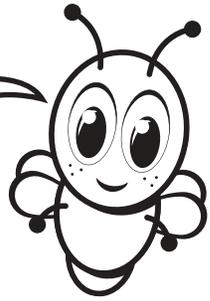


Blinky's Family Challenge

I'm a good friend when ... I exercise my caring and sharing!



Care, Share, and Exercise

Each time you exercise your body, it gets stronger. Each time you exercise your caring and sharing, God helps you get even better at it!

Directions

1. Do an exercise from the Work Out list five times
2. Each time you do the exercise, say the phrase next to it.
3. Repeat steps 1-2 for each remaining exercise on the list.
4. Talk about how you can care, share, and be a good friend every day.

Work Out

| Exercise | Phrase |
|---------------|---------------------------|
| Frog Hops | <i>I'm a good friend!</i> |
| Sit Ups | <i>I can care!</i> |
| Jumping Jacks | <i>I can share!</i> |

Review Time!

Say With Me Ages 2-3

1. *Say Together: I can be a good friend!*
2. *Say Together: I'm strong at caring and sharing*

Q&A Ages 4-Kindergarten

1. **Which Picture Pass reminds you to share your toys with others?** *The bear*
2. **How can you exercise your caring and sharing this week?** *Answers will vary.*

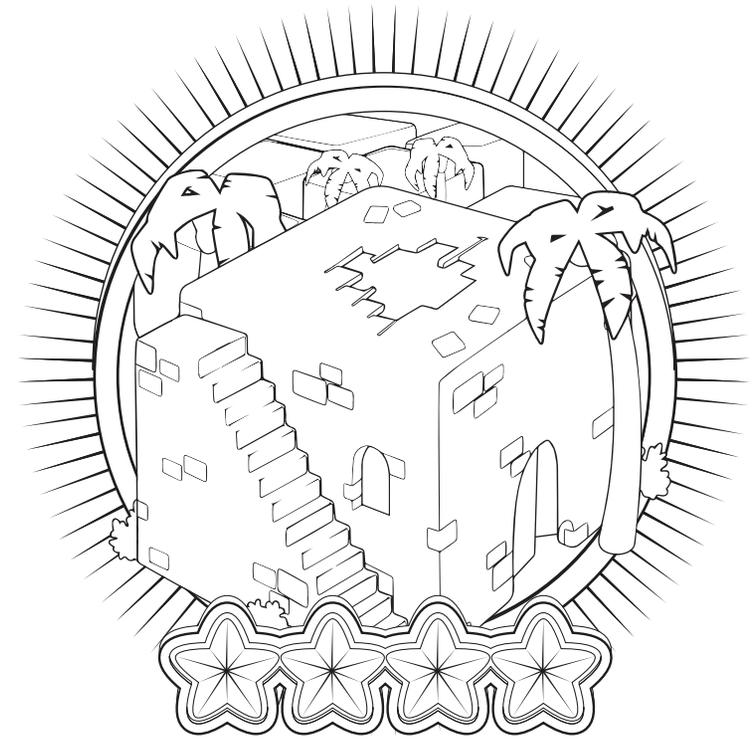


Lead your family through the Bible Plan *Through the Roof* on the YouVersion Bible App. www.bible.com

Through the Roof

Jesus heals a paralyzed man

Week Four



Tell your family what's in my Adventure Bag!



Emily

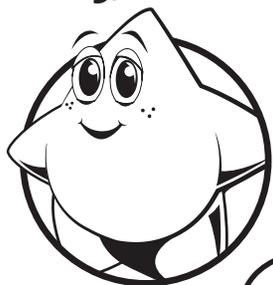


Interact with God's Word through the Bible App for Kids, activities, videos, coloring sheets, parent resources, and more! www.BibleAppForKids.com



Download this month's song, *I Can Be a Friend*, go2.lc/lifekidsmusic

Shine



Question: Hey friends! How does God help you be a good friend?

Emily



Answer: Say it with me! God helps me care and share!

Say the Bible verse with me!



God helps me care, share, and help people!

Put a sticker on each Picture Pass!

