











Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

Think about some of the emotions you have felt through this time. Circle the ones that you have felt or add others.

<p>afraid</p> 	<p>angry</p> 
<p>excited</p> 	<p>happy</p> 
<p>love</p> 	<p>sad</p> 
<p>surprised</p> 	<p>upset</p> 
<p>worried</p> 	

What has been the best thing about lockdown? Write or draw here

What has been the worst thing about lockdown? Write or draw here

What can you do this week to refocus on God and ask him to help you with everything that is going on inside you?