

## PARENT-CHILD ACTIVITY:

### Take a “Faith Walk” with your child.

Notice and talk about everything that God has made. Collect a sampling of seeds, pine cones, rocks or leaves to show the amazing variety and beauty that God created—all for our pleasure! Since it is May, pick some lilacs, violets or dandelions to honor Our Lady. Tell your child about the beautiful tradition of May Crowning and place the flowers next to an image of Mary when you return home. Pray the “Hail Mary”.

One important sign of faith is gratitude. Talk to your child about being thankful. God has graciously given everything. He continues to give us each new day. Our proper response is always: “Thank You, God”. Teaching children gratitude is most memorable when it is fun and expressive!



### Try a "Thank You" prayer.

This rhyme is a prayer with fun actions children can do anywhere - on a walk, in your backyard or just looking out the window together.

**God made the sun** (*action: form a circle with arms above the head*)

**And God made the trees.** (*action: form branches of a tree with arms spread out above your head*)

**God made the flowers,** (*action: cup one hand for the flower and forearm as stem. Place other hand under elbow as foundation of the flower*)

**And God made the bees .** (*action: thumb and pointer finger together, dart about with buzzing sound*)

**Thank you, God, for the sun,** (*action: same as sun above*)

**And the trees,** (*action: same as trees above*)

**For the beautiful flowers,** (*action: same as flowers above*)

**And the buzzing bees.** (*action: same as bees above*)

**For the sounds I hear,** (*action: cup hand behind ear*)

**And the sights I see,** (*action: hands above eyes as though trying to see far away*)

**But most of all, thank you for me!** (*action: point to self—give self a hug*)

*from: "Now I Lay Me Down to Sleep," by Debbie Trafton O'Neal*