

# Living Faith @ HOME

Dear Faith Shapers,

It has been a very weird year. Being socially distant has been difficult. My family has struggled. We are trying to look at the gifts of now and trying to embrace the gifts of now. Here's some things we've been able to embrace:

- ◇ Cooking together
- ◇ Reading a book together
- ◇ Campfires
- ◇ New flavors of s'mores
- ◇ Retelling my own faith shaping experiences
- ◇ Calling Godparents
- ◇ More meals together
- ◇ Exploring new parks
- ◇ Online vacation Bible School & Worship
- ◇ Zooming with relatives
- ◇ Mailing notes of encouragement or gratitude
- ◇ Camping in our backyard
- ◇ Acts of Kindness
- ◇ The musical Hamilton
- ◇ New family board games
- ◇ Family bike rides
- ◇ Gratitude journaling

May your fall be filled with Holy Joy & family fun,

Lisa Kammerer, Deacon



## 20 Fun Activities To Do When You're Social Distancing

Experiences are what people remember. Create some fun experiences while maintaining social distance.

### \* Do Random Acts of Kindness

- \* Have a Dance Off
- \* Facetime a relative
- \* Start a book club
- \* Look through baby books
- \* Google 'waterfall near me' and go for a hike
- \* Read a book together out loud
- \* Make a Fort
- \* Yoga
- \* Create a piece of massive art
- \* Take a virtual museum tour
- \* Ride bicycles
- \* Start a Gratitude Journal
- \* Repurpose something
- \* Have a fun photo shoot
- \* Mail a care package
- \* Outdoor Movie Night
- \* Make Homemade Ice Cream
- \* TRY GEOCACHING
- \* Draw pictures & positive messages around town with sidewalk chalk

This information is prepared for you by the Northeastern Iowa Synod-Home Life Network for use by families and local congregations.

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# 30 Day Family Mental Health Challenge

**Day 1**

Deep breathing exercise

**Day 2**

Watch a silly pet video

**Day 3**

Eat a healthy meal

**Day 4**

Have an electronic free night

**Day 5**

Donate something you no longer use

**Day 6**

Watch a movie that makes you laugh

**Day 7**

Listen to your favorite music

**Day 8**

Go for a hike

**Day 9**

Do your favorite hobby

**Day 10**

Read for 30 minutes

**Day 11**

Call a friend

**Day 12**

Say no to something

**Day 13**

Drink more water today

**Day 14**

Write a thank you note

**Day 15**

Do a 5 minute meditation

**Day 16**

Try a new food

**Day 17**

Color a picture

**Day 18**

Set an achievable goal

**Day 19**

Go to bed 30 minutes early

**Day 20**

Have a board game night

**Day 21**

Learn a new dance

**Day 22**

Name 3 things you are thankful for

**Day 23**

Cook a new recipe

**Day 24**

Stretch your body

**Day 25**

Organize a space

**Day 26**

Do a random act of kindness

**Day 27**

Try doing yoga

**Day 28**

Draw a picture

**Day 29**

Give someone a compliment

**Day 30**

Adopt a new habit