



SR Kids at home Activities

PRESCHOOL EDITION



PRAY TOGETHER:

Spend some time thanking Jesus for who he is and ending the prayer with...

"You are the Bread of Life, be OUR everything"



PRAY TOGETHER:

Spend some time praying for those who don't know Jesus yet, that they would come to know him and ending the prayer with...

"You are the Bread of Life, be THEIR everything"



PRAY TOGETHER:

Spend some time praying for those who are going through hard times during COVID-19 and ending the prayer with...

"You are the Bread of Life, be THEIR everything"



MEAL TIME CONVERSATION PART #1

ASK:

- Why do we eat our food?
- What kinds of food do we eat?
- When do we eat it?



MEAL TIME CONVERSATION PART #2

SAY:

Just like our food, we go to Jesus every breakfast, lunch, dinner and everything in between. We spend time with him because he gives us life both now and forever).



MAKE SOME WONDERFUL WAFFLES.

Here is a yummy recipe to make with your preschooler. These waffles are good but remember... Jesus is BETTER!

WONDERFUL WAFFLES:

Yields 5-6

- ½ cup all-purpose flour
- 1 cup whole wheat flour
- ½ cup ground flaxseed (if you don't have this, add more flour)
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 Tablespoons granulate sugar
- 3 large eggs lightly beaten
- 3 Tablespoons butter melted
- ¾ cup plain yogurt
- ⅓ cup milk (or almond milk)
- ½ teaspoon vanilla extract

1. Preheat your waffle iron.

2. Using a medium sized mixing bowl, whisk together all dry ingredients. Then add the wet ingredients.

3. Stir well to combine. Spray waffle iron and scoop batter on.

Serve with whip cream, berries, maple syrup and butter! But Remember... Jesus is BETTER!