

Explore It TOGETHER



HEALTHY MIND

Luke 4:38-44 Jesus heals many

Here are some ideas and activities you could do as a family



Read

Reread this week's story together. Imagine the thoughts of different people in the story and share what you think.



Sense

Take a listening walk. Go and walk together in silence, listening for sounds you may normally overlook. Share the different sounds you hear and feelings you have.



Bake

Plan and bake together what your child has created this week.



Pray

Practise an 'attitude of gratitude'. As you have dinner this week, begin each meal with everyone sharing something they are grateful for today.



Hear

Let's enjoy silence! In your home, develop a period of silence. Start with a short period of time and work to make it longer. Use other ways to communicate but only if needed. Discuss how you feel over time.