

Day 3 Let's Get Active

By Karen Whiting

Add fun to family life with activity. Plan activities for indoor fun, and go outside, to be together. When it fits, weave in faith chats.

Plan some fun game nights for your family

Invite friends to join the fun. Decide on healthy snacks, how to be happy when you lose (maybe add a few prizes for losers), and find reasons to laugh even when you are way behind. It's being together and not how you do that matters.

Tea Parties and Talk

When children are little they often like pretend tea parties and picnics. That can be fun and also an opportunity to help them with manners and serving one another. As they grow, real teatime might be a great opportunity to let children bring up any topic or any faith topic and discuss it.

Puzzles and Experiments

Put out a jigsaw puzzle for the family to work on. Put out a tangram to make different shapes that might already be on prompt cards, or make up your own.

Cooking with Imagination

Help children learn to cook. Then they can change recipes and gift food to others.

Click the links:

Buy Karen's [Baking Bread Course](#)

Buy the matching paperback book [*The Gift of Bread*](#).

Experiments

When kids ask questions consider if you can do an experiment to check it out.

Some can connect to the Bible. Wondering about yeast can lead to fun experiments that help children discover how yeast caused bread to rise (and heaven to grow analogy) or how it ferments to make alcohol (sin of the pharisee analogy).

For young ones it can be as simple as discovering what floats and what sinks. For older ones, it may mean looking up fun experiments online.

The Great Outdoors

- Explore your own backyard, local parks, waterways, and nature paths.
- Try gardening, catching, and identifying bugs, Spotting birds, little critters, and identifying trees and plants.
- On a hike take a break to praise God for creation. Snap a few photos too. At a waterway check to make sure it's clean and discover what fun you can do there from wading and swimming to boating.
- Make obstacle courses and time each other getting through. Chat about obstacles in life and how God helps us.

Field Trips

Check out nearby activities, museums, and places to visit. Make up a booklet with items to find and see if they can find each one. They could add a note about it like the color, information they discovered, or who else saw it. Add a passport for finding things at the destination.

Silly time

Put on a hat and pretend to be someone else.

Pull out a charade to pretend and see who can guess

Be each other for a bit. A kid may play mom and need to put the children to bed.

All About Me!

Let a child lay down on a roll of paper that's been rolled out to their length. Trace the child. Let them draw in what they are thinking inside the head area, what's they feel inside the heart, and inside feet write where they have been going or want to go.

Consider what to write in each section.

Or do another life size cutout as a timeline and help child write in things they did at certain ages like when they walked, talked, held a rattle, or played ball.

Use these cutouts to celebrate growth and identity. Add a few scriptures from Psalm 139 about God making them and Jeremiah 29:11 about God having plans for them.