



Activity 104

Spiritual Development:

You will need – Copies of 'Take what you need' sheet and a stapler.

Activity – Through this activity we wanted to demonstrate how you can encourage and support others. Different people need different things each day. The 'Take what you need' sheet allows people to symbolically take what they need to support and encourage them throughout the day or with a particular problem. Make a 'Take what you need' sheet and change the tear off values, virtues and qualities if you wish. Print off the sheet and cut the bottom part in-between each box so the strips can be torn off. You can staple several sheet together and display them around school so children and adults can 'take what they need' for support and encouragement.

Take What You Need

To give encouragement and support to others.

