

Explore It TOGETHER



I SAW THE LORD

 John 20:1-18 Jesus appears to Mary Magdalene

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

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

Play I-Spy on your next family adventure.



Connect

Share baby photos together and share memories.



Learn

Cook a new recipe together.



Be Active

Go for a walk and do a family prayer for your area.



Give

Discuss as a family something you could give up this month in order to donate money to a charity.