

Explore It FOR ME

FEBRUARY
SESSION 03

HEALTHY MIND

 Luke 4:38-44 Jesus heals many

Here are some ideas and activities you could do on your own



Write

Find three Bible verses which encourage you. Write them out and display them in a place where you will spot them regularly.



Sense

Count while you are breathing. Practise what it's like to take a deep breath (count to five) and then release in the same slow way.



Create

Put your mind to work and plan and create a delicious meal for the family to enjoy together. Talk with a grown-up about what is possible and how much you can spend and create a yummy meal.



Investigate

Find one new thing. Practise paying attention to the wider environment by noticing one new thing a day! For example: What are the colours of the curtains? What does the sign say at the end of your road? Which toy haven't you played with in a while?

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

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