



St Barnabas

Monday 7th February 2022

Church of England Primary Academy

A member of **C**DARI



**GROWING
TOGETHER**







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'Achieving great things through learning and growing together in a love-filled Christian family'

'That they shall have life, life in all its fullness' John 10:10



Our **every** vision for **Child** Life in all its fullness;
Our prayer for every heart,
The **will** to make it **so.**

A hand-drawn illustration on a white sheet of paper. The text "GROWING TOGETHER" is written in a bubbly, rounded font. The word "GROWING" is in purple and blue, and "TOGETHER" is in blue and light blue. The letters have a slight 3D effect with shadows. The drawing is on a white sheet of paper placed on a green grid cutting mat. To the left of the paper is a paintbrush with a wooden handle and a metal ferrule. To the right is a clear plastic container. The entire scene is framed by a colorful gradient border.

GROWING
TOGETHER



YOU GOTTA
NOURISH
TO FLOURISH



**We nourish and flourish
with love.**

How can we nourish ourselves and each other so that we can grow and flourish?

Feelings are like rainbows

Rainbows are beautiful, but they wouldn't exist without rain!
Our 'rainy' feelings are just as important as our 'sunny' ones...

Feelings

By Jessica Bowers

Sometimes we feel excited, happy or glad.

At times we feel so angry, lonely or sad.

We all get these feelings too, it's not just you.

Mums, dads and teachers can feel grumpy or blue.

Feelings are like sunshine, they come in and out.

They can tell us what is wrong and they're good to talk about.

The good news is, the rainy feelings don't stay forever.

All our feelings change again, just like the weather.





"What's the best thing you've learned about storms?" asked the horse
"That they make us kinder," said the boy "and that they end."



"Yes, but they will move on,"
said the horse, "the blue
sky above never leaves."

" Sometimes your mind plays
tricks on you. It can tell you
you're no good, that it's all
hopeless. But remember this;
You are
loved,



and important, and you bring
to this world things no one
else can. So hold on "



"Have you met others
who have struggled?"

"I've never met anyone who
hasn't," said the horse.

"The truth is," said
the horse



"that no matter how it looks,
everyone has their struggles."

30 THINGS YOU CAN DO TO FEEL GOOD!



storytime™



Cut out these fun activity ideas! If you are feeling a bit down, pick one slip and do what it says!

1 Sing your favourite song!

Do it in the shower or on the way to school – don't be shy!

1

2

2 Dance around the room!

Play a tune and move!

3

3 Sprint down the road and back for a boost!

4

4 Be still and empty your mind!

What do you see, hear and smell?

5

5 Give someone a compliment!

Spread your joy!

6

6 Do a dozen jumping jacks!

7

7 Draw a pretty picture!

8

8 Write a letter to your future self!

9

9 Put on a fun hat or a cap!

10 Find some litter and put it in the bin!

Keep it clean!

10

11

11 Learn a fun fact to tell someone!

How big? How far?

12

12 Read a bedtime story!

Have sweet dreams!

13

13 Do something kind for someone!

14

14 Tell your favourite joke!

Share the laughter!

With

ESSICA BOWERS
WELL-BEING WRITER



30 THINGS YOU CAN DO TO FEEL GOOD!



storytime™ THE MIND MATTERS

Think about the best thing that happened to you today!

15

16

List 3 things you are great at!
You are awesome!

18

Ask a friend how they feel – and listen to them!

Have a nice chat!

19

Close your eyes and use your other senses!

20

Play with your favourite toy!

21

Write out a wish!

And look forward to it comping true!

22

Put on your coolest T-shirt!

23

Have a bubble bath before bedtime!

24

Go for a bike or scooter ride!

Go for a stroll in a park and look at pretty flowers!

Smell them, too!

25

26

Get cosy under a blanket and watch a movie!

Make some popcorn!

27

Tidy up your bedroom!

It will feel great, we promise!

Invite a friend over to play a game!

28

Talk to a new kid at school!

You might make a new friend!

29

30

Look in the mirror and tell yourself how great you are!

With 
JESSICA BOWER
WELL-BEING WRITER




HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?

Slide 5






EXPRESS YOURSELF

A close-up photograph of water cascading from a showerhead, creating a misty spray. The background is a soft-focus green, suggesting foliage. The entire image is framed by a vibrant rainbow gradient border.

The potential
God put in you
is in seed form.
Grow and
develop it.

The Christian Journey
DRCYNTHIAJOHNSON.COM

A scenic landscape photograph of a mountain range. The foreground is filled with a dense forest of evergreen trees. In the distance, more mountains are visible, partially shrouded in mist or low clouds. The sky is bright with scattered white clouds. The image is framed by a vibrant rainbow gradient border.

**POTENTIAL IS GOD'S
GIFT TO YOU,
WHAT YOU DO
WITH IT IS
YOUR GIFT
BACK TO GOD.
-MARK BATTERSON**



Faith... The size of a mustard seed,
All things are possible!



FAITH

AS SMALL A MUSTARD SEED

CAN MOVE

Mountain

-MATTHEW 17:20



Let your light shine
for ALL the world to see!

Reflection

How have you grown emotionally?

How can you help yourself and others to grow emotionally together and 'achieve great things'?

How can you express yourself and show your God given talents?

Can you show respect to others expressing themselves?

If you have faith in yourself and God, you can do anything!



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DRESS TO

EXPRESS

THIS CHILDREN'S
MENTAL HEALTH WEEK

#CHILDRENSMENTALHEALTHWEEK

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

7 - 13 FEBRUARY 2022

A photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with soft, wispy clouds. The overall mood is peaceful and serene.

**Lord in Your Mercy,
hear our Prayers**

[New Wesleyan.org](http://NewWesleyan.org)



Lord be besides us, every day
Guiding and leading us gently always.
Lord be above us, help us to see
The hope of the future, of all we could be.
Lord be beneath us, carry us when
We're too shattered or tired to really have strength.
Lord be ahead of us, smoothing our paths
Protecting and blessing the places we pass.
Lord be behind us, healing our wounds,
Forgiving our mistakes and making us new.
Jesus, be within us, this family is yours
Now and forever, you are our Lord.



Dear God,

You created us and you love us.

**You care about how we are feeling
and love it when we tell you.**

**Thank you for the special people
in our lives who help us look after
our bodies and our minds.**

**Help us to find joy in expressing
ourselves creatively this week!**

Amen

**Faith as small
as a mustard seed
will move mountains
move mountains**

