

Morning Reflection:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Sit quietly and still for a moment.

- Think of your family
- Think of your friends
- Think of anything you might want to say sorry for, thank you for or please for
- Then you might like to say one of the prayers here

Hail Mary, full of grace
The Lord is with thee.
Blessed art thou amongst women
and blessed is the fruit of thy womb,
Jesus.
Holy Mary, Mother of God
Pray for us sinners
now and at the hour of our death.
Amen.

God be in my head and in my understanding.
God be in my eyes and in my looking.
God be in my mouth and in my speaking.
God be in my heart and in my thinking.
God be at my end and at my departing.
Amen.

O Lord hear my prayer, O Lord hear my prayer,
When I call answer me.
O Lord hear my prayer, O Lord hear my prayer
Come and listen to me.

Brain Gym (or other focussing activity ~ Just Dance, Gummy Bears . . . etc):

(<https://www.youtube.com/watch?v=df-eLzao63I> Mozart Piano concerto number 21, andante)

- Look up, down, side, side, now keeping your head still do the same
- Make a 'lazy 8' with your thumb and follow it with your eyes, now the other thumb, now both crossing over
- Hold your hands up to the side and touch each finger on your thumb
- 4 leg stretches one way, 4 the other
- Cross crawl touching opposite knees to the days of the week
- Now cross crawl elbows to opposite knees to the months of the year
- Cross your legs and arms and hold tight for a few seconds
- You are now ready to concentrate!