



FLOURISH · CREATION

YEAR 6

Rest is a gift

Rhythms and limits that restore us, so tired bodies and minds recover well.

#helpseeking

#healthylimits

#restrhythms

#recovery





Someone says yes to everything and runs out of energy. What is that costing them?

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



Mark 6:31

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”

Mark 6:31, New International Version (NIV)

CHRISTIAN CONNECTION

Rest is not laziness or a reward for finishing everything. God gives a rhythm of work and rest as a gift that honours our limits, and Jesus himself pulled his friends away to a quiet place to recover.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which choices would truly help Priya rest and recover?

Map one warning signal from the case onto the weekend timeline.

1 Stay up late so nothing has to be given up at all

3 Skip meals and rest breaks to catch up faster

5 Plan the project on Friday and keep Sunday clear

Sort the six cards, then design one resting rhythm that names who does what next.

2 Tell the stall she can help next month, not this Sunday

4 Set a screens-off time and go to bed at the usual hour

6 Say "I am fine, just tired" and keep going anyway

Test each card: is it honest? Does it protect rest? Could it work this week?

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“I rest well when ...because it protects my energy for ...”

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

TAKEAWAY

One planned rest, chosen early, protects the whole week that follows.



CONNECT



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