Dear God,

Help us to remember that it is Ok to feel lots of different feelings. It is Ok to be sad or happy or nervous.

If you are feeling sad you could have a sleep or rest. You could talk to friends and to your mummy or daddy.

If you are feeling nervous or angry just close your eyes and rest for a second. Take some breaths.

If you are feeling frustrated keep persevering and you will get there.

When you are feeling happy keep smiling and share your happiness.

Amen