

# Children's Corner: Live Dependent

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Micah is preaching for the next few weeks on some of our discipleship values. If you haven't had a chance to talk about those in your family, please visit our website @ [www.altamesa.org](http://www.altamesa.org) under the "About Us" tab to review them. Each value has a "kid's version" on the Children's Ministry page under the "Connect" tab that will help our kids begin to understand the values with more simple language.

We are continuing to focus on the value: *Live Dependent* & our "kid's version" of this value is: **GOD IS WITH ME → God loves me. God chooses me. God guides me.** Micah's message this week leads us into a practice of solitude & stillness as we continue to learn how to Live Dependent. As children learn & grow through play & activity, it's also important to give our kids opportunity to practice brief times of stillness as we help them realize that, as children, they too can practice listening to God's voice in the quiet.

*\*NOTE: A good goal to work toward with children that is age-appropriate is to engage in a silence &/or stillness activity for 1 minute matching their age – e.g. 5 minutes for a 5-year-old.*

## **ACTIVITIES to help children practice STILLNESS:**

- 1) **BREATHING** – breathing activities are a great way begin to facilitate stillness or help kids begin to calm their bodies to enter into a time of rest or stillness.

The following YouTube links provide a variety of breathing activity ideas:

- 4 types of short breathing exercises = <https://youtu.be/CWW9z80JD0U>
- Hoberman Sphere Breathing = <https://youtu.be/YnNATiWYyx0>
  - You can use your hands in the shape of ball with fingers spread out if you don't have access to a similar type of ball as the Hoberman Sphere
- Breathing activities with props = <https://youtu.be/ngprTkEfd3A>
- GoNoodle Breathing video = <https://youtu.be/O29e4rRMrV4>

- 2) **BODY SCAN** – helping kids relax, turn their attention to rest & what they are feeling in their body can help them begin to move toward calm & stillness.

- 5-minute guided body scan for kids = <https://youtu.be/u3Jmy74UKcs>

You can also guide your kids through a similar exercise on your own.

- 3) **MUSIC** – lying still & listening to a song with eyes closed or outside while looking up at the clouds is a great way to enter into a time of stillness as well. Choosing a slower, calmer song or even an instrumental only one is usually best to facilitate relaxation.

**FAMILY TALK TIME:** *Consider engaging in these questions after participating in 1 or more of the stillness activities listed above & then follow with praying over your children:*

- 1) When you got still & quiet, what did you hear? feel? think about?
- 2) As you sit quietly & listen, imagine God sitting with you. What is He saying? Is there anything you would like to tell God?
- 3) Choose a verse (or a passage of scripture). Have kids sit quietly & listen to you read it out loud at least twice. Ask: What words or phrases stick out to you? Why?