

FAMILIES WEEKLY DIGEST 13th May 2020

Worship

York Diocese have produced a resource for use at home on Pentecost, May 31st. These can be found at <https://dioceseofyork.org.uk/uploads/attachment/4709/pentecosthome-resource.pdf>

Family Prayer Adventure podcasts are part of the Church of England's Thy Kingdom Come initiative. They are a fun and engaging way to help families pray together. There is one following each daily theme of Thy Kingdom Come, each one is about 10-12 minutes long. They feature a game, an interactive Bible story (written and performed by folks like Bob Hartman), a chance to pray and great music. They can be found at <https://www.thykingdomcome.global/resources/digital-family-prayer-adventure-map>

Personal Spirituality and Mental Health

We are into week 7 of the lock down and there is little change. If you are starting to struggle a little you could try the Bible society's daily reflections. Although they have been designed to follow the one year Bible reading plan you don't have to be following this to get something out of the reflections <https://www.biblesociety.org.uk/explore-the-bible/daily-reflection/>

The Parenting Place is a New Zealand based website with lots of useful resources, including activities to entertain children and some really sensible and reassuring mental health advice for parents. Seven Ways to Help an Anxious Child is especially relevant at the moment. <https://www.theparentingplace.com/building-character/seven-ways-to-help-an-anxious-child/>

You Are My Hero Is an online book produced to help parents and children talk about Coronavirus and the changes it has made in their lives.

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>
<https://www.brightsparkscic.org.uk/er-online-course-registration> This is a 2 hour online course in how to support your child's emotional health and resilience during the covid-19 lockdown. It's a fantastic mix of theory to help you understand your child's feelings and behaviours, and practical activities to help them work through anxiety and build resilience.

Resources

Guardians of Ancora is a digital game designed by Scripture Union. Aimed at 8-11 year old's it is designed to bring Bible stories to life through a combination of games, stories, quizzes and videos. It is free and there are no in-app purchases. For more information <https://guardiansofancora.com>

If you are producing resources, try Free Bible Images for illustrations. <http://www.freebibleimages.org>

family.fit is a mobile phone tool that will help a family at home connect in fun ways and exercise regularly in their house, apartment or local park. With a little creativity, everyone can be fit and healthy, stay connected, and grow in character and faith.