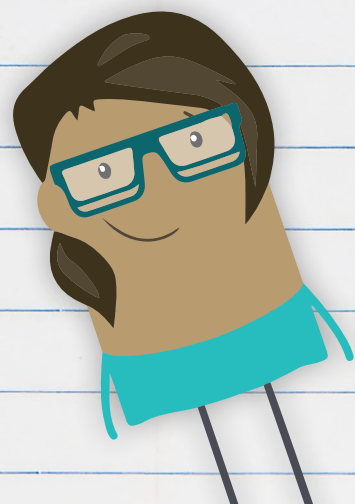
On the handout write the days of the week across the top, and in each section write down what you would like to be doing or need to be doing at that time. Remember to decorate your planner, or emphasis important things using different colours or writing, and make sure you include time with family and friends, recreation, physical activity, meals, 'sleep' and 'wake' times, prayer or worship, school and homework. Now see if you can stick to your weekly planner. Maintaining a routine builds resilience and resilience helps us to stick to a routine.



# WEDNESDAY

## *Resilience*

### MY COMMENTS JOURNAL



# THURSDAY

## Purpose & Meaning

Have a purpose, to give meaning to your life. As a follower of Jesus our purpose is centred on being like Him and living like He did.

### BIBLE VERSE:

But indeed, for this purpose I have raised you up, that I may show My power in you and that my name may be declared in all the earth. Exodus 9:16

### OVERVIEW:

When we have a sense of purpose, life has meaning. We can feel excited about the goals we've set for ourselves and work on ways to achieve them.

Having a purpose or goal in life gives our lives meaning and direction. We know what we want to do when we get older, we know where we want to go, and we can plan how to get there.

### BIBLE STORY:

MOSES: Exodus Chapter 2

### DO ONE OF THE FOLLOWING:

**WRITE:** Write a list of reasons why your life has purpose, or a list on what you want to achieve with your life.

Imagine yourself in 5 years from now, what goals have you achieved?

**CREATE:** Create a vision board. A vision board is a collage of pictures, words, verses, ideas that can be used to inspire. Hanging this somewhere highly visible will keep your "vision" in mind, and help you make it happen.

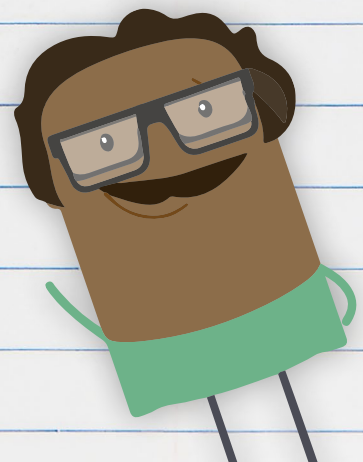
**CHAT:** What would you like to do for a job when you grow up? Tell someone what that is, and why it's important to you.



# THURSDAY

## *Purpose & Meaning*

### MY COMMENTS JOURNAL



# FRIDAY

## *Service & Generosity*

Give generously of your time and service by looking for ways to help and give of your time, money, food, or kindness to others.

### BIBLE VERSE:

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life and that they may have it more abundantly. John 10:10

### OVERVIEW:

All around us every day there are people who have needs. Sometimes it's someone next door, sometimes it's a friend or family member, and sometimes we may not know them at all.

Some would never share what that need is, but life can be hard and just little acts of kindness can make a BIG difference. When we actively look out for people to help, and ask God to guide us, we find those in need.

The help you give others can be very small, like picking up something they may have dropped and giving it to them, or it can be something bigger like doing the washing or gardening for Mum or Dad.

Whatever you find to do for others, do it in a loving and giving manner - you will find that by giving to or helping others you will be filled with a joyful feeling that will stay with you for a long time.

### BIBLE STORY:

THE STORIES OF THE LOAVES AND FISHES. Matthew chapters 14 and 15

### DO ONE OF THE FOLLOWING:

**VISIT:** It's a really good idea to get into the habit of putting the needs of others ahead of our own. Think of at least two people (young or old) you could connect with, you could do something nice for them, or just visit and have a nice chat.

**CREATE:** Go, visit a grandparent or somebody who is sick (as long as it's not a contagious sickness). Make a card and share an encouraging thought or Bible Verse in it and give it to whomever you're visiting.

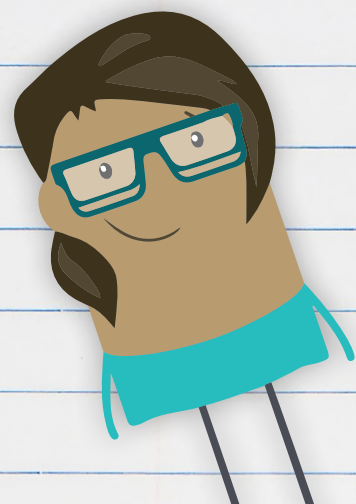
**PRAY:** Make a prayer list of a few people who you could pray for. They could be family, friends, or even people you've never met. Praying for others is a wonderful way of doing something nice for another person.



FRIDAY

*Service & Generosity*

MY COMMENTS JOURNAL



# SABBATH

## Hope & Optimism

Have something to hope for. It is good for your health, but very good for your mental wellbeing. It also helps you to stay focused on what is important.

### BIBLE VERSE:

Be strong, be courageous, all you that hope in the Lord. Psalm 31:24 GNT

### OVERVIEW:

Having hope is essential to our lives. We need to know that when things go differently to what we expected, hope will keep us positive. Having something to hope for reminds us that while things may be stressful, chaotic, or even traumatic, there is always hope.

Hope for the future isn't the same as wishing. Hope has action behind it. It is not just wishing things would get better but actively doing something to help make that "something" better along the way.

### BIBLE STORY:

PAUL AND SILAS IN PRISON: Acts 16:25

### DO ONE OF THE FOLLOWING:

**CREATE:** Using spare or leftover bits and pieces (card, paper, wool, string, paint, etc.) from around the house or classroom create something new. It can be anything you can imagine. Make sure you plan it out then watch it come together as you go.

**BAKE (HANDOUT):** Make the recipe for these yummy and healthy cookies "Chocolate Nut Cookies"

**CLEAN:** Plan to clean out a room in the house or classroom. Find boxes or big bags to put all of the things that can be thrown out or given away. Keep only the things that you really like or need. Create specific areas for each thing you are keeping e.g., wardrobe and draws for clothes, a special corner for games or toys.

All of these activities create positive feelings in our brains. They each help us to maintain hope; hope that we can create something wonderful, hope that our cookies will taste great, hope that our room will be lovely, clean, and tidy.

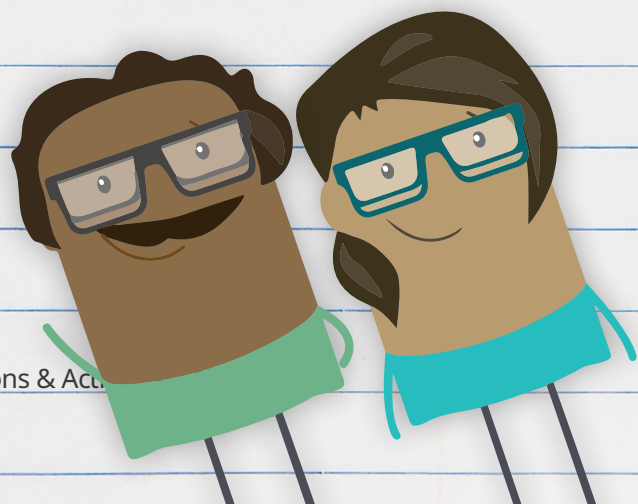
Remember that having hope is important to maintaining a positive and optimistic attitude.



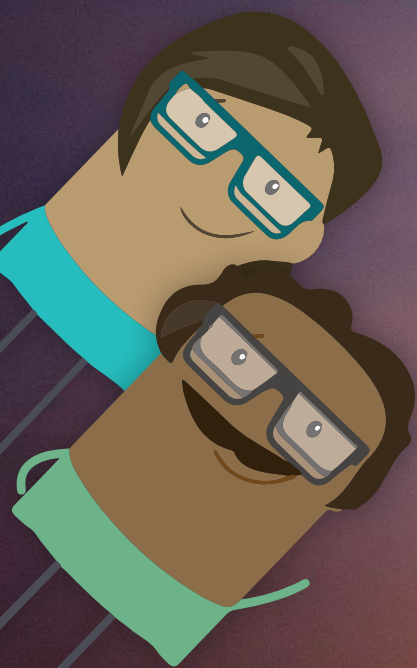
# SABBATH

## *Hope & Optimism*

### MY COMMENTS JOURNAL







WELLNESS



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