

St Barnabas

Church of England Primary Academy

A member of DARI











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Church of England Primary Academy

'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







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...

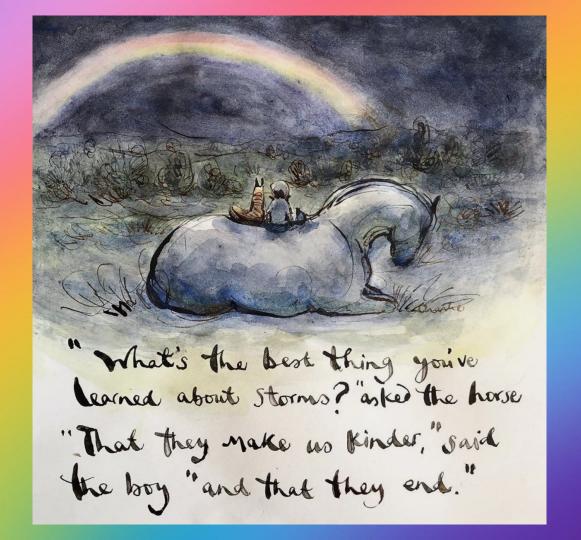
Feelings By Jessica Bowers

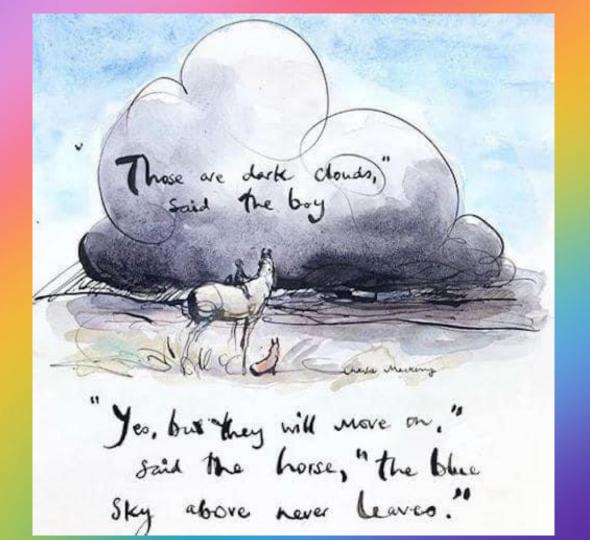
Sometimes we feel excited, happy or glad.
At times we feel so angry, lonely or sad.
We all get these feelings too, it's not just you.
Mums, dads and teachers can feel grumpy or blue.
Feelings are like sunshine, they come in and out.
They can tell us what is wrong and they're good to talk about.

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

All our feelings change again, just like the weather.







" Sometimes your mind plays tricks on you. It can tell you you're no good, that it's all hopeless. But renember This; and important and you bring to this world things no one else car. So hold on "



"The frith is," said the horse



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

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!

Sing your favourite song!

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

9

Jour Future self! vrite a letter to

Dance around the room!

Play a tune and move!

Sprint down the 3 road and back for a boost!

Be still and empty your mind!

What do you see, hear and smell?

5

Give someone a compliment! Spread your joy! 6

jumping jacks! Do a dozen

pretty picture Draw a

Capi E Put on a Or a hat

Find some litter and put it in the bin!

Keep it clean!

Learn a fun fact to tell someone!

How big? How far?

Read a bedtime story! Have sweet dreams! 13

something someone! kind For 8

Tell your favourite joke!

Share the laughter!

With

www.storytimemagazine.com 2021

THINGS YOU CAN DO TO FEEL GOOD!



Think about

List 3 things you 16 are great at! You are awesome!

18

19

other senses!

20

21

to it comping true!

22

the best thing that happened to you today!

Give someone you care

Ask a friend how they feel and listen to them!

your eyes and use your Close

Play with your Favourite toy! Write out a wish! And look forward

coolest T-shirt! Put on your

15

17 about a hug!

Have a nice chat!

Get cosy under a blanket and

Talk to a

riend over to play a Invite a game!

28

29

30

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

23

lave a bubble bath berore bedtime! Go For a bike or scooter ride!

24

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

Smell them, too!

25

27

watch a movie! Make some popcorn!

Tidy vp your bedroom!

It will feel great, we promise!

You might make a new friend! new kid at school!

With





HOW DOES BEING CREATIVE AND EXPRESSING YOURSELF MAKE YOU FEEL?



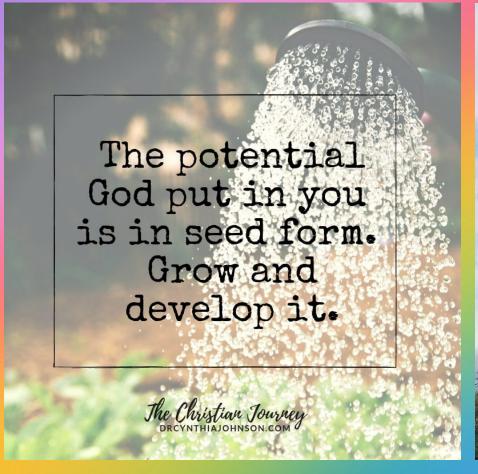


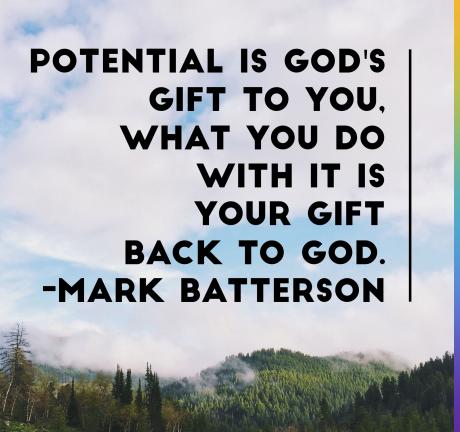


















Reflection

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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Lord in Your Mercy, hear our Prayers

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. www.lords-prayer-words.com





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

