



For parents and grandparents with birth, step, adopted, and foster children



# FAITH FORWARD FAMILIES with Little ones



**On a Roll:** Before beginning this activity clear a large area of furniture and other obstacles.

Say to your child, "God created your amazing body. Let's have some fun seeing what you can do with your body."

Ask your child to lay on the floor, straight like a pencil. Ask your child to roll to one side and then the other. Help children practice rolling around the area. Add to the fun by playing praise music as your child rolls around. Younger children can roll in any direction. Concepts like left, right, and back and forth can be practiced with older children. Get down and roll with your children if you are able.

Say, "That was fun! God likes it when we have fun."

## On the Go Faith for On the Go Families

**READ** ... this passage from the Bible two times out loud.

Paraphrase this passage for the age of your child:

"Whatever you say or do should be done in the name of the Lord Jesus, as you give thanks to God the Father because of him." Colossians 3:17 (CEV)

**TALK** ... together—use this activity to get you started.

#1 Pick the activity you like the best.

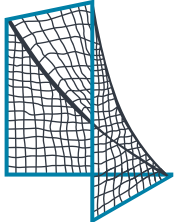
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|------------------|---------------|--------------|---------|
| Baseball         | Hunting       | Soccer       | Art     |
| Tennis           | Dance         | Swimming     | Music   |
| Gymnastics       | Football      | Reading      | Clubs   |
| Volleyball       | Cheerleading  | Field Hockey | Skiing  |
| Basketball       | Softball      | Ice Hockey   | Cycling |
| Girl Scouts      | Boy Scouts    | Theater      | Fishing |
| Golf             | Track & Field | Martial Arts | 4-H     |
| Horseback Riding | Other: _____  |              |         |

#2 Listed below are some things that can occur when young people participate in activities. Name the three that are most important to you as a parent or kid.

- Honoring God
- Having Fun
- Getting Along with Others
- Goofing Off
- Doing My Best
- Feeling Good about Participating
- Winning
- Making New Friends
- Learning New Skills
- Playing Fair
- Staying Physically Fit

**PRAY** ... this prayer or your own prayer.

Lord Jesus, our family wants to honor you in all we do. Help us realize that our abilities come from you. Take our dedication and commitment to school, to sports, to all we do bring you praise. May all that we do demonstrate to the world that you are our Lord. Amen"



## Make Mealtime Family Time

**Can't Say What You Want.** At your next meal together, give your family a challenge. Tell them that throughout the meal whenever they want something passed to them they can't say the name of the item, they must describe it.

The challenge will be for the person who is asking for the item to come up with a definition that the rest of the family can figure out. It can be funny.

Examples: "Please pass me a long, yellow bumpy item" (corn), "Please pass me a chunk of golden, fried goodness," (fried chicken), or "Please pass me the container of red sauce" (ketchup). Continue doing this until you have finished your end of the meal sweet treat (dessert).

## just for Grandparents

Here's a unique strategy if you don't live in the same community as your grandchildren. Before your next visit, you can build your grandchildren's excitement by sending pictures, pamphlets or websites about places you will visit or things you will do. Answer any questions or consider any suggestions they may offer. Pray before the visit that you will have opportunities to share God's love with them.



"When you eat or drink or do anything else, always do it to honor God." 1 Corinthians 10:31 (CEV)

Family MomenTip: Always think about safety when playing any game or doing any activity with your family.