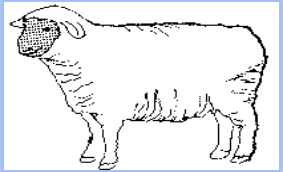


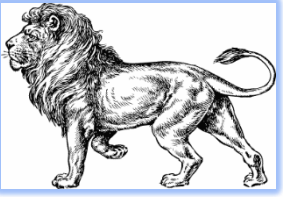




# May 2020 Wellness Activity Calendar

## This Month's Theme: Some Animals in the Bible


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Talking Donkey</b> Balaam and the Talking Donkey Numbers 22:21-41 <a href="#">CLICK HERE</a> 	<b>2</b> What would it be like if we could talk to animals and understand each other's languages? What do you think they would tell us? What would you tell the animals?
<b>3</b> Prayer Service for Animals. <a href="#">CLICK HERE</a> scroll down past the goat picture for the prayer service; shorten as needed.	<b>4</b> Instead of walking in the house, pick an animal's movements to get around. You may want to slither like a snake, waddle like a penguin or gallop like a horse.	<b>5</b> Rear leg kicks: Get on your hands and knees. Stretch one leg out behind you and kick into the air. Switch legs. Repeat 5 times on each leg.	<b>6 Sheep</b> David was a shepherd who became a hero. 1 Samuel 17:14-50 <a href="#">CLICK HERE</a> - David and Goliath	<b>7</b> It's a Sheep Party! <a href="#">CLICK HERE</a> - Mary Rice Hopkins	<b>8</b> Power jumps: Squat like a frog and jump straight up as high as you can stretching your arms over your head. How many times can you power jump in one minute?	<b>9</b> Pretend to be St. Francis of Assisi who loved all animals, Balaam and his donkey, or David as a shepherd. If you could be friends with any animal, which would you choose?
<b>10 Lions</b> Daniel in the Lions' Den Daniel 6:13-23 <a href="#">CLICK HERE</a>	<b>11</b> Learn a song about Daniel and the Lions. <a href="#">CLICK HERE</a>	<b>12</b> Use a small toy animal and play hide-and-seek with it. You hide it and have someone else find it. Then they hide it and you look for it. Could you hide two animals?	<b>13</b> Play basketball outside or find a box or laundry basket and gently toss stuffed animals or small pillows into it. For each basket you make, give thanks to God for one animal in our world.	<b>14</b> Ask if you can use playdough or clay to create a statue of an animal that God created. Or play statues by holding an animal's pose for as long as you can.	<b>15</b> Have a jump rope contest. Who can jump the most times in a row? Which animals do you think could jump rope? Check out this video: <a href="#">CLICK HERE</a>	<b>16 Dove</b> Jesus was baptized and the Holy Spirit descended as a dove. Read Mark 1:9-11 to find out what the dove said to the crowd.
<b>17</b> Take a walk with your family and point out all the animals you see on the walk. Look for tiny animals, too, like ladybugs and ants. Tell each other your favorite animals and why you like them.	<b>18</b> Listen to the song <a href="#">CLICK HERE</a> - On That Holy Mountain What animals were named?	<b>19</b> Crane pose challenge: Put your hands on the ground, lean forward, and balance your knees on your elbows. How long can you hold the crane pose?	<b>20 Whale</b> Listen to Jonah and the Whale <a href="#">CLICK HERE</a> - God's Story - Jonah	<b>21</b> Count how many pushups you can do in one minute? Challenge someone in your family to beat your score! Can you teach your dog or cat to do a pushup?	<b>22</b> Animal jokes can be found in books and online. Ask an adult if you can go to the library or google animal jokes for kids. What do you call a sleeping bull? A bull-dozer!	<b>23</b> Cheetahs can run 65 miles per hour (mph). Dogs can run 20 mph. Sloths go 792 feet per hour (fph). Snails can go 40 fph. How fast can you bike, run or walk in one hour?
<b>24</b> Read Psalm 104 and draw pictures to go with it about animals.	<b>25 Memorial Day</b> Here are two videos to explain this special day: <a href="#">CLICK HERE</a> <a href="#">CLICK HERE</a> Pray for those in heaven. Amen!	<b>26</b> Make an animal house out of things you have around the house. Consider using Legos, blocks or blanket forts.	<b>27 Camel</b> Jesus told his followers that it would be easier for a camel to pass through the eye of a needle than a rich person getting into heaven. What does this mean? Watch and find out: <a href="#">CLICK HERE</a>	<b>28</b> Play Hangman using a sentence or phrase with an animal in it. For example: Dogs and cats make us happy. There are two types of elephants. Sloths move very slowly.	<b>29</b> How many sports teams can you name that have an animal for a mascot? Here are a few to get you started: Denver Broncos, Miami Dolphins, Carolina Panthers and Seattle Seahawks.	<b>30</b> Animals are given to us for food and other things. What are some items we get from animals?
<b>31</b> Pet Blessings: <a href="#">CLICK HERE</a>						

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

# May 2020 Wellness Activity Calendar

## This Month's Theme: *Some Animals in the Bible*

### List of this Month's Web Page Addresses

Date	Address	Date	Address
May 1	"Balaam and the Talking Donkey" <a href="https://www.youtube.com/watch?v=fqAhPyEgVOs">https://www.youtube.com/watch?v=fqAhPyEgVOs</a> (5:55)	May 18	On That Holy Mountain <a href="https://www.youtube.com/watch?v=5qUwrUE1DzE">https://www.youtube.com/watch?v=5qUwrUE1DzE</a> (5:40)
May 3	Animal Prayer Service <a href="https://godspace.wordpress.com/2011/09/21/a-blessing-for-the-animals/">https://godspace.wordpress.com/2011/09/21/a-blessing-for-the-animals/</a> <i>NOTE: Scroll down past the goat picture for the prayer service; shorten as needed.</i>	May 20	God's Story: Jonah <a href="https://www.youtube.com/watch?v=jO2QsF_nnIU&amp;t=2s">https://www.youtube.com/watch?v=jO2QsF_nnIU&amp;t=2s</a> (4:01)
May 6	David and Goliath – Bible for Kids <a href="https://www.youtube.com/watch?v=_VCHO5wOE0">https://www.youtube.com/watch?v=_VCHO5wOE0</a> (3:57)	May 25	What is Memorial Day? <a href="https://www.youtube.com/watch?v=NJeYq6cmwUk">https://www.youtube.com/watch?v=NJeYq6cmwUk</a> (2:25)
May 7	Sheep Party <a href="https://www.youtube.com/watch?v=_LW_sq7YhrM">https://www.youtube.com/watch?v=_LW_sq7YhrM</a> (2:14)		The History of Memorial Day <a href="https://www.youtube.com/watch?v=YChfpVD5xpk">https://www.youtube.com/watch?v=YChfpVD5xpk</a> (3:30)
May 10	Daniel in the Lion's Den : Bible Stories <a href="https://www.youtube.com/watch?v=jyGoabM1kCA">https://www.youtube.com/watch?v=jyGoabM1kCA</a> (8:18)	May 27	Camel Passing through the Eye of a Needle Story <a href="https://www.youtube.com/watch?v=tb_xIikW148">https://www.youtube.com/watch?v=tb_xIikW148</a> (4:51)
May 11	Daniel's Song <a href="https://www.youtube.com/watch?v=j0R0VaRYOTI">https://www.youtube.com/watch?v=j0R0VaRYOTI</a> (1:52)	May 31	Pet Blessings and Prayer <a href="https://www.churchyear.net/pets.html">https://www.churchyear.net/pets.html</a>
May 15	What kinds of animals can jump rope? <a href="https://www.youtube.com/watch?v=Z0-qDFpcM8Q">https://www.youtube.com/watch?v=Z0-qDFpcM8Q</a> (1:22)	Every Day!	



### Additional Activities

*Some Bibles mention a Leviathan in the Bible. Research what a Leviathan is and what Christians believe. Is it an animal? Is it real? Here are some Bible passages that mention the Leviathan: [https://www.biblegateway.com/quicksearch/?quicksearch=leviathan&qs\\_version=NIV](https://www.biblegateway.com/quicksearch/?quicksearch=leviathan&qs_version=NIV)*

● 9 SCHOOLS      ● 23 PARISHES      ● 1 COMMUNITY

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