




# November 2019 Wellness Activity Calendar

## This Month's Theme: Noah and the Ark

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Pray along to this Litany of the Saints for All Saints' Day. <a href="#">CLICK HERE</a>	<b>2</b> Read the story of Noah and the Ark in the Bible: Genesis 6:8 to 8:22
<b>3</b> Watch a movie about Noah. <a href="#">CLICK HERE</a> "Noah's Ark Bible Story for Kids"	<b>4</b> How many is 40? Try to do 40 of each of these: Jumping jacks, knee raises, hop on each foot, walk backwards and run in place for 40 seconds.	<b>5</b> March around the house or around the block, linking arms with one other person, like the animals going into the ark two by two.	<b>6</b> How long can you hold the boat pose? Sit on the floor and grab your straight legs by your knees, sitting in a V shape. Hold it for 15 seconds or more.	<b>7</b> Fish did not need to go onto the ark. Why not? Swim like a fish around the room. Pretend to be different fish and use different swim strokes.	<b>8</b> Sing these Noah's Ark songs: <a href="#">CLICK HERE</a> "The Arky, Arky Song" <a href="#">CLICK HERE</a> "Who Built the Ark?"	<b>9</b> Make an ark out of chairs and blankets (like a blanket fort). Make an ark out of paper, Legos, blocks or other building materials you have around the house.
<b>10</b> Become the plank everyone used to get onto the ark. Put your forearms on the floor. Keep your back and legs straight. Hold this pose for 20-30 seconds.	<b>11</b> Think about all of the animals who went on the ark by hopping (rabbits, kangaroos, frogs, etc.) and hop like them around the room or down the hall.	<b>12</b> Play a game of charades, acting out different animals who went onto the ark. Family members can guess which animal you are acting out.	<b>13</b> Try to Wall Sit: Stand about two feet in front of the wall and lean into it. Slide down the wall until your legs make 90 degree angles. Hold the pose.	<b>14</b> Crane pose: Put your hands on the floor in front of you, shoulder-width apart; lean forward and balance your knees on your elbows.	<b>15</b> How many sit ups can you do in one minute? Predict how many. Have someone hold your feet and time you for one minute. Did you predict correctly? Can you do more?	<b>16</b> The ark probably got dirty after 40 days and nights. Play a game of Clean the House by racing to see if you can beat the timer or clean the rooms the fastest.
<b>17</b> Eat a "Rainbow" of foods today. Pick different colors of foods to eat today. Red, orange, yellow, green, blue and purple foods can become a "rainbow".	<b>18</b> Stand in a circle and toss a ball or balloon to each other, naming animals that Noah took on the ark. Try not to drop the ball or balloon!	<b>19</b> Where's the dog? One of the dogs is missing from the ark! Where is it? Play hide-and-seek with a stuffed dog. Take turns hiding and finding the missing dog.	<b>20</b> Play Musical Frogs. Start music and everyone hops from one pillow to another pillow on the floor and when the music stops, frogs must hop onto a pillow.	<b>21</b> Stand up straight and place one leg behind you in a lunge. Take the same leg and kick it in front of you. Try it 10 times and then switch legs.	<b>22</b> Play Noah's Ark Tag. Watch the video to learn how to play. <a href="#">CLICK HERE</a> Or play regular tag outside. If it is dark outside, play flashlight tag.	<b>23</b> Go outside and run a three-legged race. Tie a sock or bandana around your and your partner's leg. Run or walk to a designated place. Teamwork is a must!
<b>24</b> Create a family play and act out the story of Noah's Ark beginning with God asking Noah to build the ark through the rainbow at the end of the story.	<b>25</b> Rest together as a family. Play board games, read a book or watch a movie ( <i>Evan Almighty</i> is about Noah's Ark). Pray together too!	<b>26</b> Play Simon Says but change it to "God Says"! God says, neigh like a horse. Everyone does it. God says, fly to the couch like a bird. Everyone does it. Do others.	<b>27</b> Take a piece of aluminum foil and shape it into a boat. Place the boat in a sink of water and add pennies (or other small objects) counting them until the boat sinks.	<b>28</b> Thanksgiving Day Give thanks to God by naming things you are grateful for. The number of things you name must equal how many years old you are!	<b>29</b> Noah's Ark Prayer Service (Adjust it to fit your family's needs.) <a href="#">CLICK HERE</a>	<b>30</b> Statues game. Decide which animal you want to pose as and hold that pose as long as you can. Everyone could hold the pose as the same animal at the same time or not.

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

# November 2019 Wellness Activity Calendar

*This Month's Theme: Noah and the Ark*

## List of this Month's Web Page Addresses

Date	Address	Date	Address
Nov 1	Litany of the Saints <a href="https://www.youtube.com/watch?v=7Xh8oXmynvQ">https://www.youtube.com/watch?v=7Xh8oXmynvQ</a>	Nov 8 #2	Who Built the Ark? <a href="https://www.youtube.com/watch?v=iYpftlQO5HQ">https://www.youtube.com/watch?v=iYpftlQO5HQ</a>
Nov 3	Noah's Ark Bible Story for Kids <a href="https://www.youtube.com/watch?v=_vjjhMWJ2wE">https://www.youtube.com/watch?v=_vjjhMWJ2wE</a>	Nov 22	How to play Noah's Ark Tag <a href="https://www.youtube.com/watch?v=CXAbROakZEM">https://www.youtube.com/watch?v=CXAbROakZEM</a>
Nov 8 #1	The Arky, Arky Song <a href="https://www.youtube.com/watch?v=DSxd9JVE3r4">https://www.youtube.com/watch?v=DSxd9JVE3r4</a>	Nov 29	All Age Liturgy for Noah's Ark <a href="https://marthaspong.com/2014/08/26/all-age-liturgy-noahs-ark/">https://marthaspong.com/2014/08/26/all-age-liturgy-noahs-ark/</a>

## Additional Activities



Noah's Ark Activities and Fun Ideas for Kids

<http://www.childfun.com/themes/christian/noahs-ark/>

- Arts and Crafts
- Games and Activities
- Songs, Poems and Plays

Watch the Movie, *Evan Almighty* [2007]

- Rated PG

## Noah's Ark Watermelon Snack

1 Small Watermelon - Animal Crackers - Toothpicks

Start out by cutting two corners out from the top using a knife. Cut out a triangle shape from one of the pieces and attach it to the top using toothpicks. Cut out two holes on the front using small round cookie cutters. Cut out a ramp and door using the watermelon scraps. Place the animal cookies around the watermelon and on top using two of each animal. You can stand them up by using pieces of watermelon scraps behind them

● 9 SCHOOLS ● 23 PARISHES ● 1 COMMUNITY

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

WE ARE:  
GRACE:



FATHER ALLOUEZ  
CATHOLIC SCHOOL



HOLY CROSS  
CATHOLIC SCHOOL



St. Thomas More  
CATHOLIC SCHOOLS  
Teaching in the light of Christ