

5 With My Family

General Directions for Completing With My Family on Page 98 of the Grade-Level Children's Book

Live out your faith together as a family using the With My Family activities in the Grade-Level Children's Book or the modified activities below.



Grade Level	Possible Modification for a With My Family Activity from Page 98
1	Use sticky notes or magnetic letters to post words or messages of love on your refrigerator during the week. Assign a day to each family member to write his or her message. Your child may choose to use the letters to post a "love" picture.
2	Make "Jesus, Light My Way" switch-plate covers for light switches. Use plain switch-plate covers, permanent markers, stickers, and sequins. Consider using glow-in-the-dark paint. After the plates are decorated, install them in your home and think of Jesus when you use the lights.
3	Volunteer to be greeters at church. Practice handshakes and words of welcome beforehand to help your child feel comfortable, or wear buttons that say "Welcome!"
4	After checking with parents about any dietary restrictions, together taste a sour food (lime, lemon). Say: Holding a grudge leaves a sour taste in our mouth. Then taste a sweet food. Say: Asking God to help us forgive takes away the sour taste just as our sweet treat did.
5	Focus your family meal prayers this week on how Jesus feeds us with food, love, and the Eucharist. Encourage all family members to contribute their thoughts to the prayers.
6	Sit in a circle. Whisper to the person next to you: I can be like the prophets just by helping others. Continue the whispering around the circle. Have the last person say the message aloud. Say: It is important to listen to others and hear what they need from us.

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Grade Level	Possible Modification for a With My Family Activity from Page 104
1	Have a family prayer service to celebrate the anniversaries of your Baptisms. Safely light a baptismal candle, dip your fingers in a "font" of water, and remember each Baptism in a prayer. Conclude by praying the Sign of the Cross.
2	Make a <i>Welcome (Last Name) Family Member</i> collage. Find photos of family members when they were newly born and when they were baptized and of any godparents. Glue photos and write meaningful words that welcome one another to your family and to the Church.
3	Have all your family members think of a time when someone hurt them and write about it or draw a picture. Then on the count of three, have everyone say "I forgive" and tear up their words or pictures.
4	Mark the Holy Days of Obligation on a calendar. Designate one of these days as a day of giving. During a special meal in honor of a holy day, decide as a family to do something special for your parish community.
5	Prepare for Mass as a family. During the week, use your own words to tell the Gospel Reading for the upcoming weekend. Together talk about its meaning.
6	Together design an outdoor sign or draw a sidewalk chalk mural using <i>hope</i> as the theme. Display your message and follow through by trying to offer help in some small way each day. Discuss your deeds of hope.

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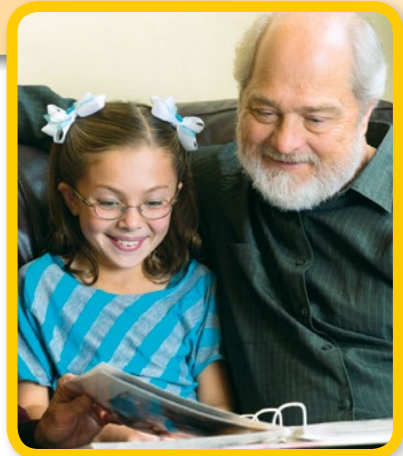


Grade Level	Possible Modification for a With My Family Activity from Page 110
1	Make place mats that have the mealtime prayers written on them. Together pray aloud the mealtime prayers before and after each meal.
2	Discuss ways that your family can make the Lord's Day special. For example, have a routine, like Mass and a bike ride or Mass and a visit to Grandma's house. Invite everyone to share his or her special ideas.
3	To help prepare the child for Mass, have family members act out going to Mass. Stand, sing, bless yourselves, sit; try to include activities in the order they happen during Mass. Repeat this activity during the week.
4	With permission from your church, decorate a large bin asking for toy or game donations to give to sick children at your community hospital. Deliver the toys as a family and say prayers for the patients.
5	Invite each family member to make his or her own "second chance" cards. When you accept an apology, offer the card to that person to show that you are ready to move on. Say: When we learn to forgive, we forget about anger and hatred. We can enjoy each other's love.
6	Make a welcome banner for babies, children, or adults who have recently been baptized or confirmed in your church. Get permission to display the sign in a greeting room.

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Grade Level	Possible Modification for a With My Family Activity from Page 116
1	Make a prayer fort using blankets stretched over chairs and furniture. Add pillows to the inside to make it as comfortable as possible. Leave the fort up and invite family members to come inside the quiet place to say their prayers.
2	Cut a large cross out of poster board. Invite your child to glue family photos to it. Display the cross in a prominent place. Say: Thank you, Jesus, for giving yourself to us.
3	As a family, brainstorm names for one another using each person's special talent, such as Super Reader or Awesome Architect. Take photos of family members holding a symbol for their talent, such as a book or a structure made of inter-connecting blocks, and display photos on a poster titled "God-Given Talents."
4	Give the child a sheet of heart stickers. Say: Hearts are shapes that make us think of love. Encourage the child and the rest of the family to surprise one another and friends throughout the week by giving a heart sticker to let them know they are loved.
5	Use a whiteboard to list names of people you know or have read about who need healing prayers. Place in a high-traffic area of the home to remind family members to pray for those listed. Remind the family to pray the Sign of the Cross and pray silently as they pass by.
6	Ask each family member to contribute something to a Feel-Better Box. Items might include pictures, cards, puzzles, notes, and books. Give the box to someone who is sick or feeling sad and needs care.

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Grade Level	Possible Modification for a With My Family Activity from Page 120
1	Fill egg cartons with dirt and plant marigold or petunia seeds on Ash Wednesday. Watch the plants grow throughout Lent. On Easter, talk about how the plants are like Jesus. Say: Both Jesus and our plants represent new life rising from the ground.
2	Provide modeling clay for family members to mold the shape of something or someone for which they are thankful during Lent. Suggest that they say a silent prayer about their creation before they go to bed. Say: We count our blessings during Lent and Holy Week.
3	As a family, discuss things that keep your family apart, such as watching too much TV or playing on the computer. Decide on one area to replace with a family activity. For example, instead of playing a computer game each day, bring out a board game and invite a family member or the entire family to play together.
4	As a family, plan and cook a meatless meal every Friday during Lent. Assign a cooking-prep activity to each family member. Invite someone in your neighborhood to join you for dinner.
5	Make a Lenten Prayer Chain for your family. Together brainstorm a list of 40 people and things to pray for. Write items on strips of paper. Staple the strips together to make a chain. Each day during Lent, remove a chain and together pray for the name shown.
6	Together make a crown out of branches. Safely use hot glue to glue toothpicks around the crown to represent thorns. Set the crown in a special place. Say: Jesus suffered when he wore a crown of thorns. Encourage family members to do good deeds during Lent and remove a "thorn" for every deed.