

Excerpt taken from *My Friend Jesus* published by Garratt Publishing.

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All day every day is an MJR day!

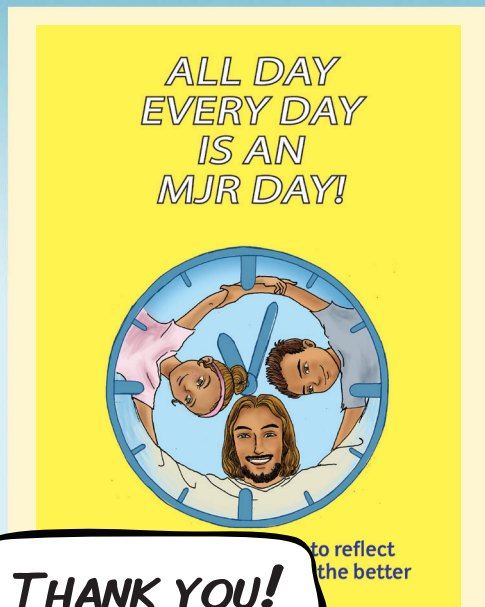
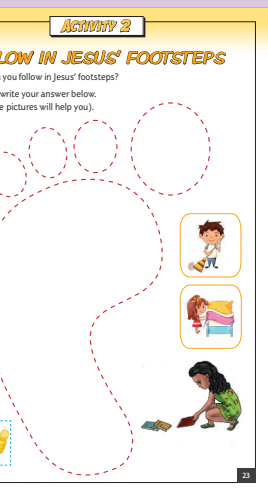


LET ME  
HELP YOU



No matter where you go each day,  
you should always aim to be  
well-mannered, kind and happy  
with everyone you see.





My friend Jesus used his manners  
with the people that he met.  
He treated everyone the same.  
He treated them with respect.



By using your best manners,  
by saying "please" and "thank you",  
it's the best way to treat others –  
it will make you feel happy, too.





We need to consider others  
by being thoughtful every day.  
To be kind, helpful and friendly  
when we're working or at play.





Use encouraging words and actions  
with everyone you meet.  
Treat everybody respectfully,  
use gentle hands and feet.





Jesus spoke encouraging words.  
He used gentle hands to heal.  
His feet took him to many places  
to pray, teach or share a meal.





How do you **G**reet, **T**reat and **S**peak?  
Do you help others fit in?  
Giving someone a smile or high five,  
is where friendship could begin.





My friend Jesus, he knew **G.T.S.**  
he greeted with blessings or a smile.  
Children and adults loved him  
when he stopped to talk for a while.



The **W.E.S.T.** way is a great way to act,  
it's unselfish, thoughtful and giving.  
To Welcome, Encourage, say Sorry and Thanks  
is certainly a great way of living!



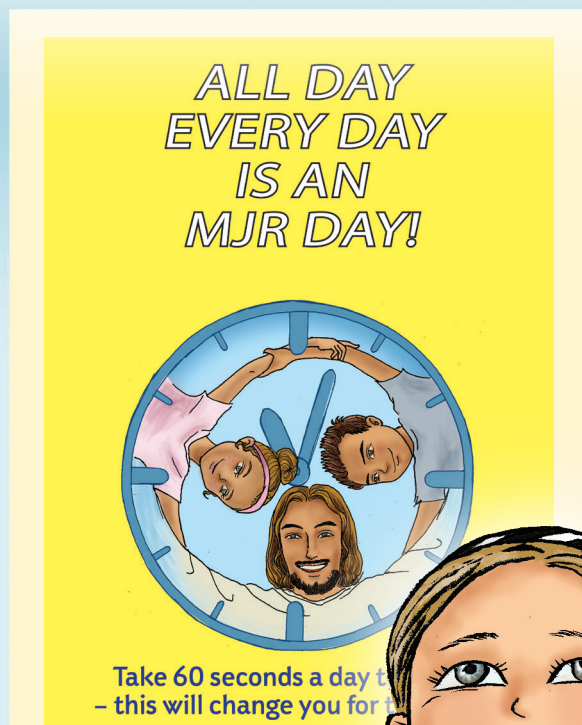
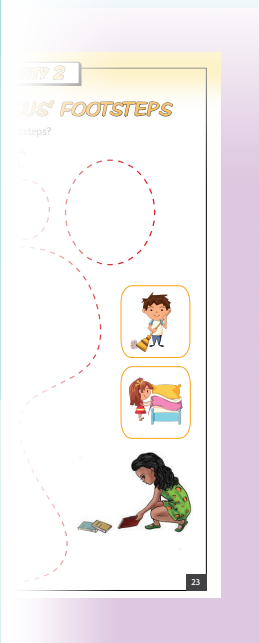
My friend Jesus lived by **W.E.S.T.**  
He was considerate and understanding.  
The people that surrounded him  
thought his behaviour was outstanding.





Spend your days being positive and happy  
and share these feelings with others.  
Pass it on to the people you know,  
your friends, sisters and brothers.





When Jesus died on the cross for us,  
he showed his love completely.  
He wanted us to be better people,  
to be kind and love God deeply.



So, remember my friend Jesus  
and what he did for you and me.  
Try to be more like my friend Jesus.  
And be the best person you can be!

# ACTIVITY 3

## MANNERS

DO YOU USE YOUR MANNERS AT HOME AND AT SCHOOL?



Manners can be **polite words** like:

Yes please

No thank you

Excuse me

May I please have



Or manners can be **actions** like:



Draw a picture below showing how you use your manners **at school**.





## ACTIVITY 5

# GENTLE HANDS AND FEET



Always use gentle hands and feet by using them in a caring way to help others.



Colour in the picture below that shows people using their hands and feet in a useful way.



My friend Jesus always used gentle   and   to help people.