

Family Activity Guide



At Home Family Night Ideas

- ✓ Movie night
- ✓ Family photoshoot
- ✓ Bingo night
- ✓ Make your own pizza
- ✓ Camping in the living room
- ✓ Scavenger hunt
- ✓ Hide and seek in the dark
- ✓ Watch old family videos
- ✓ Theme night
- ✓ Ice cream sundae bar
- ✓ Dance party
- ✓ Family video
- ✓ Creative night
- ✓ Board game night
- ✓ Talent show
- ✓ Create a time capsule
- ✓ Puzzle time
- ✓ Family art night
- ✓ Play card games
- ✓ Watch a sports game
- ✓ Family story time
- ✓ Surprise family night
- ✓ Family interview
- ✓ Children's choice
- ✓ Picnic in the living room
- ✓ Formal dinner
- ✓ Create a vision board
- ✓ Play charades

Make every moment count

Gratitude Challenge

CHOOSE ONE OF THE FOLLOWING ACTIVITIES EVERY WEEK THIS MONTH.

- **Write a 3 letters of gratitude.** These letters can be for a family member, friend, neighbor, teacher, or anyone.
- **Send 10 texts of thanks.** Send texts to people you haven't spoken to in a while and express gratitude for their involvement in your life.
- **Thankfulness posts.** Post on social media every day with one thing you're thankful for.
- **Say "Thank You" 10 Times a Day.** Each day this week, try to say "thank you" 10 times each day.
- **Recite Bible verse on thankfulness.** Choose a memory verse that expresses gratitude and recite it every week.
- **Show a Neighbor Kindness.** Find ways to show kindness to your neighbors this week.
- **Write a Thankfulness List.** As a family, make a list of things you're thankful for- try to get to 100.
- **Thank a Teacher.** Find a way to say thanks to a local teacher.



FAMILY GOALS

As a family, think through and discuss the goals you'd like to set for everyone. Check-in on your goals at the end of the first month and discuss how they are going and what you want to do next.

SPIRITUAL GOALS:

HOUSEHOLD GOALS:

SCHOOL GOALS:

RELATIONSHIP GOALS:

HEALTH GOALS:

FINANCIAL GOALS:

SPORTS/HOBBY GOALS:

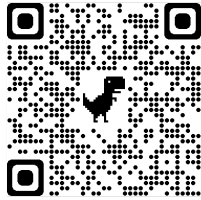
OTHER GOALS:

QUICK AND EASY MEAL IDEAS

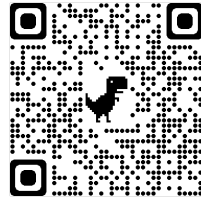
SCAN THE QR CODE WITH YOUR PHONE CAMERA AND CHECK OUT THESE GREAT QUICK & EASY RECIPES FOR BUSY NIGHTS WITH THE FAMILY.



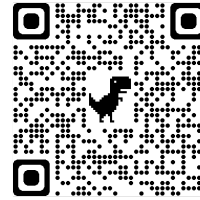
**INSTANT POT
TURKEY &
SWEET POTATO
CHILI**



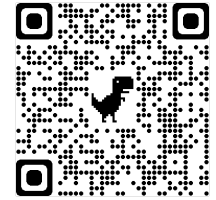
**TASTE OF HOME
EASY CHICKEN
STRIPS**



**HOMEMADE
HAMBURGER
HELPER**



**SHEET PAN
SALMON &
ASPARAGUS**



**CHEESEBURGER
CUPS**



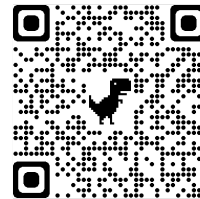
**INSTANT POT
CHICKEN & RICE**



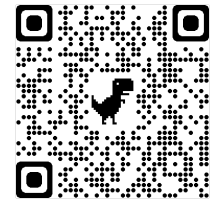
**CHICKEN &
VEGGIE
STIR-FRY**



**EASY BUTTER
CHICKEN**



**PASTA BAKE
WITH SAUSAGE**



**INSTANT POT
MAC & CHEESE**



5 MINUTE PRAYER CHATS

EACH NIGHT AS YOUR KIDS HEAD TO BED, CHOOSE A TOPIC ON THIS PAGE TO PRAY ABOUT. CONSIDER MEMORIZING THE BIBLE VERSES ON THIS PAGE TOGETHER.

FRIENDS

PRAYER: Dear God, help me to choose good friends this year at school.

QUESTION: What makes a good friend?

“Good people are careful about choosing their friends, but evil people always choose the wrong ones.”

Proverbs 12:26

COUNTRY

PRAYER: Please help our president and leaders make good choices.

QUESTION: What would be the hardest part of being president or another elected leader?

“You should pray for rulers and for all who have authority.”

1 Timothy 2:2

OURSELVES

PRAYER: Thank you for the way you made me because.....

QUESTION: What’s something you do well?

“I praise you because you made me in such a wonderful way.”

Psalm 139:14

FAMILY

PRAYER: Dear God, help me to show kindness to my family today.

QUESTION: What is one way you can show kindness to someone in your family today?

“Be kind and loving to each other. Forgive each other the same as God forgave you through Christ.”

Ephesians 4:32

THANKFULNESS

PRAYER: God, thank you for..... because.....

QUESTION: How many things can you thank God for? Can you come up with 20?

“Whatever happens, always be thankful.”

1 Thessalonians 5:18

NEIGHBORS

PRAYER: Jesus, please help my neighbors know you. Also, please help them with the hard stuff they may be facing.

QUESTION: What are ways you can show God’s love to your neighbors?

Jesus told his followers, “This is what I tell you to do: Love each other just as I have loved you.”

John 15:12



CAR RIDE CONVERSATION STARTERS



As you travel with kids to/from school or sports, consider these conversation starters questions. Take turns answering questions. Try choosing a number between 1 and 20 and answering that question.

1. If you were invisible where would you go?
2. What kind of job would you like to do when you grow up?
3. Who do you think is stronger, an elephant or a rhino?
4. If you could become any animal for a week, what animal would you be?
5. What's your favorite smell?
6. What's something you're good at doing?
7. What's your favorite part of the day?
8. What's your favorite vegetable?
9. How would you describe God to someone?
10. If you opened a business, what kinds of things would you sell?
11. If you were going to change the world for the better, what's one thing you'd do?
12. What's the weirdest sound you can make?
13. What's your favorite season of the year?
14. If you could meet any TV or movie character, who would you want to meet?
15. How would you define love?
16. If you were going to be famous for something, what would you want to be known for?
17. How would you explain prayer to someone who didn't know what it was?
18. What would you do with \$100,000 if you were given it today?
19. What does it mean to be a Christian?
20. Make up a word and its meaning.

FREE PRINTABLE: School Lunchbox Jokes

When it comes to packing school lunches, everyone could use a good **LAUGH**. Consider cutting out the following **JOKES** and placing them in your child's **LUNCHBOX**, or share the sheet with your family jokester and encourage them to entertain the family.

What do you call a boomerang that won't come back?

A stick.

What do you call a fish wearing a tie?

So 'fish-ticated

Why do seagulls fly over the ocean?

Because, if they flew over the bay we'd call them bagels.

I asked my dog, "What's two minus two."

He said nothing.

What do you get when you cross a snail with a porcupine?

A slowpoke.

What kind of tree can fit in one hand?

A palm tree.

How do they keep a basketball arena cool?

They fill it with fans.

What do you call a little bear with no teeth?

A gummy bear.

What do you call a dog that can do magic?

A labra-caddabra-dor

Why did the chocolate chip cookie see a doctor?

He felt crummy.

Why did the kid throw the butter out the window?

So he could see a butter-fly.

What's a pirate's favorite class in school?

Arrrrt