



Toys



Sugary Drinks



**Sweets and
Sugary foods.**



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TV Time



whistleOut.com

Tablet Time



**Arguing and
Complaining**

A two-week suggestion on how to "fast".

Parents: Start each day out with a family meeting. Set your kids up for success by discussing the challenge for today and what the plan is. Make it fun! Keep it to 1 minute for every year they are old. If you have multiple age kiddos, keep it short enough for the youngest to stay attentive. (5, 3, and 1? Keep it to 3 minutes. That 1 year old will be listening!)

<p>Day 1</p> <p>Fast from inside toys. Play outside! Make something yourself. Remember how much God has provided for you! You can make a list of the things you miss, and give thanks for all that God has given you. Practice giving thanks for all those things when you are missing them.</p>	<p>Day 2</p> <p>Fast from Sugary Drinks. Pray with Mom or Dad and remember how sweet Jesus is to you. You can list his characteristics, you can list the ways you feel loved by Jesus, and you can even come up with ideas on how to add sweetness to your family's day.</p>	<p>Day 3</p> <p>Fast from sweets and sugary foods. Pray with Mom or Dad and remember how sweet Jesus is to you. How can you bring sweetness into someone's life today?</p> <p>Ideas: Draw a picture Write a note Help with chores Encourage them Make something special for them.</p>	<p>Day 4</p> <p>Fast from TV time and movies. Spend time playing games, and give thanks to God for your family. Have a running tally and keep count of how many kind things you can notice about your family. You can say "I notice you are....". See who wins and have a dance party to celebrate.</p>	<p>Day 5</p> <p>Fast from iPad time or social media or computer games on devices. Spend time play8ing games, and give thanks to God for your family. Have a running tally and keep count of how many kind things you can notice about your family. You can say "I notice you are....". See who wins and have a dance party to celebrate.</p>	<p>Day 6</p> <p>Fast from arguing and complaining. When you feel like complaining, choose to wait 1-5 minutes. While you wait, pray to Jesus. Complain to him during that time. Ask him for help to handle your big feelings, and to help you notice the good things around you. Jesus loves to listen to you and he is always there.</p>	<p>Day 7</p> <p>Fast from inside toys. Play outside! Make something yourself. Remember how much God has provided for you! You can make a list of the things you miss, and give thanks for all that God has given you. Practice giving thanks for all those things when you are missing them.</p>
<p>Day 8</p> <p>Fast from Sugary Drinks. Pray with Mom or Dad and remember how sweet Jesus is to you. You can list his characteristics, you can list the ways you feel loved by Jesus, and you can even come up with ideas on how to add sweetness to your family's day.</p>	<p>Day 9</p> <p>Fast from TV time and movies. Spend time playing games, and give thanks to God for your family. Have a running tally and keep count of how many kind things you can notice about your family. You can say "I notice you are....". See who wins and have a dance party to celebrate.</p>	<p>Day 10</p> <p>Fast from sweets and sugary foods. Pray with Mom or Dad and remember how sweet Jesus is to you. How can you bring sweetness into someone's life today?</p> <p>Ideas: Draw a picture Write a note Help with chores Encourage them Make something special for them.</p>	<p>Day 11</p> <p>Fast from iPad time or social media or computer games on devices. Spend time playing games, and give thanks to God for your family. Have a running tally and keep count of how many kind things you can notice about your family. You can say "I notice you are....". See who wins and have a dance party to celebrate.</p>	<p>Day 12</p> <p>Fast from arguing and complaining. When you feel like complaining, choose to wait 1-5 minutes. While you wait, pray to Jesus. Complain to him during that time. Ask him for help to handle your big feelings and to help you notice the good things around you. Jesus loves to listen to you and he is always there.</p>	<p>Day 13</p> <p>Fast from inside toys. Play outside! Make something yourself. Remember how much God has provided for you! You can make a list of the things you miss, and give thanks for all that God has given you. Practice giving thanks for all those things when you are missing them.</p>	<p>Day 14</p> <p>Fast from iPad time or social media or computer games on devices. Spend time playing games, and give thanks to God for your family. Have a running tally and keep count of how many kind things you can notice about your family. You can say "I notice you are....". See who wins and have a dance party to celebrate.</p>

Repeat as needed!