

Boredom Buster Board

Create a Boredom Buster Board for those times you don't know what to do or someone says "I'm bored!" Using poster board let the kids draw a big circle with 10-15 pie-slice sections. Write a number in each slice that corresponds to a list containing ideas that could be done on the spur of the moment. When needed, let your child drop a coin from several feet away and see which idea the coin selects! You can use the same idea using a bowl with an idea written on pieces of paper. Come up with your own list, or borrow from these suggestions:

Read a book • Talk a walk together • Visit the library • Sing a favorite song • Play a game • Dance • Have a picnic • Watch a favorite movie • Write a letter • Build a fort • Run through sprinkler • Play in kiddie pool/slip and slide • Family bike ride • Play Frisbee • Have a water balloon fight • Camp in your back yard • Go to the Zoo • Do a service project • Bake something together • Go bowling • Go to a museum • Do a puzzle • Play on a playground • Work in the yard/garden • Go through old pictures • Put together your family tree • Try a new restaurant • Write out your home's prayer requests and pray for each other

You can also include any of the Fellowship at Home ideas contained in this guide on your Boredom Buster Board!

Summer Family Nights

Take advantage of the warm evenings to plan a few outdoor Family Night activities. Try this one to get started and discover more Family Night ideas at heritagebuilders.com

Following The Map: Create a map with "Turn Left" and "Turn Right" directions to a favorite destination such as an ice-cream shop or park. Load the kids in the car and tell them you are heading off for a really fun surprise. Give one of the children your map and ask them to guide you step-by-step as you drive. When they give you each direction, however, turn the wrong way - insisting you know best. Try to end up at some dead-end or remote location and admit that you got lost. Ask the kids what you should do. (Answer: Go back to the beginning and follow the directions properly!) When you arrive at the destination after properly following the directions, read Psalm 119:104-105 together and ask the following questions...

- What went wrong the first time we drove? (Answer: I ignored the map)
- What is the map for us to make right choices in life? (Answer: The Bible)
- How much fun would we be having now if I kept insisting I knew best? (Answer: None!)



Summer Serving

Summer is a great time to help those in need. Sign up for the **SERVANT ALERTS** at fbcva.life/subscribe to see what projects you and your family can support. Ask around and see if there is a neighbor or friend that has a need. Your project can be as simple as baking the neighbor some cookies and making them a card, to going on a mission trip with your family.

Summer Resources

Some recommended sources for additional ideas:

- **Making Summer Count**, by Joyce Heinrich and Annette Heinrich LaPlaca, includes Scriptural devotions, stories, reinforcing activities for the whole family, suggestions for vacations with a difference, and more. It will encourage and challenge you to create a love-filled, learning-filled, fun-filled summer that builds your children's future.
- **Sanity in the Summer** by Linda Dillow and Claudia Arp. When those long, lazy days of summer become the long, CRAZY days of summer, reach for this complete summer survival handbook for moms. This fun-filled book features easy-to-do, creative activities, games, recipes, and more to help you and your children enjoy the summer months together.
- **The 4:8 Principle**, by Tommy Newberry, is a great Date Night resource for couples to go through together and/or with older children during the summer months to help create a joy-filled culture at home. The book includes a discussion guide to make it easy.

Summer at Fellowship

Connect your kids to the spectacular things going on this summer at Fellowship Bible Church...

- Go to fbcva.life for information on this year's Kids Camp, Summer Quest, and other summer opportunities.
- Visit the Home Center to select several values to reinforce this summer using a Family Times virtue pack. Each kit includes a tool for meal time, drive time, bed time and morning time reinforcing the same value with your children.

For other Faith at Home ideas visit the Home Center before or after any service, or visit FellowshipatHome.org

FELLOWSHIP AT HOME

Summer at Home

BEATING BOREDOM WITH INTENTIONALITY

Rather than dread the words "I'm bored!" this summer become proactive with intentionality at home. Create great memories together by selecting ideas from this guide to make this a summer your family will never forget.

FELLOWSHIPATHOME.ORG/SUMMER

Summer Scripture

Choosing a Summer Scripture for your home helps focus on the importance and power of God's Word and allows you to have fun together along the way. The following ideas can help you get started.

- **Pick:** At the start of summer break, schedule a time when you will work together as a family to pick a summer scripture. You should assign one person to lead the process – perhaps a parent or the oldest child. The leader should bring two or three suggested passages based upon whatever theme, virtue or discipline they consider important for your family situation. (You can find different verses by topic using the concordance in the back of your Bible or online at biblegateway.com) Let each person share which verse they think best for the family-and why-before voting. If needed, the leader can break a tie.
- **Write:** Spend some time writing out the verse in different ways. You can use little cards that can be put on bathroom mirrors, computers, in the car, etc. Have kids draw if they are too young to write out the verse.
- **Move:** Create hand motions for each word in the verse. This is helpful for memorization and is great fun creating together.
- **Sing:** Put your verse to a popular tune to sing together. For example, you could use the Beatles' tune from "I Want To Hold Your Hand" to memorize Jesus' words "Blessed are the pure in heart, for they will see God." (Matt. 5:8)
- **Play:** Use your verse to play a fun game with bean bags or make a matching game with the words in the verse. For example, sit in a circle and toss the bean bag to each other. The first person starts with the first word of the verse and tosses the bag. Whoever catches the bean bag next says the second word to the verse and so on.
- **Repeat:** Throughout the summer, choose specific times like bedtime or dinner that you go through your verse together with the motions or in a song.

Summer Stories

Rather than allow kids to waste away the summer watching television or playing video games, awaken their moral imagination with great stories rooted in Christian values. As a place to start, we highly recommend all seven Chronicles of Narnia stories by C.S. Lewis. These are a must for children age 8 and older and all seven can be found in book or audio format. We also suggest the following titles to help you select age-appropriate literature for each of your children.

- **Honey for a Child's Heart**, by Gladys Hunt
- **Honey for a Teen's Heart**, by Gladys Hunt and Barbara Hampton



Summer Travel

"Are we there yet?" Summer is often a time with hours in the car or plane. Make the most of road trips and travel time together with these great ideas.

Preparation

- To help children get the most from traveling, include them in the preparations for the trip. Get a road map for each school-age child, and check the library for books about the places you will see.
- Pack a special activity bag for each child. Ideas to include in the bag: games, notepad, their favorite snacks, a fun craft or activity, books.

Activities

You can also get creative and work together to make up your own games.

- **Alphabet Thankfulness:** You can play this game out loud or have older kids write out their lists. Starting with the letter A, each person names something starting with that letter that they can be thankful to God for. This can be a person, place or anything! Examples: A-Aunt Peggy, B-Brothers, C-Chocolate. At the end of the game, say a prayer thanking God for all the things He has blessed you with.
- **Car Bingo:** Car bingo is a fun travel game. You can make your own before you leave by drawing pictures of items you might see or using stickers. You can also print free car bingo games online at: momsmivan.com/printables.html
- **Talk Time:** Travel time is a great opportunity to connect and communicate with each other. Have a list of questions to talk through. (You can get a list of questions for teens from homepointe.org) Take turns asking questions, letting your kids ask you questions as well. Questions can be as simple and silly as "If you were any animal what would you be and why?" to deeper questions like, "What is one thing you want us to pray for you this next year?"
- **Drive-time Audio:** Every family should own audio albums of Adventures in Odyssey. Hours in the car fly by when enjoying these wonderful stories that reinforce Christian faith and values. Learn more at whitsend.org



Summer Movies

One of the favorite pastimes of teenagers is to watch movies. Why not rent a film you can watch together and follow-up with a conversation about the good and bad ideas portrayed in the story. Use the following questions to open up the dialogue. You can also obtain specific Parent/Teen Movie Night recipe cards from the resource section of fellowshipathome.org

- What was the "big idea" behind the story? (i.e., good vs. evil, the power of deception, true love, revenge, etc.)
- Who was/were the main character(s) and what was he/she hoping for or trying to achieve? (i.e., to marry the girl, to defeat the villain, to become a better person, to help someone, etc.)
- What qualities did you admire in the main character(s)?
- What qualities did you find troubling?
- What themes or scenes from this film touch issues of faith and/or morality?
- On the whole, did the story affirm our beliefs or undermine them? (i.e., Was good rewarded and evil punished? Did someone sacrifice themselves for others?)

Summer Journal

Kick-off an "All About Me" project that can continue through the entire summer!

- **Make A Journal:** Get items to make a small journal or notebook for your child. Let them use stickers, cut out items they love in magazines, etc. to decorate their "All About Me" journal.
- **Pose Questions:** Create some questions for them to answer in their journal about themselves, their age, their favorite things, etc.
- **Keepsakes:** Encourage them to collect keepsakes from particular activities that you do during the summer months to add to their journal. You might collect a leaf or flower from a trip to the park or a ticket stub from a movie or special place that you visit.
- **Pictures:** Buy a disposable camera for them to take special photos of their summer fun to add to the journal.
- **Celebrate:** At the end of the summer go through the "All About Me" book and talk about all the wonderful memories that you have made. Celebrate God's goodness for all His many blessings!
- **Share:** This is also a great project for kids to take back to school to share when their teacher asks them what they did this summer.

