

EPWORTH WORSHIP TOGETHER.

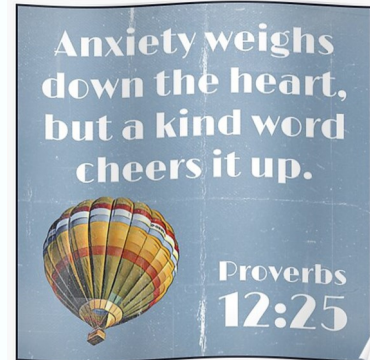


This week's big idea

World Mental Health Day



(Week 6)



Bible verse of the week



What is Mental Health?

Why do you think that this is important?

We can experience a range of emotions throughout the day. Sometimes when we aren't in control of our emotions we might not make the best decisions. The 5 Ways to Well-being can help us to manage our emotions day to day.



Exploring further



connect

Be Active

Take notice

Keep Learning

give

Prayer of the week



Dear Lord,
Thank You for blessing us with friends all around us.
Thank You for giving us people to talk to and laugh with.
I pray for my friends, that they have a blessed life.
Help me to be a good friend to others.
Amen.

This week's worship song

King of Me

<https://www.youtube.com/watch?v=F9zWwltpMOc>



This week's activity



Discuss the following questions and add notes into your floor book:

- What was special about David and Jonathan's friendship?
- How can you use the 5 Ways to Well-being to support your own mental health?
- How can you use the 5 Ways to Well-being to support someone else with their mental health?

Explore further at home



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Choose one of the 5 Ways to well-being to explore at home. You could take a picture and share it with your class. We'd love to see your ideas! Think about how you could give back to others. This could be time, or even a listening ear.



Quote of the week

BE SOMEBODY
WHO MAKES
EVERYBODY
FEEL LIKE A
SOMEBODY.

Picture of the week

