



ZZZZZZZZ



Did'ja Know?

Resting well every day is as important as eating well and getting enough exercise!



Color That Stuff

Draw yourself in the bed in the position you prefer to sleep.



Season of Pentecost

July 18, 2021
Mark 6



Jesus and his friends had been busy teaching and healing and taking care of people all over the place.

"I'm so tired," said Joanna. "I could fall asleep where I'm standing."

Peter nodded. "I just want to sit down and get a snack."

Jesus' friends all agreed. "I understand," Jesus said. "Taking care of others is a lot of work. It's important to take breaks."

Mary's eyes got wide. "Really? I thought we just had to keep going."

John said, "There are so many people who need our help!"

"It's true," Jesus said, "but if you don't take care of yourself, you'll be too tired to help others."

"That makes sense," said Peter with a big yawn.

Jesus smiled. "Let's go find a place to be alone and rest."

"Good plan," said Joanna.

July 18, 2021

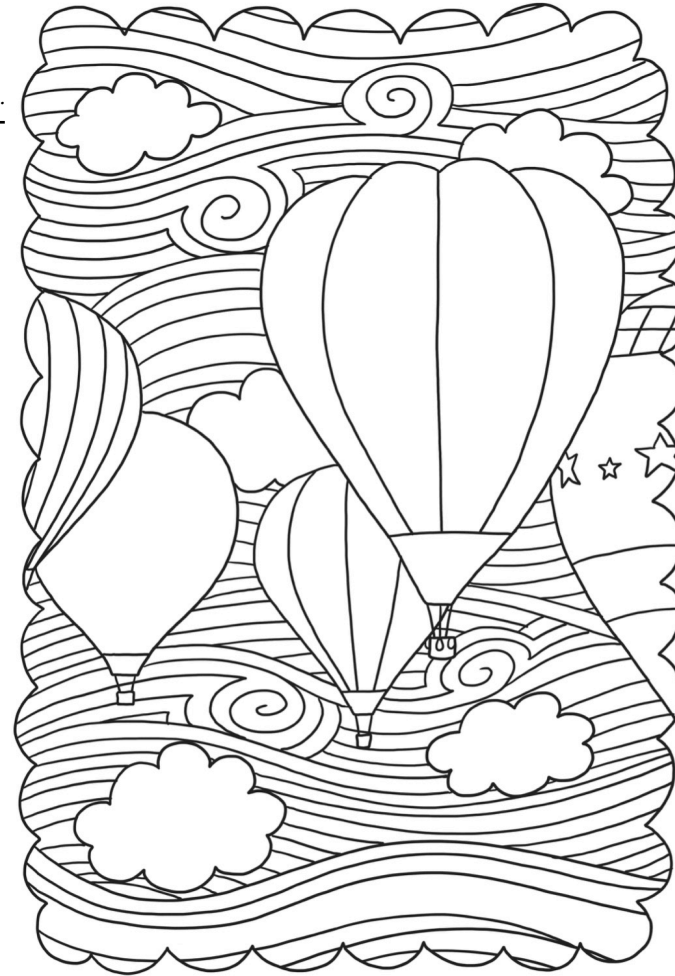
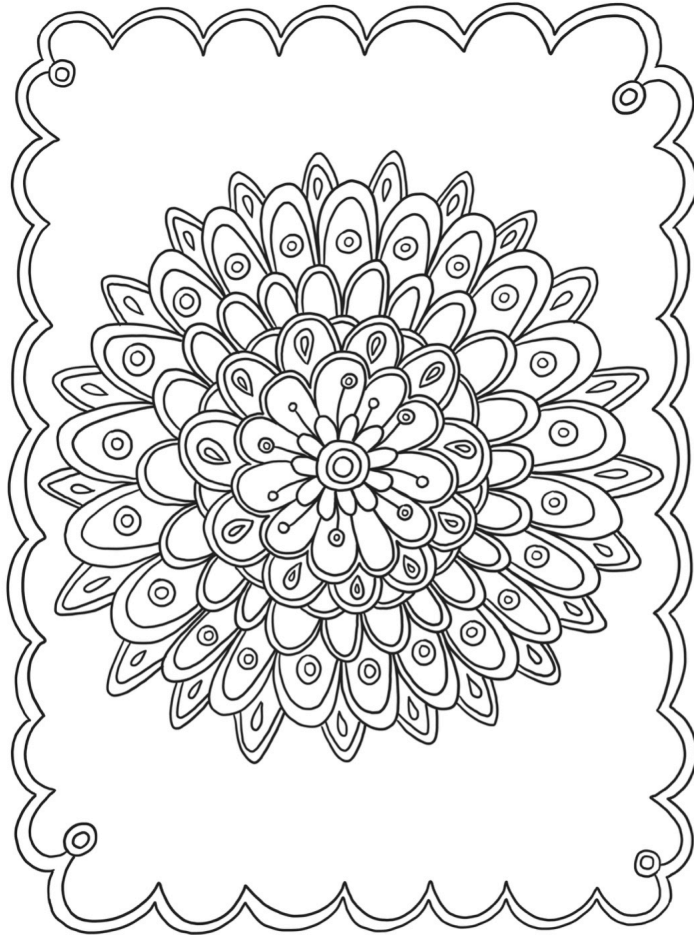
Fun Stuff



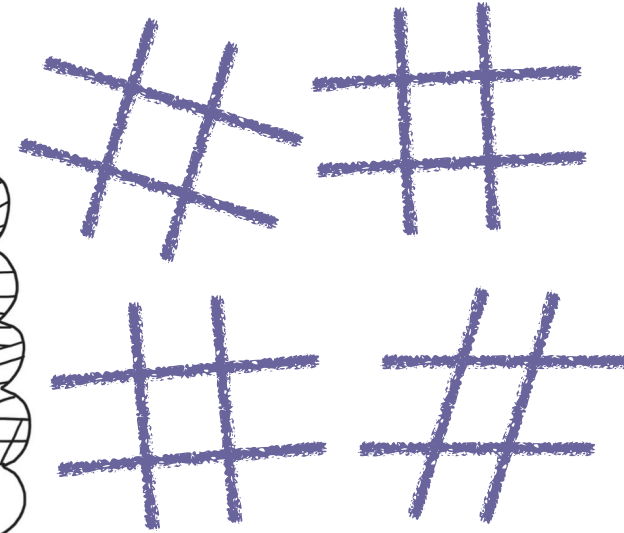
PICTURE IT

Another practice you can do is "mindfulness." When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. We become less worried, less anxious. Color the pictures and practice mindfulness!

When you're done. Write words here that describe the practice as you experienced it.



TICTACTOE



Meee-ommmmm. Meeee-ommmmm.



Try It At Home

Try meditating during the day for just 5 minutes. All you need to do is focus on your breathing. 5 seconds in, 5 seconds out. Are you a bit more rested after you've done this?



Ask your family members what their favorite time to go to bed is. How is it hard or easy for them? What time is your favorite time of night?