

October 2019 Wellness Activity Calendar

This Month's Theme: Parables of Jesus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Additional Activities and Parables 9 Lessons for Kids Bible Study Tools</p>		<p>1 Read "The Sower" Parable in Matthew 13:1-23 in the Bible or watch the video CLICK HERE "Parable of the Sower Animation"</p>	<p>2 Take a walk in your neighborhood and look for different seeds and different soils. Fall is a good time to find seeds. Gather seeds to plant next Spring.</p>	<p>3 Download and print this mini book; cut the dotted line; fold to make a mini book; draw on it CLICK HERE "Parable of the Soils mini book"</p>	<p>4 Imagine you are seeds falling to the soil. Jump and twist your body and gently land on the balls of your feet.</p>	<p>5 Act out the Parable of the Sower. You could use cotton balls as seeds (easy to clean up).</p>
<p>6 Sing along to CLICK HERE "Hail Mary, Gentle Woman"</p>	<p>7 Our Lady of the Rosary Day Pray the Rosary with your family. Use the YouTube video CLICK HERE "Virtual Rosary-Joyful Mysteries"</p>	<p>8 Draw different hopscotch patterns on the sidewalk and challenge the whole family to try them.</p>	<p>9 Read the "Parable of the Wheat and Weeds" Matthew 13:24-30 or watch the video CLICK HERE "Parable of Wheat and the Weeds"</p>	<p>10 Take turns seeing how long you can balance a hula hoop or basketball. Try balancing each on your head, hand and foot.</p>	<p>11 Pretend you are a bird and do arm circles forward and back 13 times for Matthew 13. Try this twice (or more).</p>	<p>12 Do squat jumps and pretend you are a seed starting to grow. Start with your feet shoulder width apart. Squat down with arms out. Explode up and reach for the sky.</p>
<p>13 Enjoy the Fall day by playing catch with a Frisbee, football or baseball outside. With each pass, recall part of a parable you know.</p>	<p>14 Put on your favorite song and make up a dance or exercise routine for it. Teach it to someone else.</p>	<p>15 Read "The Parable of the Mustard Seed" Matthew 13:31-32 or watch the YouTube video CLICK HERE "The Mustard Seed"</p>	<p>16 Take a ball (of any size) and roll it around your head 5 times; roll it around your waist 7 times; roll it around your knees 9 times; roll it around your feet 11 times.</p>	<p>17 Draw different kinds of lines on the sidewalk with chalk. Balance yourself as you walk on each line. Can you hop with one foot on a curvy line? A zig zag line?</p>	<p>18 Scavenger hunt-look around your house for things made with plants. Look for things made of cotton, coconut oil, wood, paper, cork, and essential oils.</p>	<p>19 Clean your flower beds and garden to get it ready for winter. Work as a team to get it all done. "Many hands make light work."</p>
<p>20 Do the Limbo! Get a broom or long stick; have 2 people hold it; take turns trying to pass under the stick without touching it or falling on the floor. Turn on music.</p>	<p>21 Read "The Parable of the Yeast" Matthew 13:33-34 or watch the YouTube video CLICK HERE "The Parable of the Yeast"</p>	<p>22 Go for a walk or a bike ride. Spot the changes of plants from Summer to Fall.</p>	<p>23 Download and print the mini books; cut the dotted line; fold to make a mini book; draw on it CLICK HERE "Parables of the Kingdom"</p>	<p>24 Bears eat many plants. Pretend you are a bear and walk around inside the house as a bear. Stick your bottom in the air and walk on your hands and feet (right hand/left foot).</p>	<p>25 Take your dog for a walk. If you don't have a dog, check to see if other family members' dogs need walking.</p>	<p>26 Together as a family, make homemade bread or rolls. Talk about how yeast changes the dough, like how Jesus' brings change to our lives.</p>
<p>27 Make a list of plants that have seeds that you have seen. For example: apples, watermelon. Can you name a plant with seeds for every letter of the alphabet?</p>	<p>28 With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>29 Rake leaves into piles and jump into the piles. If a neighbor's leaves need to be raked, volunteer to rake the leaves for them. Service to others :)</p>	<p>30 Did you ever play the hand game, "Double Double This This Double Double That That"? Watch the video and try it! CLICK HERE</p>	<p>31 Watch the "Origins of Halloween" CLICK HERE "Origins of Halloween"</p>		

GRACE is growing healthy ~ Body, Mind and Spirit ~ in our families!

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List of this Month's Web Page Addresses

Date	Address	Date	Address
Oct 1	Parable of the Sower Animations https://www.youtube.com/watch?v=Tb7bvF5Ucrk	Oct 15	The Mustard Seed https://www.youtube.com/watch?v=sYmRj3s6JLE
Oct 3	Parable of the Soils Mini Book https://ministry-to-children.com/wp-content/uploads/2014/09/Parables-2-Soils.pdf	Oct 21	Parable of the Yeast https://www.youtube.com/watch?v=oRZjKDsbgqU
Oct 6	Hail Mary, Gentle Woman https://www.youtube.com/watch?v=RERoQ1biLdE	Oct 23	Parables of the Kingdom Mini Book https://ministry-to-children.com/wp-content/uploads/2014/10/Parables-3-Kingdom.pdf
Oct 7	Virtual Rosary – Joyful Mysteries https://www.youtube.com/watch?v=sSy77qPkgRE	Oct 30	Double Double https://www.youtube.com/watch?v=g4ea2GmBqFo
Oct 9	Parable of Wheat and the Weeds https://www.youtube.com/watch?v=0mUz4w_nWQU	Oct 31	Origins of Halloween https://www.youtube.com/watch?v=9A_3Oga_dK8

Additional Activities and Parables



Parables of Jesus: Nine Lessons for Kids

<https://ministry-to-children.com/childrens-bible-lessons-on-the-parables-of-jesus-9-part-series/>

The Parables of Jesus, Bible Study Tools

<https://www.biblestudytools.com/topical-verses/parables-of-jesus/>

● 9 SCHOOLS ● 23 PARISHES ● 1 COMMUNITY

Building academic excellence and life skills while growing in our Catholic faith