

Get Well Soon

Equipment: Fabric plasters, pens

Set Up: You could do this activity at a table, maybe with your family. Or in your bedroom.

Suggested Instructions:

Do you know someone – maybe a friend or someone in your family – who isn't well?

If you want to, you can write their name onto one of the fabric plasters as a hope or a prayer that they get better soon.

Stick the plaster somewhere visible (e.g. on the fridge, on your bedroom door, etc.) where you'll see it every day.

