


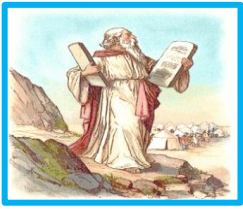


March 2020 Wellness Activity Calendar

This Month's Themes: Moses and Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Sing the song "Were You There, When They Crucified My Lord?" CLICK HERE</p>	<p>2 Watch the story of Moses in the Bulrushes CLICK HERE Sing the song "Where is Baby Moses?" CLICK HERE</p>	<p>3 Baby Moses coloring pages CLICK HERE</p>	<p>4 Play Hide-and-Seek Moses – Take a small doll or a drawing of Moses and hide him in the house so someone else can find him; take turns hiding and finding baby Moses.</p>	<p>5 Action Chain – One person starts doing an action (jump twice); next person jumps twice and adds another action (sit on floor); another person does the first two actions and adds a third.</p>	<p>6 Use 26 sticky notes and write a letter of the alphabet on each. Stick to the wall or a door. Use a rolled up sock to throw at one of the letters. Person who hits a letter must say a religious word starting with that letter.</p>	<p>7 Do 10 push-ups, 10 arm circles, 10 jumping jacks and 10 sit ups. Do these at 10 minutes after the hour (8:10, 9:10, 10:10) as long as you can today. 10 stands for the 10 Commandments.</p>
<p>8 Learn the actions and words to "Create in Me". CLICK HERE</p>	<p>9 Make a Four-Square on the floor with tape or paper strips. Use a balloon as the ball for the Four-Square game. Change rules as needed for a balloon instead of a ball.</p>	<p>10 Moses is asked to free the Israelite slaves; watch the video CLICK HERE</p>	<p>11 Moses helped others cross the Red Sea. Place pillows and paper plates on the floor and try to cross the Red Sea. Remember to keep your arms up like Moses.</p>	<p>12 Moses received the 10 Commandments CLICK HERE and then The Ten Commandments Song 1, 2, 3, 4, 5... CLICK HERE</p>	<p>13 Create a Mandala. See link for directions CLICK HERE</p> 	<p>14 Watch the Stations of the Cross for Kids CLICK HERE</p>
<p>15 Start drawing the pictures to go with the Stations of the Cross and make them into a book. Station I: Jesus is Condemned to Death</p>	<p>16 Draw Station II: Jesus Carries His Cross Find something very heavy and try to carry it across the room or down the hall. How does it feel?</p>	<p>17 Draw Station III: Jesus Falls the First Time Ask your parent what it was like when you were learning to walk. Did you fall down? What happened?</p>	<p>18 Draw Station IV: Jesus Meets His Mother Mothers want what is best for us. How is Mary feeling when she meets Jesus after He falls?</p>	<p>19 Draw Station V: Simon of Cyrene Helps Jesus Carry His Cross Friends can help us do hard jobs. What is a way you can help someone next time they struggle?</p>	<p>20 Station VI: Veronica Wipes the Face of Jesus Think of a time when you were working so hard and sweating a lot. Who helped you cool off?</p>	<p>21 Station VII: Jesus Falls the Second Time Think of the time when you learned to ride your bike and you fell. Who helped you get up?</p>
<p>22 Station VIII: Jesus Meets the Women of Jerusalem When we see someone we love get hurt, we are sad, just like these women were sad. Say a prayer for Jesus.</p>	<p>23 Station IX: Jesus Falls the Third Time You are walking on ice and you slip and fall. How do you feel after you fall and get back up?</p>	<p>24 Station X: Jesus' Clothes are Taken Away Think of a time when you were embarrassed about something. Tell Jesus you are proud of Him.</p>	<p>25 Station XI: Jesus is Nailed to the Cross We try to be good. We do not want to hurt others on purpose. Apologize to someone you have hurt.</p>	<p>26 Station XII: Jesus Dies on the Cross Jesus forgave those who wanted him to die on the cross. Tell Jesus you love Him!</p>	<p>27 Station XIII: Jesus' Body is Taken Down from the Cross Jesus' body is gently taken down from the cross and the dirt is wiped away. How can you be gentle to others when they are hurt?</p>	<p>28 Station XIV: Jesus is Placed in the Tomb We bury those we love as a sign of respect for them. Say a prayer to Jesus thanking Him for our eternal life.</p>
<p>29 Pray the Stations of the Cross using the book you made for the past two weeks. Sing the song from March 1st: Were You There?</p>	<p>30 Who Is Jesus today? Parent gives a child a picture of Jesus who wears it under their clothes. All day, the child is to treat everyone as Jesus would treat them.</p>	<p>31 Make a sign for your bedroom or bathroom mirror saying, "Jesus loves me! I am special!" and say the words every day!</p>				<p>WE ARE: GRACE:</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
1	Were You There When They Crucified My Lord? https://www.youtube.com/watch?v=BLJ0IjLAmOA	10	Moses and the Exodus https://www.youtube.com/watch?v=rzcYLCYItuc
2 - #1	The Holy Tales: Bible Moses is Saved from the Pharaoh https://www.youtube.com/watch?v=KdcFgsPAIVU	12 - #1	God Gives the Ten Commandments! https://www.youtube.com/watch?v=cK_FWURMnhU
2 - #2	Where is Baby Moses? https://www.youtube.com/watch?v=KdcFgsPAIVU	12 - #2	The 10 Commandments Song https://www.youtube.com/watch?v=d61R1LBbhQA
3	Moses Coloring Pages https://www.coloring.ws/moses.htm	13	How to Draw a Mandala https://www.art-is-fun.com/how-to-draw-a-mandala
8	Create in Me https://www.youtube.com/watch?v=M9shuiGm_kM	14	Children's Stations of the Cross https://www.youtube.com/watch?v=j0qv7c4PsrA

Additional Activities



- Stations of the Cross Prayers and Videos (scroll down the web page to find all the Stations to pray):
 - <https://www.catholic.org/prayers/station.php>
- Lenten Activities for Children:
 - <https://catholicmom.com/kids/lenten-activities-for-children/>
 - <https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/activities-and-resources/lenten-activities-for-children>

● 9 SCHOOLS ● 23 PARISHES ● 1 COMMUNITY

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