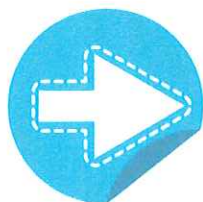


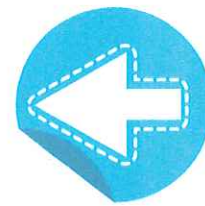


# Meeting 11

Family Members Care  
for Each Other



Here are three fun ways Helping Hands can show their families that they care about them. Adapt these activities to meet the needs of your Helping Hands or create your own activities.





The following activities fulfill the requirement for My Family II: Family Members Care for Each Other. See the Helping Hand Activity Book for accompanying worksheet(s).

## ACTIVITY

# 1

# Family Appreciation Box

20  
MINUTES

## MATERIALS NEEDED

- Boxes: shoeboxes, tissue boxes, cereal boxes, or any box with a lid or top (if the box doesn't have a lid, you'll need to cut a hole in the top that is large enough for a child to reach inside)
- Craft glue
- Paper plates
- Construction paper
- Old magazines
- Scrap paper
- Notecards

## WHAT YOU DO

Read I Timothy 5:8 (CEB) to the Helping Hands: "But if someone doesn't provide for their own family, and especially for a member of their household, they have denied the faith. They are worse than those who have no faith." Discuss the different ways family members can help each other, be kind, and show appreciation.

Show the children a family appreciation box you made ahead of time, including sample appreciation notes. Explain to the children that they will make a box where their families can place appreciation notes about other family members. Then once a week at family worship or a meal, they will take out the notes and read them to the family.

Give each child a box and a paper plate with some craft glue. Then give the children pieces of paper they can tear to create a mosaic on their boxes. To attach the paper to the box, lay the torn piece of paper flat on the glue and then place the paper on the box and smooth it out. The entire box should be covered with torn pieces of paper. Give each child 20 notecards to take home to use for the appreciation notes.



# Slushies

## WHAT YOU DO

10

MINUTES

Ahead of time: Cut the watermelons in half.

Ask the Helping Hands how they feel when their mom, dad, or a grandparent has made them a special treat or cooked their favorite food. Explain that this is a way that family members show their care for each other. Then explain that they are going to learn to make a special treat for their family. They will make it during the meeting and take the recipe home so they can make it for their family.

Give each child a bowl and a melon baller (or spoon). Have them scoop out two cups of watermelon and put it into their bowl. Have them add the remaining ingredients to their bowl. They can then take their bowl to a blender and, with adult supervision, blend the ingredients until slushy. Pour into a glass and enjoy!

### Slushie Recipe

6 ice cubes

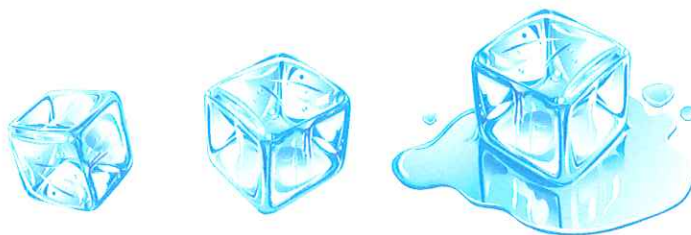
2 cups (500 ml) seedless watermelon scooped out of the rind (substitute fresh or frozen pineapple)

1 tablespoon (15 ml) sugar or honey

Makes one serving.

Instructions: Blend all ingredients until thoroughly combined. Helping Hands should ask an adult to cut the watermelon and supervise blender or food processor use.

Note: Check to see if any of your Helping Hands have allergies to any of the slushie ingredients. If they do, make the appropriate substitutions.



2

ACTIVITY

### MATERIALS NEEDED

- Several blenders or food processors
- Slushie ingredients (see recipe)
- Measuring cups
- Tablespoons
- Melon baller or spoons
- Bowls for holding all ingredients
- Cups and straws
- Recipes cards with the slushie recipe





## ACTIVITY

# 3

### MATERIALS NEEDED

- Index cards
- Markers
- Stickers or rubber stamps and ink pads



## Game Night




15  
MINUTES

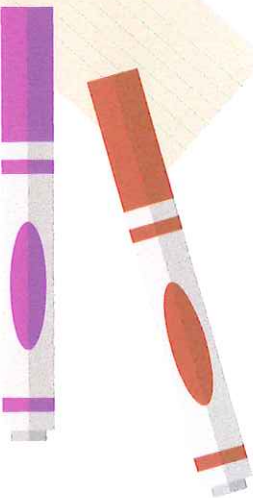
### WHAT YOU DO

Ahead of time: Make a set of activity cards with actions the children can do and questions they can answer at the meeting. Suggested activities:

- Sing a song.
- Act like your favorite animal.
- What is your favorite food and why?
- Do five jumping jacks.
- Find something orange.
- Give someone a hug.
- Name two things that live in the ocean.
- Find something smaller than your hand.
- Get a drink of water.
- What is your favorite book and why?
- Find something with numbers on it.
- Do a push-up.
- Who in history would you like to be friends with and why?
- Sit in three different chairs.
- What is your favorite season and why?
- Pat your head and rub your tummy.
- What are you scared of and why?
- Who is your hero and why?
- Make three different animal sounds.
- Where would you like to go on vacation and why?
- Find something round.
- Hop on one foot 10 times.
- What are you most proud of and why?
- What is something you'd like to do with your family and why?
- Give someone a compliment.
- Shake hands with everyone in the room
- What are you good at?
- What is the worst smell in the world?
- What is your favorite memory?
- What makes you happy and why?



Explain to the Helping Hands that another way to let their family know they care about them is to spend time with them. One way of the ways they can do this is by playing games together. Tell the children that they are going to make a game to take home and play with their family.



First, play the game with the Helping Hands. (If you have a large group, divide them into groups of four or five.) Have the children sit on the floor in a small circle. Place the cards face (words) down in the center of the circle. Have the children take turns selecting a card and following the instructions on the card. Continue until each child has two or three turns.

Now give each child 20 blank index cards. Have them write an activity or question on each card. Remind them that the activities should be things that all of their family members are able to do. The children can use the suggested activities from your list or come up with their own. If you have time, let the children decorate the back of the index cards with stickers or stamps.

*This activity was adapted from "Busy Bingo" at [makeandtakes.com](http://makeandtakes.com) and "50 Questions to Ask Kids" at [crayonfreckles.com](http://crayonfreckles.com).*



**Requirement:** My Family II