

## RESOURCES FOR FAMILIES & FAITH FORMATION

# SATURDAY *SAMPLE*

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Despite not having to physically go to school, your child(ren) will be realizing that this is not a vacation. With this realization, they will be looking forward to the weekend. We encourage you to use your Saturday to really focus on Family Fun!

## MORNING

### Breakfast

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

## FAMILY FUN

### Uplifting Activity

It is a challenge to get your child(ren) out of the house and exploring without them actually getting out of the house! Here are some virtual resources to help your child(ren) still explore new things!

### Lenten Prayer Chain Activity

A prayer chain puts our prayers in a tangible form. For children, this can be a good way to teach about the different types of prayer.

Simply take four different colors of construction paper and cut them into strips. Designate a type of prayer for each color (see suggestions below). Give your children or students three strips of paper of each of the four colors and have them write that type of prayer on them. Make additional strips of paper available if they want to add more prayers for a type.

<https://young-catholics.com/860/lenten-activities-make-a-prayer-chain/>

## Game Time

Use your Saturday to focus on fun and friendly rivalry. Pull out your board games, cards, and other games for the whole family to play. Think of fun rewards or prizes to the person that is the first to win (five) times!

Examples: picks a movie for the night, doesn't do dishes, etc.

## BEFORE YOUR HEAD HITS THE PILLOW

### Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.
  
- **Sample Bedtime Prayers**
  - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.
  
  - **Angel of God Prayer** Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.
  
  - **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love's sake. Amen.