



ADDITIONAL RESOURCES

Here is a blog post, [Helping Children with Scary News](#). We have found it to be helpful in explaining why we are home from school + church, and who is keeping us safe.

If you are looking for MORE activities, and ways to lead our kids to understand the story of Jesus, [click here](#) for the Jesus Storybook Bible's Lent Guide. It is filled with a JSB reading guide, calendar, countdown to Easter, and coloring sheets.

Pro Tip: If you are printing out the chain link material, make sure to print it double sided!

For explaining what is going on with the world:

- [ABC Memory Verses](#) for fear, worry, and anxiety
- [Emoji Emotions Chart](#)
- [Kids Feelings Wheel](#)
- [How to Talk to your Family about Social Distancing](#)

Get Movin':

- [Online Interactive Games](#)
- Check out [BTribalFit](#)'s Youtube Channel for Kid "PE Class" or "Kid Fun Workout" videos to get the whole family breaking a sweat!
- Just Dance [Old Town Road](#)
- Just Dance [Happy](#)
 - Play these videos, and follow along with the dance moves!

Music:

- [THK worship playlist](#)
- [THK family friendly pop playlist](#)
- [The Heights' Spotify Page](#)

It's equally important for you to get time of silence, prayer, and God's word. Check out these free downloads, and pencil in some alone time on the *printable schedule below!*

[How to Read the Bible](#) + [Bible Project](#)

[Free Bible Study Downloads](#) + our very own [Read the Book Plan](#)

[Bridgetown Church Daily Meditation Podcast](#)

We are on your team, we love you, and we are praying for you. Let us know if we can help you in any way, and stay tuned for more updates via email or on our social media pages.

See you soon!



AT HOME SCHEDULE



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8 a m

9 a m

10 a m

11 a m

12 p m

1 p m

2 p m

3 p m

4 p m

5 p m

6 p m

7 p m

8 p m

9 p m

