

## CREATE & PLAY

*If you choose to lead this online via live or pre-recorded video, welcome and introduce your time together. Explain you're going to create inspirational messages for each other you can open and read. This is also included in the Family Pack.*

### INSPIRATIONAL PAPER CHAINS

Think about what makes you special. What makes you, you?

What are you good at or love to do? What is your favorite activity or hobby?

Having positive thoughts about yourself can make you feel good. Doing things we enjoy brings us happiness. Let's make some inspirational paper chains. Follow the directions below:

#### Directions for readers/writers:

- Cut paper into strips.
- Write on each piece a positive word to describe you, an accomplishment that made you feel good, or an activity that brings you joy.
- Give some strips to each person in your family. Ask them to write or draw something they love about you.
- Link the strips together to create a chain.
- Every day, open a link and start your day by reading something awesome about you!

#### Directions for children who are not yet reading/writing. Explain these steps aloud:

- Cut paper into strips.
- Give some strips to each person in your family. Ask them to write or draw something they love about you.
- Take a few strips for yourself and draw the things you love about yourself.
- Collect them and link the strips together to create a chain.
- Every day open a link with a grown-up and start your day by reading something awesome about you!

## COMPASSION IN ACTION

*If you choose to lead this online via live or pre-recorded video, welcome and introduce your time together. Explain you're going to lead the group in creating something that brings joy to themselves. One way to engage children online with this activity is to have them talk about what they want to make with the group, give them time to collect their materials, and make them together at the same time, showing progress along the way. Or you might have them simply talk about or discuss together what they might make, sharing the ideas below. This is also included in the Family Pack.*

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.

**SMALL  
ACTS.  
GREAT LOVE.**  
-MOTHER TERESA

### MAKE SOMETHING THAT BRINGS YOU JOY

Caring for ourselves involves listening to our hearts, paying attention to our needs, and loving our unique selves. This is how we have compassion for ourselves. One tangible way to do this is by pursuing joy! Make something for yourself that will bring a smile to your face, warm your heart, and make you feel loved. Some ideas:

- A batch of cookies
- A glitter jar
- Make slime
- Spend time drawing or painting something for your space at home
- Write yourself a letter
- Find a spot outside that you can make your own and spend time in
- Get a plant or flowers for your room
- Make a tie-dye t-shirt

**PRO TIP: CHECK OUT  
THE COMPASSION  
CAMP PINTEREST  
BOARD FOR EVEN  
MORE INSPIRATION!**

#### What else brings you joy?

The amazing thing is that these are also wonderful things to share with others! Loving yourself well can lead to loving and caring for others in easy ways.

**If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!**



THANK YOU  
FOR YOUR  
SPIRIT within US  
WHO

GUIDES, ENCOURAGES, AND  
STRENGTHENS US.

HELP US SEE  
OURSELVES

THROUGH YOUR EYES -

with

Love, KINDNESS, AND DEEP JOY.

MAY WE

LOVE OUR BODIES  
TREASURE OUR HEARTS  
& CELEBRATE OUR SPIRITS

AMEN