

Hello Parents and Guardians,

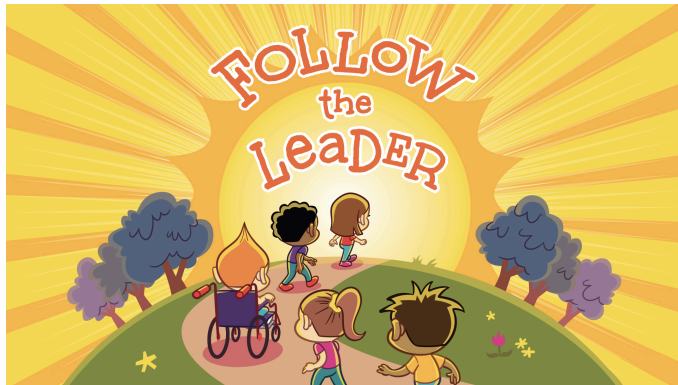
As you spend time together as a family this weekend, we have prepared some resources to help you experience Five Oaks Kids in your own home!

We are praying for strength and encouragement for all of you. We want to help our community stay strong even in these uncertain circumstances. We have many ideas for you on how to stay connected spiritually as a family.

Something we can all take comfort in is that "The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31:8-9

First of all, we believe your child would still enjoy the video lesson from this week.

- You can find all video lessons on The Parent Cue App.
- Or you can find the links here: <https://vimeo.com/showcase/6860371>



First Look (Preschool)

[Preschool Parent Cue LINK](#)

This week we are talking about how **Everyone Can Follow Jesus**. The story this week is about Matthew and how he turned away from being a tax collector to follow Jesus. The main story can be found in Matthew 9: 9-12. One simple way of helping children remember this would be to play follow

the leader around the house. Preschoolers love this game, especially when you can make it silly. Remember to let everyone have a turn being the leader as that's the best part. 😊 Then after that, talk to your child about how Jesus is the best leader of all.

Another fun follow the leader activity would be to use musical instruments (or you could even use upside down pots and pans if you don't have any children's musical instruments). Lead them to follow you as you tap the following patterns/rhythms.

Rhythm Ideas: Tap and freeze, Steady tap, Fast tap, Rub sticks together quickly, Click in front, Hug to chest, Tap up high, Tap in front of chest

When you can tell interest is fading you can encourage your child by saying, "Great job! You followed me, the rhythm leader! Who can you follow ALL the time? (Pause.) Yes, Jesus! He's the BEST leader of all. Who can you follow? I can follow Jesus."

One last preschool activity you could do would be to trace your child's feet on paper and let them color them in. You can write on the sheet of paper, "I can follow Jesus" and hang that up as a reminder for all.



Elementary Students

•[Parent Cue Elementary LINK](#)

•[Parent Cue Preteen LINK](#)

This week their lesson is about **Step by Step, Jesus Teaches on**

Forgiveness. This lesson can be found in Matthew 5:1-2, 23-24. After you read these verses together ask, WHO are these verses talking about? (Us); WHAT are these verses saying? (Forgive first

and be quick to forgive); WHEN and WHERE should we do this? (Before doing anything else); WHY is this an important truth to apply to our lives? (Because forgiveness fixes the relationship). Something that can really help children understand all of this is if you share a personal story of your own about forgiveness.

Some other good discussion questions could be: When is it hard to forgive someone? What can keep us from forgiving someone? What are some things people do when they hold a grudge? What have you learned that can help you take the first steps to forgive? How can knowing that we are all created in the image of God help you forgive others?

You might even have some extra time to work with your elementary children on the Bible verse of the month: "Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you." Colossians 3:13

Family Freeze Dance!

One last fun activity to help lighten the mood as well would be to do a family freeze dance!

Materials: Music

- Play some upbeat music and encourage kids to dance however they want to.
- After about 15 seconds, stop the music and tell your kids to freeze!
- Once your kids are frozen, call out one way that we can take a step toward forgiving others or showing others that we have forgiven them.
- Challenge kids to quickly perform that action before the music starts back up.
- After a few rounds, feel free to let your kids create some action steps of their own!
- Example Action Steps:
 - o High five your neighbor.
 - o Smile to the person on your right.
 - o Wave to the person across from you.
 - o Say hello to the person to your left.
 - o Give the person behind you a compliment.

- End with saying, “That was a great game of freeze dance! Jesus wants us to take the first step to forgive others. All of the actions we just did when we froze are great ways to take a small step toward fixing a relationship. When somebody does something wrong to us, or when we do something wrong to someone else, it hurts our relationship with that person. What does it feel like when you are upset with someone in our family? (Let kids respond.) What about when you don’t have a good relationship with a friend? (Let kids respond.) Right! It doesn’t feel good when a relationship is broken. That’s why, even if you weren’t the one who did something wrong, it’s always a good idea to try to do SOMETHING to help fix the relationship.”

Helping Your Family Navigate Anxiety During This Time:

- This blog post is for parents on managing anxiety during any number of life disruptions: <https://theparentcue.org/managing-fear-and-anxiety-during-a-health-pandemic/>
- Conversation guides on helping children with anxiety. These have age-appropriate tips and practical ways to help your child:
 - Preschool – <http://bit.ly/33eSacg>
 - Elementary – <http://bit.ly/38LkjZs>
- Helping kids navigate anxiety podcast: <https://bit.ly/2TZx1OR>

We believe that we can stay connected, no matter what. Church is such a special place for families and children, and we are committed to supporting you and helping you create meaningful experiences at home despite dealing with these current challenges.