

GROWING HOME  
· together ·

caring for the **soul** of your **family**



10 Family Activities  
to Connect with  
Your Kids Today



## 1. Tap a Tune

*"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."*  
(Zephaniah 3:17)

Line up eight water glasses of various sizes in a row. Add water to the glasses, filling them with different amounts so each glass plays a different musical note when tapped with a plastic spoon or chopstick. Explore the variety of sounds you can make. Can you play a worship song on the glasses?

## 2. Shine a Light

*Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. Let your face shine on your servant; save me in your unfailing love.*  
(Psalm 31:9, 16)

Wash and dry empty food cans from your recycling bin. Create designs on each can by punching holes through the sides with a hammer and nail or by using a drill. Attach a piece of twine or wire to each can for a handle and place a candle inside to create a lantern. Light each candle, turn off the lights, and see the patterns shining from your lanterns.

## 3. Face Your Fears

*"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."* (Joshua 1:9)

Gather a supply of colorful clay or modeling dough. Take turns using the clay to sculpt something you're each afraid of. Share your fears with one another. Then, use a rolling pin to smash your fears flat!

## 4. Roads to Riches

*The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.* (Matthew 13:44-46)

To make your own treasure maps, tear away the edges from pieces of white paper. Crumple the sheets in your hands and smooth them out flat. Soak each paper in cooled, strong tea for several minutes. Dry them with a hair dryer or on a tray in the oven at low heat. Use markers to draw a treasure map on each sheet of paper. Share what kind of treasure someone would find where "X" marks the spot!



## 5. All the Feels 😊

*A happy heart makes the face cheerful, but heartache crushes the spirit. (Proverbs 15:13)*

Use paper plates and craft supplies to create colorful masks showing happy, angry, sad, scared, bored, and surprised faces. Take turns trying on the masks and describing how you felt those emotions during your day.

## 6. Come On Over! 🏠➡️

*He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." And he took the children in his arms, placed his hands on them and blessed them. (Mark 10:14-16)*

Give each child a drinking straw and a cotton ball. Starting at one end of the table, take turns blowing through the straws to move the cotton balls to the opposite side. Next, scatter a variety of blocks, cans, and boxes on the table. See if the kids can blow their cotton balls around the obstacles to reach the other side.

## 7. Rolling Races 🚗

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. (1 Corinthians 9:24-25)*

Create a ramp by attaching a long sheet of cardboard to the top edge of a box or bin. Use tape to attach rows of drinking straws to divide the ramp into two lanes. Take turns racing toy cars down the ramp and across the floor. The car that travels farthest is the winner.

## 8. Colors and Clouds 🧪

*For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. (1 Thessalonians 4:16-17)*

Give each child a clear glass or jar and have them fill the jars with water. Spray shaving cream "clouds" over the top of the water. Use food coloring to dye small cups of water. Use an eye dropper to drizzle the colorful liquid over the clouds. Watch as the colors seep through and rain into the jars.



## 9. How Do We Roll?

*Turn away from all your offenses; then sin will not be your downfall. Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. (Ezekiel 18:30-31)*

Gather around the table and place a small ball or marble in the center. Holding cards or small books in your hands, bat the marble between you across the table. See how long you can keep the marble moving before it rolls off the table's edge and falls to the floor.

## 10. Sweet Dreams

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:30-31)*

Place a pillow on the floor for each player. Have fun with a game of "musical pillows" by playing lullaby music while the players walk in a circle around the pillows. When you abruptly stop the music, have the players race to lay down on a pillow and pretend to sleep. The last one "sleeping" is out. Repeat until only one sleeper remains. End your time together by reading a bedtime story to the kids.