

# Shine like Stars...

APRIL 6-8, 2020

## Monday Activity Sheet for Children/Families

Parents: may the information and activities below assist you with sharing tonight's Mission Message with your children regarding humility and a contrite heart; as we are challenged to bring our whole heart to God.

To be humble is to recognize that our gifts and strengths come from God who created us and that we are called to use them in service of others.

To be contrite is to recognize that sometimes we fail in our efforts to love God and one another, and we express our sorrow through our words and actions.

One way to grow in humility and love of God is to develop an "attitude of gratitude." We all have many people and experiences in our lives that are blessings to us and for which we can be grateful. As we begin Holy Week, let us be mindful of our need for prayer and action to lead to a change in heart.

Consider the following activities to support your efforts to share in today's mission theme with your children. We recommend that you choose one or more of the following to spread joy and love throughout Holy Week:

1. Prayer chain – each family member adds to the chain each night (or throughout the day) with prayer for someone; a blessing for which they are grateful; or a kind act they did for someone. As age of children permits, let them cut the strips from construction or printing paper and get the chain started. Embellish the strips as desired with markers, glitter, stickers, etc. Hang the chain in a prominent place in your home and watch it grow.
2. Easter Joy Egg Hunt – Assemble plastic Easter eggs, strips of paper and pens or crayons. The children write notes (draw pictures) of gratitude and love that they stick inside the eggs and then hide around the house for the adults to find. They can be intentionally sought all at once in a "hunt" or hidden so that they are "discovered" throughout the week. *Variation:* Each person in the family writes a message (draws a picture) of love or thanks for everyone else in the family, puts each in an egg, and then hides the egg in that person's room (PJ drawer, pocket of robe, etc.) for them to find. Again, they can be hunted for all at once or discovered throughout the week.
3. Ding-Dong-Doorbell-Ditch – During this time of social distancing, revive an old classic of leaving something on the front porch of your neighbor. Children can share their joy of the true meaning of the season by creating Easter cards to be left at the door of neighbors (with supervision of parents, of course). *Variation:* Create Easter Cards to be delivered to the homebound. Check with your church for a particular ministry they have, or just bring to hospitals, nursing homes and assisted care facilities for distribution. There are Catholic Adult Care Facilities across our diocese. See list [here](#).

To conclude tonight, consider praying together an Act of Contrition. You may like to use this [prayer video](#) from Catholic Kids Media (90 secs) to guide you.

Optional/Extension activity: [Formed.org](#) is currently offering free streaming. Many parishes already have accounts with Formed. If yours does not (check your parish website) then you can register yourself. For today's theme of giving your whole heart to Jesus, we recommend watching *St. Francis the Knight of Assisi* in the Saints and Heroes Collection (under Children's Videos). His story of conversion and service illustrates how to give of oneself to God.