

**Hands on activities** help children learn as they get involved and put ideas into action. Try these to develop goodness (fruit of the Holy Spirit, Galatians 5:22-23). Try these excerpts from my books *Raising a Young Modern Day Princess*, *Secrets of Success for Women: the Home*, and *The One Year Devotions for Active Boy*.

### Good Deeds

Each day, think of a good deed you can do with your child. It might be as simple as making a sibling's bed, baking cookies for a sick friend, or donating canned goods to a food drive.

### *Goodness Album*

Help your child make a booklet or album of pictures that reflect goodness.

- Make a page for each day of creation.
- Add pictures of good deeds, playing well with friends, doing chores.
- Add photos or drawings of reading the Bible, going to church, and praying.

### *Be an Encouraging Goose!*

Canadian geese are known for their cooperative spirit as they fly in formation to reduce wind resistance. Keep a stuffed goose in the house to honk encouragement as a reminder to have the good characteristics of geese.

- Geese honk to encourage one another. Honk and shout praises.
- Geese are loyal and mate for life. Be loyal.
- When a goose is hurt and falls from the sky, two others fly to remain with the hurt one. They care for the goose, bringing food and nursing it.
- Geese fly in a V-shape that actually uses the wind to help them all fly with less effort. Be the wind beneath the wings of others through your support.

### *Sparkling Jar of Goodness*

Let your child help you mix up some simple ingredients and add sparkly items to make this container that glitters. Shake it as a way to celebrate good deeds.

You will need:

- Rubbing alcohol
- Empty clear jar and screw on lid, like a small plastic peanut butter jar
- Vegetable oil
- Shiny tiny objects like beads, sequins, and glitter
- Tape

Follow these steps to complete this fun project:

1. Pour rubbing alcohol in jar until one-quarter filled.
2. Add vegetable oil, leaving about 1/2 inch of air at the top and let it settle to the bottom.
3. Drop objects into the liquids.
4. Fill jar to brim with more oil.
5. Screw on lid and tape it closed.
6. Watch what happens when you shake the jar. It adds sparkle and twinkles. The objects dance.

Talk about how goodness and helpful deeds add sparkle to our lives as we dance for God. Every day your princess performs good deeds or shows good character, shake the jar and dance while the items dance in the jar.

## Good Choices and Teachable Moments

At the end of each day of creation, God looked at what He did and saw it was good. Use this chart to help your child look at the day to see what was good. Chat about choices made and use less-than-good incidents as teachable moments to share what better or other choices could have been made.

What I Did	Was it Good?
Foods I ate	
Exercise	
Obeying rules	
Telling the truth	
Choices I made	
Helping others	
Prayers	
Bible reading or devotion	
Bedtime	
Morning time and going to school	

## Self-Control Helps

Make a chart with rules and consequences. Include positive consequences for following rules. Use pictures instead of writing for younger children. Be sure to look at the chart and remind your child about any broken rule. State it simply in short sentences, such as: "It's not okay to hit your sister. I see you feel angry, but you need to respect your sister. Use words to say you are angry."

Rule	Consequence for disobeying	Consequence for obeying
Clean rooms before dessert	No cleaning, no dessert	Dessert, and if done for a week, extra time for a story
No hitting, pushing, or hurting someone physically	Person can use one of your toys for 30 minutes	Fun hands-on activity like a puzzle or board game
No using mouth to hurt someone (no hurtful words or biting)	If you bite someone everyone else gets a snack party (you already ate a sweet snack by biting a sweet person).	Big smiles and a breath mint.
Speak softly without yelling or screaming	Timeout followed by a whispered chat	Praise for controlling tongue
Pass nicely and don't throw toys or objects	Pick up thrown objects, and one of your favorite objects will be put up for a few days	Do this for a week, and you get a tea party with Mom
Do chores before playing	Toys will be taken away, and you will need to go back and finish the job	Hooray! You get to play!
Obey your parent without unkind words	Miss a sweet snack, and still need to obey the original instruction or request	Praise for a good job and star on your chart or marble in the jar

## Marble System

Each time your child does something to display a fruit of the Spirit, let him or her put a marble in the fruit of the Spirit jar.

Examples:

- Waiting to talk until Mommy hangs up the phone.
- Letting a sibling go first in a game.
- Doing a chore with a smile.

When your child "earns" 50 marbles, he or she gets a date with one of her parents, and her choice of where and with whom. This could be playtime at a park, a visit to a museum, or a meal at a restaurant.

Don't be "jarred" if the marbles don't seem to increase. It may be a sign that you are not encouraging your daughter or even noticing her actions.

## Emotional Coaching

Be an emotion coach to cultivate your child's emotional responses.

- Avoid the tendency to think or say, "Get over it," a phrase that dismisses feelings.
- Avoid the disapproving style that tells a child she shouldn't feel a certain way or that anger and other negative feelings are a sign of weakness.
- Avoid the "let it be" approach that accepts all emotional responses, even rages and tantrums.
- Coach by empathizing and guiding, so that your daughter understands how emotions work, how to manage them, and how to get along with others.
- Observe and note your child's emotions.
- Connect and talk about your child's emotions and responses to them.
- Listen to your child, including how he or she expresses feelings.
- Name the emotions and help your child identify her feelings.
- Seek solutions together. Brainstorm ideas.
- Read books and stories where children deal with emotions.
- Talk about emotions after your child is calm.
- Discuss solutions your child tried and what happened.
- Put the emotions felt in perspective like discussing excitement after a party or anger after a tantrum.
- Pray together for the fruits of peace, gentleness, and self-control.

### Peace from squabbles and complaints/tantrums

Peace denotes calmness, freedom from quarrels, and the absence of war or violence. Sometimes your beautiful child may go into a rage/tantrum for unknown reasons. It might be exhaustion, allergies, sickness, or feeling overwhelmed. Giving in reinforces negative behavior. It's easy to feel embarrassed and yell, but that's not peaceful. Remaining calm, using a gentle voice, and waiting for the child to regain control of her emotions helps. Remove your child to a quiet place, if possible. Let the incident become a teachable moment after your daughter calms down. Observe what may trigger tantrums to help your child avoid them.

### Proverbs 31 for girls

Read Proverbs 31 11-30 with your daughter to discuss virtues of young ladies.

Princess Character	Verse	Princess Action
Trustworthy, loyal	11	Keep your promises, and do your chores without reminders.
Hard worker who follows through (diligent)	13	Help with household chores like dusting, sweeping, clearing the table, doing dishes, laundry.
Thrifty (wise with money)	16	Make good choices with money, give some to your church, save some.
Dependable, makes things	19	Make gifts and cards to give others.
Compassionate and generous	20	Give away clothes and toys to the poor or canned food to a food pantry.
Responsible	22	Take care of your clothes and put them away.
Graceful and confident	25	Walk gracefully and believe in yourself.
Thoughtful (speaks wisely)	26	Think before you speak and be kind with your words; share the gospel, and compliment others.
Focused with purpose (helps care for her family and is not lazy)	27	Make snacks for family members, spend time keeping your room neat.
Humbly fears the Lord	30	Pray and remember that God is awesome!

## Boy's Character development and devotional

(from The One Year Devotions for Active Boys by Karen Whiting)

Strength is more than muscle power. For example, it takes strength of character to keep trying to learn something, even when people tease. Strength is more than having the most powerful weapon. It's having a strong faith in a mighty God. Check off these pas- sages as you read them.

- Noah worked 100 years to build the ark in a place without water. That's strong perseverance, especially when neighbors would have thought he was strange. (Genesis 5:32; 6:10-14; 7:6)
- Food from angels gave the prophet Elijah strength for 40 days. (1 Kings 19:7-8)
- Waiting on God can bring strength. (Isaiah 40:31)
- The Holy Spirit gives people inner strength. (Ephesians 3:16)
- Don't let sin rule your mind. Have a strong mind controlled by God's Spirit. (Romans 8:6)
- I'm strong because God is with me. (2 Corinthians 12:9)

## Knight time

Wouldn't it be awesome to be a knight in shining armor? You'd ride horses. Joust for championships. Fight for the kingdom and be adored by peasants. And you can't beat the uniform: silvery armor, gleaming in the sun. Knights just look cool.

But actually, being a knight wasn't too glamorous. A full suit of armor often weighed more than 100 pounds. And there wasn't any air-conditioning in there, so it got hot. Plus, armor isn't flexible. Scientists say it's twice as hard to walk when you're in a suit of armor.

Knights were also expected to live by a very strict code. A Knights Code of Chivalry dates back to the Dark Ages. Just look at this list from The Song of Roland, which pretty well represents what was expected from a knight:

- To fear God and maintain his church
- To serve the liege lord in valor and faith
- To protect the weak and defenseless and help widows and orphans
- To live by honor and for glory
- To fight for the welfare of all
- To obey those placed in authority
- To at all times speak the truth
- To persevere to the end in any enterprise begun
- To respect the honor of women
- To never to turn one's back upon a foe

*That sort of sounds like being a Christian, you might be thinking. And you're right. In fact, God wants you to put on the shining armor of right living (Romans 13:12) and be a modern-day knight for him.*

### Lift off list

Put check marks next to all the ways that you're being a modern-day knight.

- Being friendly to kids who don't have many friends
- Telling the truth to my parents
- Always finishing my homework
- Respecting girls, including with the TV shows I watch and things I see on the Internet
- Honoring my teachers
- Going to church
- Being a leader
- Making decisions that honor God

Pray: Commit to God that you will remove your "dirty" clothes and put on his shining armor of right living.