

Explore It FOR ME



I SAW THE LORD

John 20:1-18 Jesus appears to Mary Magdalene

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

The 'Five Ways to Wellbeing' are five ways researchers have found that can support people to help their wellbeing. Why not try some of these ideas.



Take Notice

Paint or draw a picture of something you have seen today.



Connect

Listen to someone else and find out how they are feeling.



Be Active

Create a dance to your current favourite song.



Learn

Learn a new word and its meaning each day this week.



Give

Find a different job you can do each day to help in your home.

KIDS ALIVE! ONLINE

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

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

