



FLOURISH · CREATION

YEAR 6

Ready the night before

A two-minute checklist that makes tomorrow morning calmer.

#independence

#wisdom

#self-control

#preparation





What makes a morning feel calm before it has even started?

You can always pass, write your answer privately, or use a made-up example.



Proverbs 21:5

“The plans of the diligent lead to profit as surely as haste leads to poverty.”

Proverbs 21:5, New International Version (NIV)

CHRISTIAN CONNECTION

Planning ahead is a quiet kind of care. Getting ready the night before is not worrying about tomorrow; it steadies us so we can be on time and available to others.



CONNECT



EXPLORE



PRACTISE



REFLECT



What can we actually do the night before?

Sort the cards into real actions and wishful thinking.

1 Hoped the sports uniform would turn up

3 Decided mornings are just always chaotic

5 Checked tomorrow's timetable for sport

Choose your three, then write them in a two-minute order.

2 Filled the drink bottle and set an alarm

4 Left it all to sort out in the morning

6 Packed the library book by the front door

Test each card: could you finish it tonight in under two minutes?



CONNECT



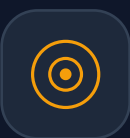
EXPLORE



PRACTISE



REFLECT



“Tonight my two minutes will be ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Two calm minutes tonight buy back ten frantic ones tomorrow.

 CONNECT

 EXPLORE

 PRACTISE

 REFLECT