

Home Resources for Families

Resources for Parents

- An article of hope and good news from China: https://www.goodthingsguy.com/opinion/epicentre-wuhan-good-things/?utm_source=mailchimp&utm_medium=email&utm_campaign=covid
- Helping Kids Cope with the Coronavirus Outbreak: https://teachingcatholickids.com/helping-kids-cope-with-the-coronavirus-outbreak/?utm_campaign=TCK%202020-03-16%20NEW&utm_medium=email&utm_source=Eloqua

Ideas for Your Family

- Wash hands frequently. Instead of singing the ABCs to count 20 seconds of washing time, pray a slow Hail Mary and offer it for all who are adversely affected, for healthcare workers, for your family, etc...
- Immerse yourself in the 3:00 p.m. "Hour of Mercy" by offering the Chaplet of Divine Mercy (or the Stations of the Cross or Sorrowful Mysteries of the Rosary) asking God to shower down His Mercy in protection for our nation and world. (<https://www.avemariapress.com/divinemercyformoms/chaplet/>)
- Set a box and slips of paper in a prominent spot. Each time a family member is tempted to complain about inconveniences, decide to stop, write the complaint down on the paper, place it in the box, and then smile instead of complaining. Offer all your smiles to Jesus the next time you attend Mass.
- Offer a Rosary (or even a decade with younger children) each day for the special needs of your family and community. (<http://blog.catholicfaithstore.com/how-to-pray-the-rosary/>)
- Begin a "Gratitude List." At the end of each day write down things for which your family can be grateful. (If you need some prompting questions to get you started: <https://textmyjournal.com/gratitude-journal-prompts/>).
- Enjoy fun family time together: play a game; read together; have a movie and popcorn night; take a walk in nature; enjoy family date night with a special (but simple!) meal followed by music and dancing; build something together with Legos, cardboard boxes, wood, old toilet paper tubes, and/or anything else your kids can gather; share conversation with these conversation starters: <https://cathfamily.org/table-talk/> AND (<https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun/family-mealtime/family-fun/>); or try some fun crafting (<http://www.catholicinspired.com/>).
- Read or listen to the readings from Mass each day or each Sunday: <http://www.usccb.org/bible/readings>.
- Watch live stream of Holy Mass each Sunday and the Rosary each Thursday with Archbishop Jackels: <https://dbqarch.org/>.
- Catch up on some of the faith formation you might be missing. You will find lots of topics with fun activities for elementary to middle school ages here: <https://www.looktohimandberadiant.com/>, and for high school students here: <https://www.avemariapress.com/engagingfaith/>.
- Color online just for laughs and fun: https://www.abcya.com/games/pixel_art OR https://www.abcya.com/games/abcya_paint
- Write letters to lonely people with this design-your-own writing paper: <http://www.dltk-cards.com/writingpaper/cpaper1.asp>
- Create an online *Jeopardy Game* about Holy Week and Easter, Bible Stories, Sacraments, Family Memories, Relatives, Family Favorites, Vacation Locations, etc.. (<https://jeopardylabs.com/>).

Reflections/Activities for Sunday Mass Readings

- Children: <http://catholicmom.com/kids/catholic-gospel-coloring-worksheets-sunday-mass/>
- Children: <https://www.holyheroes.com/MassPrep-s/57.htm>
- Youth: <https://lifeteen.com/media/catholic-podcasts/sunday-sunday-sunday-podcast-mark-hart/fourth-sunday-lent-3/>
- Adults: <https://stpaulcenter.com/> AND/OR <https://www.sundayscripturestudy.com/year-a>
- Adults (available in NABRE translation in English & Spanish): https://emmausjourney.org/sundays_reading.php



Explore the **Archdiocese of Dubuque Pinterest Boards!** <https://www.pinterest.com/dbqarch>

If you are not already a Pinterest user, take the time to create an account and explore. (Just be sure to go into your settings and turn off notifications if you don't want emails from Pinterest.)

Holy Week/Easter - Children: <https://www.pinterest.com/dbqarch/holy-weekeaster-for-children-for-the-liturgical-ye/>

Holy Week/Easter - Youth: <https://www.pinterest.com/dbqarch/holy-weekeaster-for-youth-for-the-liturgical-year/>

Holy Week/Easter - Domestic Church: <https://www.pinterest.com/dbqarch/holy-weekeaster-for-the-domestic-church-for-the-li/>

Divine Mercy: <https://www.pinterest.com/dbqarch/divine-mercy-sunday-after-easter/>

...and over 80 more topics to explore!