



*how to create new family faith rhythms in isolation*

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# STUCK AT HOME MISSION & VISION

## **MISSION:**

Central Kids is committed to partnering with parents in quarantine to provide resources for creating rhythms, growing faith, and having fun.

## **VISION:**

Central Kids will partner with parents in four ways:

1. Send age appropriate Sunday Bible Lessons for church at home
2. Provide age appropriate children's bulletins for your children to use while parents are streaming the service online
3. Create Central Kids Church at Home videos with Bible stories, memory verses, crafts, and music videos for your child to watch on Sundays
4. Post weekly fun video featuring your very own Central Kids, parents and volunteers.

# CREATING FAMILY RHYTHMS



## RESOURCE LINKS

[Read Through the Scripture in 20 days](#)

[Read Through the Scripture in 60 days](#)

[Jesus Storybook Bible Lenten Plan](#)

[StreetLights Audio Bible](#)

# GOOD DEED CHART

CLEAN  
YOUR  
ROOM

WALK YOUR  
PETS OR  
SOMEONE  
ELSE'S

FEED  
THE PETS

WASH  
THE CARS

HELP WITH  
YARD  
WORK

WRITE A  
LETTER TO A  
SICK  
NEIGHBOR

PICK UP LITTER  
IN YOUR  
NEIGHBORHOOD

SEND A NOTE  
TO FAMILY OR  
FRIENDS

HELP WITH  
DINNER

HELP DUST THE  
BASEBOARDS

HELP  
VACUUM  
AROUND THE  
HOUSE

HELP WITH  
THE DISHES

# 20 ACTS OF RANDOM KINDNESS

1. Put a roll of toilet paper on your neighbor's doorstep with a note

2. Give a big tip to the person who delivers your food.

3. Send some groceries to a neighbor in need.

4. Ask a friend if they want to be your virtual lunch buddy.

5. Make a thank you note for a delivery person or a hospital employee.

6. Send a video of you telling a joke to someone who needs it.

7. Leave bubbles on someone's front door step with a fun note.

8. Call a Nursing Home and ask if you can read a book to residents via FaceTime.

9. Make a get-well card for someone you know who is sick.

10. Offer to water your neighbor's flowers.

11. Get your kids instruments and play a concert on your porch for your neighbors.

12. Leave a thank you note for the garbage collectors or the mail person.

13. Write encouraging messages on the sidewalk to make walkers smile.

14. Donate coloring books and crayons to Children's hospitals.

15. Paint kindness stones or bible verse stones and leave them in the park.

16. Bring your neighbor's garbage can back for them.

17. Check in on an elderly neighbor.

18. Send happy notes to people.

19. Pick a few books to donate to local schools in need.

20. Throw a virtual party for someone who needs a smile.

# FAMILY DEVOTIONAL GUIDE

If you've never had a rhythm for family devotions, this is a wonderful time to begin. It could likely be a rhythm that continues for years to come. Let's grow together!

## WHY FAMILY DEVOTIONS?

You probably don't need much convincing, but just in case, here are a few reminders. In the beginning God didn't create nations, empires, denominations or even churches. He created a family and intentionally surrounded children with leaders to help remind them of his promises and his design for the world. God created a good world and entrusted a family with the mission of multiplying both his creation and his character. The family was God's brilliant idea!

It's evident that when we are left to ourselves, humans tend to be selfish and sinful. Moreover, throughout history, when God's people neglect to pass along God's truths, bad things happen. But the beauty of God's design of the family is found in the relationship. Families are like baking...you get out of it what you put into it. Parenting is a stewardship. Luckily, we have a pre-made opportunity to multiply his character and truth through our everyday conversations and interactions with our children. You will never regret leaning in to love your children by teaching them God's truth.

And the amazing thing is, it doesn't have to happen over night. God blessed us with about 18 years with our child. That's 936 weeks. 157,248 hours. 567,648,000 seconds. Long story short, every moment counts, which means you don't have to stress about the missed moments if your goal is presence and relationship. Lean into more moments over time instead of more moments at one time. It's all about the relationship.

## FAMILY DEVOTIONAL TIPS

1. **Find the right rhythm** (time of day, length of devotion...etc.)
2. **Find the right Bible story book**
3. **Keep it consistent** (daily or weekly)
4. **Keep it flexible**

Don't be afraid to change it up. A special devotional spot is a good thing but it's also a great thing when children can connect various spots to learning God's truth.

# AGE APPROPRIATE DEVOTIONAL GOALS

## ZERO-ONE YEARS

You may not think your baby is listening, but she is. Babies are deeply impressionable. A baby's biggest question is "Am I safe?". Embrace being present with your little one by creating rhythms that introduce them to sight, sound and safety. You are creating a safe space where your baby knows he or she is welcome and loved. It's a space they will learn they can return to again and again.

Think about it this way. You are slowly packing your child's bags with every step and every conversation. With that said, even though they won't respond, create a rhythm of healthy conversation with your baby. Start with short affirmations such as, "God made you, God loves you, and Jesus wants to be your friend forever." Create daily moments centered around reading short 1-2 page Bible stories and singing simple one verse songs. As your child grows you will know when you're ready to move to a new rhythm. Things that worked at 3 months most likely will not work at 11 months.

Remind your child of God's character by using encouraging words and appropriate, gentle touch. There is a direct correlation to the things we remember and the places we continually put our minds and our hearts. Never forget that things that get repeated find their way into our hearts. That's why repetition is a wonderful gift from God. Leverage the repetition.

### GOALS:

- 2-3 minutes
- 1-2 pages
- Pictures Bibles
- Short one sentence prayers

### Bible Story Books

- [Frolic First Bible](#)
- [Jesus Storybook Bible](#)
- [The Beginner's Bible](#)
- [The Rhyme Bible Storybook](#)

## ONE-TWO YEARS

Picture books are great at this phase! Toddlers are still developing skills for comprehension and application. That's why the more senses they use, the more they will remember.

At this phase, your child may want wiggle a little. It's okay. Let them wiggle. Some children learn better when they wiggle. Encourage them to sit, but don't be a stickler for only sitting. Some kids learn best standing on their head. But if it helps, find the moments of the day when they are most willing to sit. It may be in the morning, right before nap, or after bath time. Leverage the moments in your favor. Don't be afraid to change it up. A special devotional spot is good but it's also a great when children can connect various spots to learning God's truth.

Bible stories with 1-2 pages and lots of pictures will be your friend at this phase. It may take longer than a couple minutes to read short stories because your child goes on tangents as they begin to use words and make sounds. Trust they are learning even in the tangents.

Leverage the opportunity for repetition here. If you find a Bible story book that sticks, chances are your child will want to hear the stories over and over.

**GOALS:**

- 2-3 minutes
- 1-2 pages
- Picture Bibles
- Questions kids can answer in one word
- Short one sentence prayers

**Bible Story Books**

- [Frolic First Bible](#)
- [Jesus Storybook Bible](#)
- [The Beginner's Bible](#)
- [The Toddler's Bible](#)
- [The Rhyme Bible Storybook](#)

**THREE-FOUR YEARS**

This phase is all about asking why. “Why did that person hurt that man, mommy?” “Why is Adam not wearing any clothes, daddy?” “Why did God give us belly buttons?” The quickest way to a preschooler’s heart is not to answer their question completely with three points and a reference but to let them know you heard them and give them a little more knowledge than what they knew before. Don’t be ashamed if you don’t know the answer. Say, “We’ll figure it out together, buddy!”

Imagination is reality at this phase. Kids need to know the authors of the Bible recorded actual events. It’s okay to tell your child Jesus told parables and some of those may or may not have happened. When it comes to Bible stories at this age, it’s good to start with, “Here’s another amazingly true story from the Bible!” Or maybe, “God’s words are right and true; God’s words are always there to help you.”

Find a Bible story book that has great pictures and short hands-on activities that help connect the principle of the story to something they know. This is why Jesus spoke in parables. He spoke their language. Imagine if we decided to speak our child’s language!

**GOALS:**

- 5-10 minutes
- 3-5 pages
- Picture Bibles
- Hands-on devotionals
- Questions kids can answer in a few words
- Let your child pray short one to two sentence prayers

**Bible Story Books**

- [My First Hands-on Bible](#)
- [Jesus Storybook Bible](#)
- [The Beginner's Bible](#)
- [The Rhyme Bible Storybook](#)
- [Bible Storybook from The Bible App for Kids](#)

**KINDERGARTEN-1ST GRADERS**

This phase is all about silly, long run-on sentences. Kids at this age will shout and giggle for no reason. They love humor and adventure. But this also means they are captured by a good story. They want your attention but you also have their attention if you tell good story that makes them giggle, cry or leaves them wondering what’s going to happen next.

Find a good Bible Story book that engages your child’s thirst for adventure and movement. Let kids try reading parts of the devotional. This gives them ownership and allows them to use their hard earned skills from school.

**GOALS:**

- 10-12 minutes
- 5-7 pages
- Picture Bibles
- Hands-on devotionals
- Comic Book Bibles
- Questions that kids can answer in one sentence

**Bible Story Books**

- [Hands-On Bible for Kids](#)
- [Jesus Storybook Bible](#)
- [Laugh and Learn Bible for Little Ones](#)
- [The Action Bible 52 Week Devotional](#)

## SECOND-THIRD GRADERS

Kids at this age want all things to be fair. “But mommy, he’s got more than me!” “Johnny’s mom let him do it, why can’t I?” This is a great chance to leverage their thirst for justice by introducing them to the truths of God’s words. Use Bible stories not as manipulation to point out faults but as pathways to truth where kids make connections between God’s truths and their actions.

Kids at this age are very visual. Don’t be afraid to use comic book Bible stories. Be sure to check the accuracy before using just any old comic book bible story.

Let your child ask tons of questions at this age. They may think more scientifically at this age and need more engaging answers than when they were younger. Asking appropriate questions about how the people in the Bible stories felt can be a great opportunity for children at this phase to put them in someone else’s shoes.

**GOALS:**

- 10-12 minutes
- 5-7 pages
- Hands-on devotionals
- Comic Book Bibles
- More open ended questions with paragraph long answers.

**Bible Story Books**

- [Hands-On Bible for Kids](#)
- [Jesus Storybook Bible](#)
- [The Action Bible 52 Week Devotional](#)
- [The Action Bible](#)

# HOW TO TALK TO YOUR CHILDREN ABOUT COVID-19


It's easy to be anxious in this moment. As COVID-19 headlines keep popping up, emotions continue to fluctuate. Panic has swept the globe. Our world looks drastically different than it did a month ago. What your children are facing today is something we never had to face as kids.

No pun intended, but stuff spreads. Our children take their cues from how we respond. If they see panic in us, they will most likely panic. If they see hope in us, they will most likely be hopeful. More is often caught than taught. That means how you respond to this cultural moment will be very defining for your child and your family. Here are some resources if your [preschooler](#) or [elementary schooler](#) is facing anxiety. If you're looking for a way to keep the conversation going, here are some ideas.

1. **Deep breaths and open hands**-It's difficult to be patient when your hands are clenched and you are short of breath. Take time to rest and relax as a family. Take time to breath in God's peace so you can breath it out to your family.
2. **Do your homework**- Keep updated on the latest details. [Here are CDC suggestions for talking with children about COVID-19.](#)
3. **Find out what your child knows**-Ask your child what they know about it. Be a student first. Ask them what their friends are saying. Find out what questions they have before you dig into the details. Let them express their feelings and fears. When kids know you are fully present and listening, conversation will be easier.
4. **Don't be afraid to say, "I don't know."** -Kids don't need all the details. They do need enough of the truth to trust you. Giving them unreal expectations or "white lies" to suppress fear can be more hurtful than helpful. Saying three little words (I don't know) is better than fabricating an answer that might lead to distrust. Search for answers together. When your child realizes you are still learning too, they will trust you more.
5. **Keep news updates brief**- Monitor the news feeds for your child. When your children are young, you are the best news feed for your child.
6. **Speak their language**- Use words and stories that they understand. "Remember when you got sick and had to stay at home."
7. **Identify the helpers**- Remind your child that there are qualified (very smart) people who are studying the virus and ways to fight it. Ask them to think about the people who may be helping make things better, such as doctors, nurses, and teachers.

8. **Remind your child of God's promises-** Time and time again God reminded his people of his promises. This cultural moment is no different. We need the hope that God's promises bring. Remind your child that this won't last forever. Fear is real and it sticks around for a little while, but it will not be here forever. God promises that he is at work and he is making all things right.
9. **Do something FUN!**- Sometimes kids open up more when they are having fun. Even if you don't have a deep conversation, they always know the conversation is open. Fun is also a valuable asset in the middle of chaos. Don't forget to look for a rose among of the thorns.
10. **Pray together-** Make a list of things that are scary, people who are sick, and people who are helping. Remind your child that God cares and wants us to talk to him about what's happening in our lives. No thing is too big or too little. Prayer is entering into the presence of God. Keep a family prayer journal and jot down how God is working.


## KID CONVERSATION STARTERS



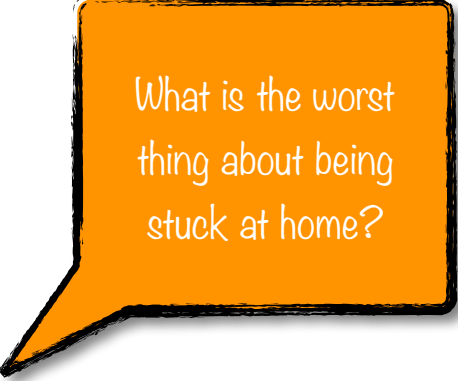
When are you  
(or have you been)  
most afraid?




What has been the happiest  
day of your life?



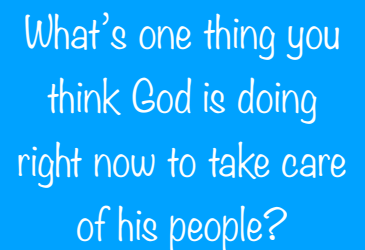
What is one  
thing you couldn't  
live without?



What is the worst  
thing about being  
stuck at home?



If you could change  
one thing about what's  
happening in the world, what  
would you change?



What's one thing you  
think God is doing  
right now to take care  
of his people?