



family challenge

April 6, 2020

Thoughtfulness

“So in everything, do to others what you would have them do to you...”

- Matthew 7:12

I will have empathy.

I will try to make others smile.

I will think of others first.

I will listen to others.

Family Activities

Others First

Items Needed - Pens/Pencils, Paper, Envelopes

While sitting around a table, have each family member take a few minutes to think of one way they can put other family members first throughout the week. Have each person write down what they would like to focus on, and place their piece of paper in an envelope with their name on it. Ask one member of the family to say a prayer for everyone as they try to show thoughtfulness throughout the week.

At the end of the week, come together again, open the envelopes, and have each family member share what they did to show thoughtfulness to others. Once everyone has had an opportunity to share, have each person tell how they felt when they noticed other family members going out of their way to show thoughtfulness to them.

Homemade Encouragement

Items Needed - Paper, Markers

As a family, think of someone who is struggling and could use a bit of encouragement. Make a homemade card to mail to that person, with each family member contributing in some way.

*You could also make more than one card and/or choose to deliver the card(s) in person, along with some food, homemade cookies, or whatever else you can come up with.