We know life looks a little crazy right now. You might be juggling working from home while schooling your kids at home. You might be worrying about lack of income or how your kids are processing all of this.

At ParentzMatter, we want to connect, resource, and guide families in building Christ centered, faith-living homes. So we created this resource to help you not only survive, but to thrive during this time.

Be intentional with your families’ FUN, FAITH, and FUNDAMENTALS. Spend extra time having fun together, diving into God’s Word as a family, and developing your new (temporary) rhythm and norm.

“I have no greater joy than this, to hear of my children walking in the truth,”
(3 John 1:4, NASB).
Table of Contents:

Family Fun Challenges
Nature Walk I-Spy
Roll-A-Dice Dance Break
Thankfulness Challenge
Ways to Praise
7 Day Prayer Challenge
A - Z of Praise
Bible Verses to Help with Anxiety and Worry
Popsicle Party
Schooling at Home Helps
7 Day Sibling Challenge
Family Activity Bingo
Daily Rules
Dinner Conversation Cards
The World’s Best Bubble Soap
Gratitude Scavenger Hunt
Silly Holidays to Celebrate
Quarantine Family Tips
FAMILY FUN

CHALLENGES

- Build a fort
- Make your own board game
- Create a dance
- Bake a cake
- Go on a nature walk
- Have a race
- Enjoy a family movie night
- Build a tower out of anything
- Camp out in the living room
- Paint each other’s faces
- Write a story together
- Have a tea party
- Learn something
- Gaze at the stars
- Climb a tree
- Have a pj party
- Eat a picnic dinner
- Write a song
- Do a secret act of kindness
- Put on a sock puppet show
- Draw self portraits
- Build a card tower
NATURE WALK

I-SPY

- Something Green
- Flower
- Acorn
- Bird
- Squirrel
- Something Yellow
- A Funny Shaped Cloud
- A Bird Nest
- Something Red
- Water
- Bunny
- Frog
- Animal Tracks
- Sticks
- A Fallen Tree
- Flat Rock
- Bee
- Something Blue
- Spider Web
- Seed or Berry
ROLL-A-DICE
DANCE BREAK
Roll the dice and create your own unique dance break!

ROBOT  FLOSS  DISCO FEVER  DAB  WIGGLE  RIDE THE PONY
THANKFULNESS CHALLENGE

TODAY, I’M THANKFUL FOR...

1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
5. ________________________________
6. ________________________________
7. ________________________________
8. ________________________________
9. ________________________________
10. ________________________________
WAYS TO PRAISE

“Let everything that has breath praise the Lord,”
(Psalms 150:16 NIV)

- Write a prayer
- Worship music dance party
- Sing a praise song
- Thank God
- Pray
- Enjoy Nature
- Write your own song
- Make a list
- Pray together
- Make tambourines to praise
- Draw a mural
- Make a painting
7 DAY PRAYER CHALLENGE

“Let everything that has breath praise the Lord,” (Psalm 150:16 NIV)

#1 - Pray before each meal today, thanking God for providing your food.

#2 - Before you get out of bed in the morning, thank God for a brand new day.

#3 - Pray for all of your family members by name! (Include your extended family, too!)

#4 - As a family, take turns thanking God for two or three things!

#5 - Think of promises God has made in His Word. Praise God for being a promise Keeper!

#6 - As you finish the day, pray before bed for three or four specific needs (of yours or for others)

#7 - Create a prayer journal and write out a list of people or things to pray for daily
A - J - S -
B - K - T -
C - L - U -
D - M - V -
E - N - W -
F - O - X -
G - P - Y -
H - Q - Z -
I - R -
BIBLE VERSES TO HELP WITH ANXIETY & WORRY

Joshua 1:9
Luke 12:22
Matthew 6:25-34
Psalm 34:4
Psalm 94:19
Romans 8:38-39
Proverbs 3:5-6
Philippians 4:6-7
Luke 12:24-34
Psalm 23
POPSICLE PARTY

Create your own popsicles using whatever ingredients you choose.

Ideas can include: Kool-Aid, fresh fruit, yogurt, pudding, gummy works, candy, etc.

Fill a popsicle mold or paper cups with craft sticks 3/4 of the way full, then place in the freezer until frozen solid.

Application:
Whatever you put into your popsicle mold determined what flavor of popsicle came out. The same thing is true with us. Whatever we put into our brains and hearts is what comes out in our lives.

Read Matthew 15:10-20

Are you putting God first in your family?
SCHOOLING AT HOME HELPS

1. Start your school day with prayer and scripture.

2. Take time for fun! Tell a joke, make it in to a game, or move your body!

3. Change location! Move the learning outside or to a different room for a change.

4. Take a break if you need it. Set aside difficult work and come back to it after a snack or a fun break.

5. Remember, learning happens outside of book work. Learn while baking, exploring nature, reading for fun, or even doing home repairs!
7 DAY SIBLING CHALLENGE

#1 - Share a toy or snack with your sibling

#2 - Say something you love about your sibling

#3 - Let your sibling pick an activity to do together

#4 - Read a book or play a game together

#5 - Do a sibling’s chores

#6 - Try something new together

#7 - Go all day without saying anything hurtful
Create your own family activity bingo game!
Fill in the squares with family activities (or even projects). Plan a fun treat at the end, such as a pizza party or special movie night!

<table>
<thead>
<tr>
<th>F</th>
<th>A</th>
<th>M</th>
<th>I</th>
<th>L</th>
<th>Y</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
DAILY RULES

Have you...

___ Read your Bible?
___ Finished your school work?
___ Changed out of your pajamas?

PLUS

___ Helped someone?
___ Cleaned up one room?
___ Played outside?
___ Read for (at least) 15 minutes?
___ Made, built, or created something?
___ Used your imagination?

Then you can have electronics!
GRATITUDE
SCAVENGER HUNT

Find...

• Something that makes you smile
• Something useful
• Something in your favorite color
• Someone you love
• Something that tastes good
• Something healthy for you
• Something important
• Something you have to have to live
• Something you love doing
• A place you like to go to

• An animal you like
• Something that smells good
• Something you like hearing
• Something with lots of color
• Something you use every day
• Something beautiful
• Something in nature
• Something in your room
• Something warm
• Something cold
WORLD’S BEST

BUBBLE SOAP

MIX TOGETHER:

6 cups water

1/2 cup corn syrup

1 cup liquid dish soap

(Store any extra in an airtight container!)
SILLY HOLIDAYS TO CELEBRATE

April 2nd - International Children’s Book Day
April 10th - National Siblings Day
April 14th - International Moment of Laughter Day
April 18th - International Juggler’s Day
April 20th - Lookalike Day
April 25th - World Penguin Day
April 27th - Tell a Story Day
April 30th - National Honesty Day
May 1st - Mother Goose Day
May 4th - May the 4th Be With You Day
May 10th - Clean Up Your Room Day
May 11th - Eat What you Want Day
May 12th - Limerick Day
May 13th - Frog Jumping Day
May 14th - Dance Like a Chicken Day
May 23rd - Lucky Penny Day
May 24th - Scavenger Hunt Day
May 25th - National Tap Dance Day

“a time to weep and a time to laugh; a time to mourn, and a time to dance.” Ecclesiastes 3:4
1. **Be Fully Present**
   Put your phone down. Walk away from your computer. The dishes can wait. Enjoy the extra time you have with your kids, and realize that their world has been turned upside down as well. They need extra love and grace during these times.

2. **Remember That Learning Happens Outside of School**
   Teach your kids valuable life skills such as laundry and cooking. Let them explore how the world works and discover God's creation! Learning doesn't happen only from text books and school assignments.

3. **Make Fun Part of Your Day**
   Fun is vital for kids! And for you! Do something fun, as a family, every single day. Household chores can even be turned into a game!

4. **Soak Up Sunshine**
   Go outside and soak up God's creation! It's good for your body and your attitudes!

5. **Get Moving**
   Your bodies need to be active to stay physically (and mentally) healthy! Go for a walk, kick the ball around in the yard, or have a race with the kids. Get moving!

6. **Don't Leave a Room Empty-handed**
   With everyone home all day, your house is going to get messy! To stay on top of the mess, never leave a room empty-handed. Grab something and put it away, every time you leave a room!

7. **Take Time for Yourself**
   To be the best that you can be, sometimes you need to put yourself first. That's not being selfish. Take 10 minutes and savor a cup of coffee by yourself or go for a walk without the kids. Take time for you.

8. **Put Faith First**
   When we put God first in our lives, everything else falls in line. Start your day with prayer, scripture, and meditating on God’s Word. Put God first in your personal quiet time and in your family.
BE INTENTIONAL.
MAKE MEMORIES.
FOCUS ON YOUR FAMILY.
DRAW CLOSER TO THE LORD.