



### Activity 83

#### Spiritual Development:

### A Thought for the Day

#### To develop daily words of encouragement.

**You will need** – Jar, pegs, cards, felt tip pens, selection of art & craft materials, glitter, washi tape, drawing pins and a glue gun,

**Activity** – You can carry out this activity to give someone a gift of daily affirmations. We made one for our ethos group and choose a card every time we meet. Firstly, you need to decorate the pegs that will go around the tin. You can use felt tip pens, glitter or washi tape to decorate the pegs. Once the pegs are decorated using a glue gun (please ask an adult to help with this part) glue a drawing pin on the top of each peg. Now make the 'Thought for the day' cards. Print off, cut out and laminate the 'Thought for the day' cards and place them in the centre of the tin with the pegs around the outside. Your 'Thought for the day' tin is now complete. The cards that your group (or the person you have given the gift to) provide positive and affirming statements to encourage and support us all.

