



Quarantine SURVIVAL KIT

Everything you need,
to strengthen your
heart and your family
while you are home
together!

PSALM 91

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked.

If you say, "The Lord is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent.

"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation."

A Psalm a Day

Mama, does your heart need an extra dose of encouragement during this time? Look no further than God's Word! Take time to read a Psalm four days a week during the next two weeks and you will begin to feel fortified with strength, patience, and peace that only the Lord can give!

Day 1 - Psalm 40

We can wait patiently for God, He will save us and give us a new song!

Day 2 - Psalm 103

We can trust the Lord's steadfast love for us, we can find hope in His forgiveness and His plans for the future!

Day 3 - Psalm 23

The Lord is our Good Shepherd, He will comfort us and provide everything we need!

Day 4 - Psalm 91

When we walk close to God, we can rest in His loving arms. He eases our fears, erases our worry and replaces it with His joy!

Day 5 - Psalm 116

The Lord hears us when we cry out to Him. He cares about our needs and helps us!

Day 6 - Psalm 27

The Lord is our stronghold, we do not need to fear. He is our light and our salvation, we need not worry about this life!

Day 7 - Psalm 34

Take refuge in the Lord, He is good. Look to Him, trust in Him, and He will shine through you like radiant light!

Day 8 - Psalm 62

The Lord sets our feet on solid rock and makes our steps secure. He is our Rock; we shall not be shaken!

Drawing Your Kids Hearts to the Lord

While this long stretch of days spent at home can come with some challenges, one huge advantage is that you are able to really spend some focused time drawing your kids hearts (and yours as well!) to the Lord! Below are some ideas to help you establish Jesus-centered routines in your days! Perhaps try one out that may work for your family! Remember that you don't have to do everything!!

Work on the habit of having a quiet time with the Lord in the mornings.

Gather your Bible and whatever else you would like (journal, pen, etc) in a basket. Then add to the basket some quiet time materials for your child (a children's Bible, storybooks about Jesus, a little notebook, crayons, worship CD, etc). Regardless of their age, kids can begin to form the habit of sitting by your side and spending time, even just a couple minutes, seeking the Lord in their own way too.

- ①

- ② During breakfast, start a routine of reading a Bible story, children's devotional, or bits of Scripture to your kiddo. You can add prayer, singing a worship song, or do verse memory if you would like! Remember, while your kids are eating, they are a captive audience!
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Spend time outside in God's creation! Take a walk and notice all of the beautiful gifts God has given us. We see His fingerprints everywhere!

- ③ Ask your kids if they have any questions about God and start the habit of having daily conversations about Him! It's okay not to have all the answers; you can seek wisdom together!
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- ④ Bring the Bible into kid's play. Help them act out a Bible story you read that day or use their toys to play the parts. Encourage them that they can follow Jesus like Peter, have faith like Esther, or trust the Lord to fill them with bravery and strength like Joshua!
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Ask your big kids questions about what they believe and be a compassionate conversation partner - always gently pointing them toward Jesus, ask them how you can pray for them, start a journal shared between the two of you in which they can write out their thoughts and questions and you can too. Remember that even though you share a parent child relationship, you are both sisters and brothers in Christ, journeying closer in Him together.

- ⑤
- ⑥ End your day by praying with your kids. Pray Scripture over them and thank the Lord for who He has created them to be. Remember that even their prickly difficulties can be used powerfully in the hands of God! Encourage them in who they are in Christ, remind them of the amazing attributes God has instilled in them and talk about ways they can use those qualities to serve Him!

Scriptures to Pray as a Family During Hard Times

Lord, help us not to be afraid but to know that you strengthen us.
"So do not fear, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand." Isaiah 41:10

Lord, help us not to be troubled, but to cling to your peace.
"Peace I leave with you; my peace I give you. I do not give to
you as the world gives. Do not let your hearts be troubled
and do not be afraid." John 14:27

Lord, show us how to practice the fruits of the Spirit during this time.
But the fruit of the Spirit is love, joy, peace, forbearance,
kindness, goodness, faithfulness, gentleness and self-control.
Against such things there is no law. Galations 5:22-23

Lord, thank you for giving us a spirit of power, love and self-control.
"For God gave us a spirit not of fear but of power and love and
self-control." 2 Timothy 1:7 (ESV)

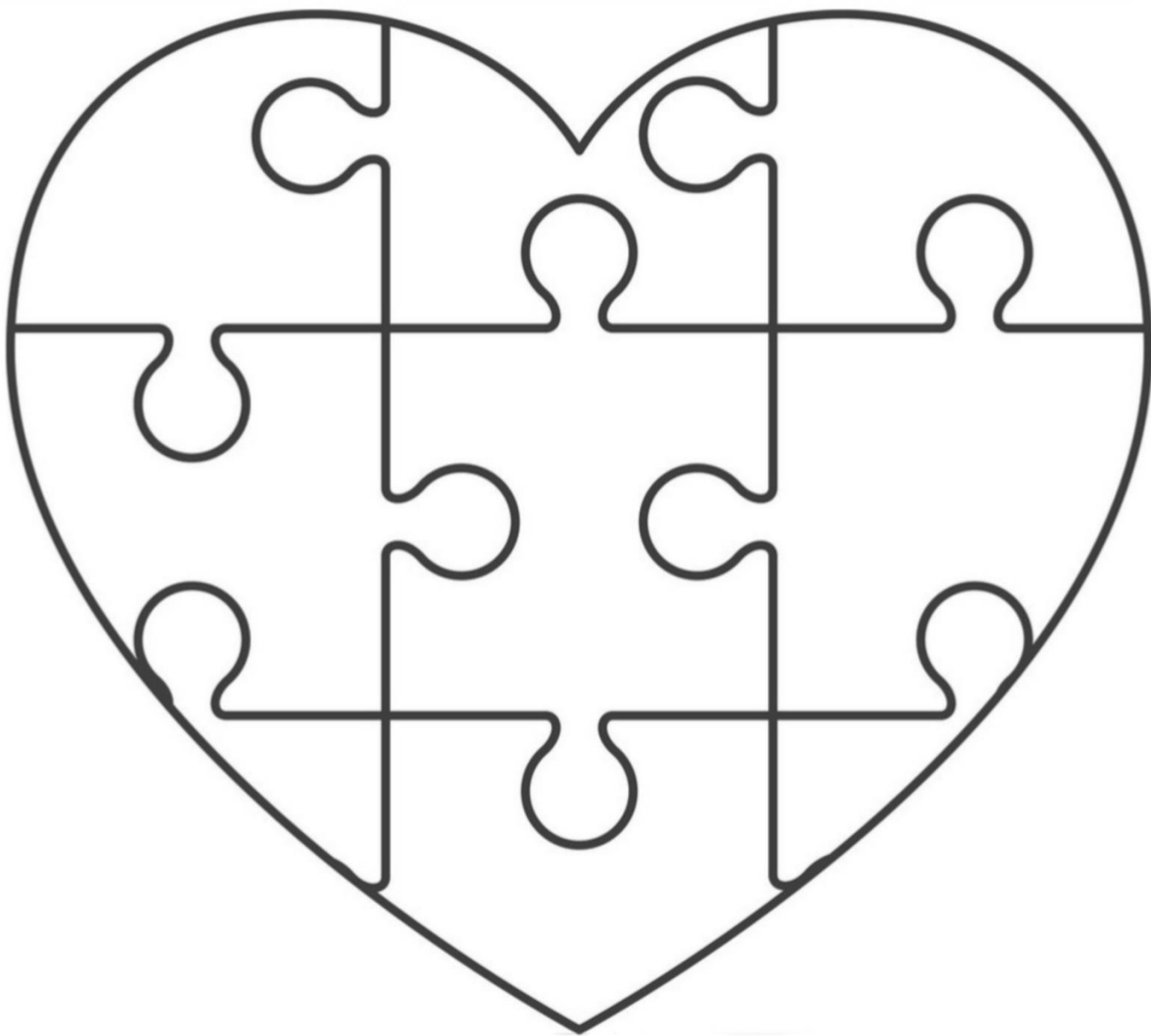
Lord, show us how to love each other well and how to forgive.
"Therefore, as God's chosen people, holy and dearly loved, clothe
yourselves with compassion, kindness, humility, gentleness and
patience. Bear with each other and forgive one another if any of
you has a grievance against someone. Forgive as the Lord forgave
you." Colossians 3:12-13

Lord, help us not be anxious, but thankful, bringing our prayers to you.
"Do not be anxious about anything, but in every situation, by
prayer and petition, with thanksgiving, present your requests to
God. And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus."
Philippians 4:6-7

Lord, thank you for your peace; help us fix our minds on you and trust in you.
"You will keep him in perfect peace, whose mind is stayed on You,
because he trusts in You." Isaiah 26:3

Hide God's Word in Your Heart!

CHALLENGE!



Do this fun activity with your child to help them hide God's Word in their heart! Just print off the puzzle heart and the "Short Bible Verses to Memorize with Kids" page. When your child memorizes a verse, let them color in a puzzle piece. When the entire heart is filled, treat them to a little prize. To make it even more fun, print off a heart for yourself and memorize right along side your child!

Short Bible Verses to Memorize with Kids

Psalms 145:9 "The Lord is good to all; He has compassion on all he has made."

Acts 16:31 "Believe in the Lord Jesus, and you will be saved."

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

1 John 5:3 "In fact, this is love for God: to keep his commands. And his commands are not burdensome."

Romans 3:23 "For all have sinned and fall short of the glory of God."

Colossians 3:2 "Set your minds on things above, not on earthly things."

Psalms 150:6 "Let everything that has breath praise the Lord."

Romans 10:13 "Everyone who calls on the name of the Lord will be saved."

Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"

Genesis 16:13 "You are the God who sees me."

Psalms 138:1 "I will praise you, Lord, with all my heart."

2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

1 Thessalonians 5:16-18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Psalms 27:1 "The Lord is my light and my salvation whom shall I fear?"

Ephesians 6:1 "Children, obey your parents in the Lord, for this is right."

Sample Daily Routine

Before 9am WAKE-UP

(quiet time, get ready for the day,
have breakfast, brush teeth make bed)

9:00-10:00 EXERCISE YOUR BODY

(family walk, enjoy God's creation, have a game of
chase or hide-and-seek inside if it's cold)

10:00-11:00 EXERCISE YOUR MIND

(work sent from school, journaling, independent
reading, read aloud, no electronics)

11:00-12:00 EXERCISE YOUR CREATIVITY

(drawing, baking, crafts, legos, fort building,
play doh, musical instruments, etc.)

12:00 LUNCH

12:30-1:00 CLEAN UP TOGETHER

1:00-2:00 QUIET TIME

(reading, puzzles, quiet activities in bed, naps)

2:00-4:00 EXERCISE YOUR INNOVATION

(finish work from school, draw in an invention
notebook, build something new, read about things
that interest you, figure out how to solve a
problem, use an educational app or game)

4:00-5:00 FRESH AIR

(get outside and play, explore, create,
burn off some energy)

5:00-6:00 DINNER AND CLEAN UP TOGETHER

(cook together and talk together)

6:00-8:00 DOWN TIME

(free time, screen time, play time)

8:00 BEDTIME

9:00 LATE BEDTIME

(for those who followed the routine
and didn't fight)

Family Fun Ideas

FAMILY TALENT SHOW/COMEDY NIGHT - Put on a show and let each family member preform the talent God has given them!

INVENTING BOX - Set aside a big box and place an assortment of food packaging leftovers (cardboard boxes, tubs, trays, cans) as well as some scissors, duct tape, string, rubber bands, paint or markers, craft supplies, and any other items you find around that could be used for inventing and let your kids go to town. The sky is the limit on what they can make (robots, instruments, pet beds, costume pieces, etc)

SPECIAL TIME - Set a timer for 10-15 minutes and spend one on one time (no interruptions allowed!) with each kid doing what they would like to do. Make sure to give them lots of eye contact, hugs, and affirmation of things they are doing right. This one practice is perhaps the best thing you can do to curb difficult behavior in your home!

DRAWING CONTEST - Set out supplies and choose a theme (favorite characters, ocean scene, baby animals, etc.) and let daddy be the art judge later.

PLAY CHOPPED JUNIOR - Give kids certain ingredients from the kitchen and let them get creative! Then taste-test each others dishes. Little kids will need more help but will love the feeling of taking charge of food prep!

ESCAPE ROOM - Mystery Word and Can You Escape are fun apps for older elementary kids and will give you the escape room expeience your whole family will love!

BOARD GAME PARTY - Set up a snack bar on the counter with some simple snacks or leftovers you have on hand. Grab all of your favorite board games, gather your kids around the table, and let the fun begin! (Board games are also a good opportunity to teach about sportsmanship and loosing/winning well).

DANCE PARTY - Crank up the music and dance your stress or grouchiness away! If you have any glow sticks sitting around, use them to make a night-time dance party next level!

Family Fun Ideas

FAMILY NEWSPAPER - Start a family newspaper in which family members can submit articles about things happening in the family or the world around you, sales ads, wanted ads, funny jokes, artwork, etc. Tape all submissions on a large piece of paper (or several small pieces taped together).

FANCY TEA TIME - Have a fancy tea, complete with little snacks and fun reading! Your kids will love it and you can serve other drinks if they are not fond of tea!

FAMILY COOKING OR BAKING - Let your kids help choose recipes and prepare them together! Let them do the measuring and mixing, even if it is a little messy! They will love it and learn in the process!

FILL THEIR LOVE BUCKET - Make a "bucket list" of ideas your kids come up with that they would enjoy doing with you during this time at home. Let them brainstorm and share their wildest ideas (let them know that you have veto power though)! Write the ideas down and post it where you will see the list often. Have fun checking off items on the list and fill your kids heart in the process!

NATURE EXPLORERS - Give each child a grocery bag and head out for a walk together. Let your children pick up any nature treasures they discover and put them in their bag. Upon returning home, take out treasures for closer examination. Draw the nature finds if you wish, glue on paper or place all on a shelf or in a glass jar for display. Talk about how amazing it is that God created each of these things!

MESSY PLAY (WITH EASY CLEAN-UP!) - Do a special bath time for each kiddo. Before the bath spray a bit of shaving cream in the tub and add a few drops of food coloring if you have it on hand (dish soap is fun too and can be lathered into thick bubbles). Let kids finger paint, body paint, and slide around on their tummies before filling the bathtub with water and washing all the mess away on both your kiddo and the tub.

Fun Days At Home

Photo Scavenger Hunt

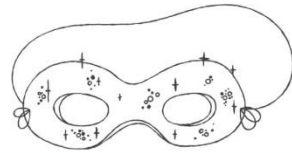
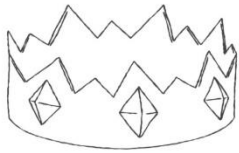
--- for kids! ---

Complete the scavenger hunt by taking a photo of each item and checking it off your list!

- ☐ Something that makes you feel happy
- ☐ Something fun
- ☐ Something that you made yourself
- ☐ Something too big
- ☐ Something soft
- ☐ Something that you are thankful for
- ☐ Something that is out of place
- ☐ Something that you love
- ☐ Something loud
- ☐ Something tiny
- ☐ Something that's your favorite color
- ☐ Something messy
- ☐ Something clean
- ☐ Something you like to eat
- ☐ Something that takes care of you
- ☐ Something funny
- ☐ Something that makes you feel safe
- ☐ Something that makes a weird sound
- ☐ Something you like to read
- ☐ Something that is your very favorite
- ☐ Something comfortable
- ☐ Something furry
- ☐ Something that helps you
- ☐ Something crazy

WOULD YOU RATHER?

Conversation Cards



Are you looking for a fun way to bond as a family? Use these conversation cards any time of day to lighten the mood or get to know each other in some of the silliest ways! Simply print and cut apart the conversation cards, place in a jar and pull one out to get the conversation going!

Would you rather smell like a skunk or oink like a pig?

Would you rather be super strong or super fast?

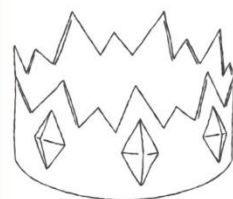


Would you rather be trapped in a room with a friendly tiger or 10 bumblebees?



Would you rather it always be summer or always be winter?

Would you rather live in a house full of cheese or chocolate?



Would you rather have 5 friends or 1 best friend?

Would you rather play outside or stay inside?



**WOULD
YOU
RATHER?**

*Convo
Cards*

Would you rather go to the movies or go to a waterpark?

Would you rather speak every language or play every instrument?

Would you rather eat a whole lemon or a whole raw potato?



Would you rather be really big or really tiny?



Would you rather eat broccoli flavored pizza or pizza flavored broccoli?

Would you rather have hands instead of feet or feet instead of hands?



Would you rather hold a snake or kiss a jellyfish?



Would you rather have a pet rat or a pet spider?

Would you rather start a colony on another planet or be the leader of a small country on earth?

Would you rather have a snowball fight or water balloon fight?



Would you rather have your own robot or a jetpack?

Would you rather eat a whole onion or eat a whole can of sardines?



Would you rather be able to breathe underwater or be able to run on top of water?

Would you rather eat cake every day for the rest of your life or icecream?



Would you rather never have homework again or be paid to do your homework?

Would you rather have a horse's tail or a unicorn horn?



Would you rather eat spaghetti noodles without sauce or a bowl of spaghetti sauce without noodles?

Would you rather eat a bowl of worms or eat a single spider?



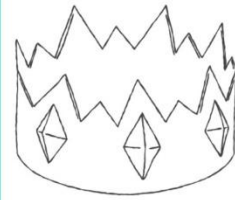
Would you rather have a swimming pool in your house or a twirly slide from your roof to the ground?



Would you rather own 10 grumpy lizards or 100 hungry puppies?

Would you rather it be Christmas everyday or your birthday everyday?

Would you rather travel back in time or travel to the future?



Would you rather swim in the ocean with sharks or be stuck in a cage with a tiger?



Would you rather have the ability to see through walls or walk through walls?

Would you rather live in a colony in space or at the bottom of the ocean?

Would you rather stay a kid until you turn 80 or instantly turn 40?

Would you rather own a hot air balloon or a motorboat?

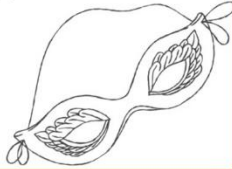


Would you rather ride a rollercoaster or see a movie?



Would you
rather drive a
flying bus or ride
a unicorn?

Would
you rather live
100 years in the
future or
in the
past?



Would you
rather be the
funniest person
alive or the
smartest?



Would
you rather
have a tail or
webbed feet?

Would you
rather be silent
or still all day
long?

Would you
rather be able to
fly or be
invisible?



Would you
rather live on a
beautiful but
deserted island
or in the middle
of a busy city?

Would you
rather pet a bear
or hug a
porcupine?



Would you
rather swim with
a dolphin or a
whale?

Would you
rather be in a
pool of
marshmallows
or m&ms?



Would you
rather have
three legs or
three arms?

Would you
rather sleep in
late or stay up
late?



Would you rather swim in a pool of mud or roll in a puddle of pudding?

Would you rather own an elephant size kitten or kitten size elephant?

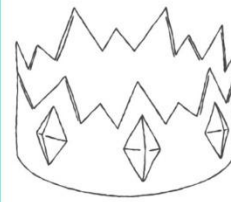


Would you rather live in a place that was always very hot or always very cold?



Would you rather have bright green hair or bright green hands?

Would you rather sit with a resting lion for ten minutes or run across a hungry alligator's back?



Would you rather travel on a boat or airplane?

Would you rather be able to draw really well or sing really well?



Would you rather be alone in your favorite place or in a room full of your best friends?

Would you rather have a magic carpet that flies or a see-through submarine?

Would you rather wear your shoes on the wrong feet or your pants backwards?

Would you rather go on vacation to the mountains or to the ocean?



Would you rather be a bird or a fish?



Begin a Read Aloud Routine

Do you remember being read aloud to by someone who cared about you? Such memories elicit feelings of peace, warmth, creativity and love. People of all ages enjoy being read to and YOU are the perfect person to read to your children, regardless of their age.

From infant through teenager, you can find ways to cultivate a read aloud routine with your kids, and this unique period at home with your family is the perfect time to start! Consider implementing some tips below, and check out the following pages for a Help Club recommended book list!

Find a consistent time to gather everyone together for a read aloud. Some ideas are meal time (again, you have a captive audience while everyone is eating), before bed, or during a free-time in your day.

If you are reading during free-time or perhaps even bedtime, allow children to play quietly with their toys or do something creative while you read. Ideas include: drawing, legos, small quiet toys, hand sewing, blocks, etc. The only parameter is it must be quiet.

Make this a pleasant time! Let your kids get comfortable and only continue to read as they still have interest. You want to leave them wanting more at the end of each reading session and waiting excitedly for the next one!

Choose a book that you think will be enjoyed by all, but don't underestimate your young child's ability to comprehend something a bit more advanced. Simultaneously, don't exclude an older child from a reading that may seem a little babyish, fond memories can still be formed just from the simple act of a loving parent reading aloud.

Don't worry if you are not the best reader; don't feel bad if you can't do all the different character voices. Your kids don't care; they will just love being read to by YOU!