

SUGGESTED ACTIVITIES FOR PRESCHOOL FAMILIES

- WEEK 6: Beginning April 26 -

Our DPM staff hopes you will try one or more of these suggested activities to create family fun and point your child to our Great, Big, God!

- MISSIONS: Dawson Food Drive -

Dawson is partnering with Greater St. John Baptist Church in Birmingham to help stock their food pantry as they strive to provide boxes of food to 100 families in need.

Your family can bring one or more of the requested items (see list) and deliver it to Dawson **APRIL 20 - MAY 9**.

Put food items in Dawson van parked in the North Parking Lot.



SAY: The Bible says, "Do good and share with others." Hebrews 13:16

We can do that by sharing food with people who need it.

- CANNED VEGETABLES
(Mixed Veggies or Green Beans)
- CANNED YELLOW CORN
- CANNED FRUIT OR FRUIT CUPS
(Mixed Fruit, Peaches, Applesauce)
- CANNED SOUP
(Chicken Noodle or Chicken in Rice)
- CANNED TUNA FISH
- BOXED MACARONI & CHEESE
- BOXED HAMBURGER HELPER
- CANNED FRUIT OR FRUIT CUPS
- SPAGHETTI SAUCE
- SPAGHETTI NOODLES
- RICE (White or Flavored)
- BAKED BEANS OR PORK & BEANS
- MINI BOXES OF CEREAL
- ROMAN NOODLES
- INSTANT GRITS OR OATMEAL
- ASSORTED BAGS OF CHIPS OR COOKIES
- RICE (White or Flavored)
- PAPER TOWELS
- DISHWASHING LIQUID
- CLOROX WIPES

- GAME TIME: Family Work Out -

Stand in a circle and take turns calling out an exercise command for everyone to follow.

EXAMPLES:

- 10 Jumping Jacks
- March in place for 30 seconds
- Reach up high/touch your toes 6 times, etc.

BONUS: Choose some fun music to play as a soundtrack to your exercise routines.

SAY: Thank you, God, for giving us strong, healthy bodies.



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- IN THE KITCHEN: Hiking Trail Mix -

• **MIX** common small snacks together to make a trail mix.
SUGGESTIONS: cereal, M&M's, raisins, crackers, marshmallows, etc.

- **PUT** trail mix in small bags and go for a hike.
- **CHOOSE** a nice spot to pause and eat the trail mix.

SAY: Look at the world God made!



- FAMILY FUN: MOVIE NIGHT -



Put on pajamas, pop some popcorn, make a sleeping bag pallet on the floor, and watch a favorite movie.

BONUS: Dress according to the theme of the movie and/or move the family movie night outside!

SAY: The Bible tells us to be kind to others. Was there someone in this movie who was kind?

- NATURE: Make a Bird Feeder -

- **GATHER** pinecones, twine, peanut butter, and birdseed.
- **ADD** a loop of twine to the top of a pinecone.
- **PUT** peanut butter on a paper plate.
- **ROLL** the pinecone in the peanut butter.
- **PUT** birdseed in a bowl and dip the peanut butter coated pinecone in the birdseed.

- **HANG** your bird feeder(s) on a tree branch in a spot where you can watch the birds come to eat.

SAY: Feeding the birds is one way we can honor God by taking care of His creation.

