



pages
11
58

Excerpt taken from *Make Jesus Real* published by Garratt Publishing.

To purchase copies of this book visit:

<https://garrattpublishing.com.au/product/9781925073294/>

or

contact us on sales@garrattpublishing.com.au or 1300 650 878.

For more MJR Resources visit:

<https://makejesusreal.com.au>

TAKING THE GOOD WITH THE BAD ...

At an early age in life we realise that we have great times, good times, ordinary times and not so good times. Life is like that. If we dwell too much on the not so good and think that is our lot in life, then it will be. It is important to take the hard times on the chin, try to be positive and get on with life. At times that is easier to say than do, particularly at the death of a loved one or a pet, but it is much easier when we are talking about the ordinary little things that get us down.

Some people are always Moaning and Groaning. It is their first reaction to anything they don't like.

ACTIVITY

When was the last time that I accepted a disappointment in my life and didn't moan? What about umpiring decisions? In the schoolyard, have you noticed anyone in your team who accepts decisions well?

BUILD A BRIDGE AND GET OVER IT!

When a problem comes our way, very often we can drop our bundle and give up, or get our parents or another adult to solve it. Sometimes you hear the expression "accept a challenge". You can feel a lot better about yourself if you can build a bridge and get over a problem. Obviously if there are really big problems you need help from parents and teachers. For the small things that can upset us, such as not having your joggers, hat or bathers and you have to miss an activity, try and manage them yourself – build a bridge and get over the small problem. This is clearly linked with being resilient.

**DON'T HANG ON
TO RESENTMENT -
LET IT GO!**



MAKING GOOD CHOICES ...

To be truly healthy we need a healthy mind, healthy body, and a healthy sense of health.

PHYSICAL ACTIVITY

BENEFITS OF EXERCISE

- » Makes you more flexible
- » Helps build stronger muscles and bones
- » Makes you feel calm and improves moods
- » Helps you sleep
- » Gives you energy
- » Helps you concentrate and improves your coordination
- » Relieves stress and tension.

BEING ACTIVE

- » Walk, ride, skateboard, rollerblade, jog, run
- » Use stairs instead of elevators
- » Walk to school or ride a bike
- » Set your limits on watching TV, computer screen time and games.

