

## Ten easy things to do

to help us talk to each other ... listen ... be calm and relax ...  
be quiet and still ... and, perhaps, be silent ...

Go outside and listen to the birds.  
I wonder how many different songs you can hear.



Go to the same place every day, stand still just for a minute or so ... and look. Ask yourself each day, 'I wonder how it is different from yesterday?'

Make a 'person' to look after. You could cut a stick-person out of some cardboard packaging that comes through the door; wet some kitchen paper or loo roll and make a tube person round your finger, dry it on the window sill and then give it a face; turn a sock into a person on your hand. Each day take your person for a little walk and talk to them. Tell them what you see. What do they say back to you?



Look out of the window and watch for people walking past. There may not be very many. When you see someone, say, 'God bless you.' They won't hear you, but you will share in God's blessing of every person in the world.

If you can go out and find a flower, count how many petals it has. You could find a different kind of flower each day. Could you keep a list of what you have found?

Look out of the window and watch the clouds. I wonder what shapes you can see. I wonder how many different colours you can see in the sky at once.

Once a day, before you eat something, think where it might have come from. Imagine its journey to your plate. Say thank you.



Find a nearby tree.  
Visit it every day,  
just for a minute or two.  
Watch how it changes.

Lie on your back. Close your eyes and listen for one minute. I wonder what you can hear. Do this in a different place every day.

Learn the Lord's Prayer together and say it every day.  
Choose a bit each day to think about more.

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power  
and the glory are yours  
now and for ever. Amen.