

## Boredom Buster Board

Create a Boredom Buster Board for those times someone says “I’m bored!” Using poster board, let the kids draw a big circle with 10-15 pie-slice sections. Write a number in each slice that corresponds to a list containing ideas that could be done on the spur of the moment. When needed, let your child drop a coin from several feet away and see where it lands! You can use the same idea using a bowl with an idea written on pieces of paper. Start with these suggestions: Read a book • Talk a walk together • Visit the library • Sing a favorite song • Play a game • Dance • Have a picnic • Dress up and reenact a favorite Bible scene • Write a letter • Build a fort • Run through sprinkler • Play in kiddie pool/slip and slide • Family bike ride • Play Frisbee • Have a water balloon fight • Camp in your back yard • Go to the Zoo • Do a service project • Play Bible Taboo • Bake together • Go bowling • Go to a museum • Do a puzzle • Play on a playground • Work in the yard/garden • Go through old pictures • Put together your family tree • Try a new restaurant • Write out your home’s prayer requests and pray for each other. You can also include any of the Summer@Home ideas contained in this guide or on your Boredom Buster Board!

## Summer Family Nights

Take advantage of the warm evenings to plan a few outdoor family night activities. Try this one to get started and discover more family night ideas at [heritagebuilders.com](http://heritagebuilders.com). Following The Map: Create a map with “Turn Left” and “Turn Right” directions to a favorite destination such as an ice-cream shop or park. Load the kids in the car and tell them you are heading off for a really fun surprise. Give one of the children your map and ask them to guide you step-by-step as you drive. When they give you each direction, however, turn the wrong way – insisting you know best. Try to end up at some dead-end or remote location and admit that you got lost. Ask the kids what you should do. (Answer: Go back to the beginning and follow the directions properly!) When you arrive at the destination after properly following the directions, read Psalm 119:104-105 together and ask the following questions...

- What went wrong the first time we drove? (Answer: I ignored the map)
- What is the map for us to make right choices in life? (Answer: The Bible)
- How much fun would we be having now if I kept insisting I knew best? (Answer: None!)

## Summer Serving

Summer is a great time to serve together in a ministry or help those in need. Guide your child to work or save allowance to support a trustworthy cause. Sign up with your teen at the church office for The Call and take the Gospel to your community. Get your kids involved in assisting a family member, neighbor, or friend. Your project can be as simple as baking the neighbor some cookies or helping with the cleaning ministry at church, or as involved as going on a mission trip with your family.

## Summer Resources

It should be noted that Calvary Chapel Chino Hills does not necessarily agree or endorse any particular site or book and the entirety of its content.

- **Just Add Family Kit:** When was the last time you did something fun as a family? Try these easy family-night ideas that will bring your family together for purposeful, crazy, fun times. You’ll be able to present God’s truth to your children in a way they’ll remember all the while making unforgettable memories.
- **Heritagebuilders.com:** Believes that passing along a heritage of Christian faith to your family is a parent’s highest calling. Heritage Builders’ goal is to encourage and empower you in this great mission with practical resources and inspiring ideas that really work and help your children develop a lasting love for God.
- **The Minivan Years, Celebrating the Hectic Joys of Motherhood:** In this book, Olivia Bruner shares personal stories to illustrate how you can choose happiness when family life gets hectic and exhausting. She steers you through relieving anxiety, enduring embarrassing moments, teaching good financial habits, and redeeming painful times in your kids’ lives in order to build a healthy, joyful home.
- **The 4:8 Principle:** by Tommy Newberry, is a great date night book for couples to go through together and/or with older children during the summer months to help create a joy-filled culture at home. The book includes a discussion guide to make it easy.

## Summer @CCCH

### The Upper Room - High School Bible Study

Led by: Pastor Shadrach Means

When: Friday’s June 1st to August 31st • Where: High School Room E223

Time: 5PM-11PM

### Vacation Bible School (VBS)

Come and learn more about the Bible and your faith. This event is for Kindergarten through sixth graders only.

Led by: Children’s Ministry Staff

When: Monday, June 25 – Friday, June 29 • Where: Main Sanctuary

Time: 9AM – Noon • Free registration

### 4th – 6th Grade Summer Camp

The kids go to camp for a week and every year there is a new theme and creative ways to learn more about God.

Led by: Children’s Ministry Staff • When: Sunday, July 22 - Friday, July 27

Where: Adventure Mountain Camp, Forest Falls, CA

### Jr High & High School Summer Camp

Our Jr High and High Schoolers learn more about God and grow in their relationship with Him through these camps.

Led by: Jr High & High School Pastors

When: Monday, July 23 to Friday, July 27th • Where: Big Bear

### Special Needs Family Picnic

Every year the Special Needs Ministry gets their families together for a time of fun, food and fellowship.

Led by: Shelly Davidson •

When: Saturday, September 22nd • Time: 11AM – 1:30PM • Where: Grassy Area

# Summer@Home

## Beating Boredom with Intentionality

Rather than dread the words “I’m bored!” this summer, become proactive with Summer@home intentionality.



Create great memories together by selecting ideas from this guide to make this a summer your family will never forget.

# Summer@Home

## • Beating Boredom with Intentionality •



### Summer Scripture

Choosing summer scriptures for your home helps focus on the importance and power of God's Word while having fun together. The following ideas can help you get started.

- **Pick:** Work together as a family to pick a scripture to start your summer. Bring two or three suggested passages based upon whatever theme, virtue or discipline you consider important for your family situation. (For ideas, search online at biblegateway.com) Let each person share which verse they think best for the family, and why, before voting.
- **Write:** Spend time writing out the verse in different ways. Use little cards to put on bathroom mirrors, computers, in the car, etc. Have kids draw if they are too young to write.
- **Move:** Create hand motions for each word in the verse. This is helpful for memorization and fun!
- **Sing:** Put your verse to a popular tune to sing together.
- **Play:** Use your verse to play a fun game using bean bags. For example, sit in a circle and toss the bean bag to each other. The first person starts with the first word of the verse and tosses the bag. Whoever catches the bean bag next says the second word and so on.
- **Repeat:** In the days ahead, choose specific times like bedtime or dinner to go through your verse together.
- **Grow:** After your family has learned one Scripture, start the process over again and choose a new one to learn. For more ideas about hiding God's Word in the hearts of your family members, read through Bible Discovery Devotions by Martha Larchar or Henrietta C. Mears' What the Bible is All About: Bible Handbook for Kids.

### Summer Stories

Rather than allowing the kids to spend all summer watching television or playing video games, awaken their moral imagination with great stories rooted in Christian values. We highly recommend the *Chronicles of Narnia* stories by C.S. Lewis. All seven can be found in book or audio format.

William J. Bennett's *The Children's Book of Virtues* and *The Book of Virtues for Boys and Girls* include a variety of selections of literary classics your family can read aloud together. We also suggest the following titles to help you select age-appropriate literature.

- Honey for a Child's Heart, by Gladys Hunt
- Honey for a Teen's Heart, by Gladys Hunt and Barbara Hampton

### Summer Travel

"Are we there yet?" Summer is often a time with hours in the car or plane. Make the most of travel time together with these great ideas.

#### Preparation

- Include your kids in the preparations for the trip. Get a road map for each school-age child, and check the library or search the web for books and ideas about the places you will see.
- Pack a special activity bag for each child. Ideas to include in the bag: games, note pad, their favorite snacks, a fun craft or activity, books, and an age-appropriate "fun" Bible such as *The Beginner's Bible*, *The Amazing Treasure Bible Storybook*, or *The Picture Bible*
- If packing an iPod or mp3 player, be sure to include worship and Bible-based songs such as *100 Bible Stories*, *100 Bible Songs* and *Ultimate Praise Songs that Kids Love to Sing*.

#### Activities

You can also get creative and work together to make up your own games.

- **Alphabet Thankfulness:** You can play this game out loud or have older kids write out their lists. Starting with the letter A, each person names something starting with that letter that they can be thankful to God for. This can be a person, place or anything! Examples: A-Aunt Peggy, B-Brothers, C-Chocolate. At the end of the game, say a prayer thanking God for all the things He has blessed you with.
- **Car Bingo:** Car bingo is a fun travel game. You can make your own before you leave by drawing pictures of items you might see or using stickers. You can also print free car bingo games online at momsminivan.com.
- **Talk Time:** Travel time is a great opportunity to connect and communicate with each other. Have a list of questions to talk through. (You can get a list of questions for teens from athomcalvary.org under the "What's New" section) Take turns asking questions, letting your kids ask you questions as well. Questions can be as simple and silly as "If you were any animal what would you be and why?" To deeper questions like, "What is one thing you want us to pray for you this next year?"
- **Drive-time Audio:** Audio albums of *Adventures in Odyssey* are great for families! Hours in the car fly by when enjoying these wonderful stories that reinforce Christian faith and values. To purchase any of the albums, go to cbd.com (Christian Book Distributors and search for *Adventures in Odyssey*).

### Summer Movies

Watch a film with your teen and follow-up with a conversation about the good and bad ideas portrayed in the story. Use the following questions to open up the dialogue. You can also obtain specific Parent/Teen Movie Night recipe cards from the "What's New" section of the [athomcalvary.org](http://athomcalvary.org) website.

- What was the "big idea" behind the story? (i.e., good vs. evil, love, revenge, etc.)
- Who was/were the main character(s) and what was he/she trying to achieve? (i.e., to marry the girl, to defeat the villain, to become a better person, etc.)
- What qualities did you admire in the main character(s)?
- What qualities did you find troubling?
- What themes or scenes from this film touch issues of faith and/or morality?
- On the whole, did the story affirm our beliefs or undermine them? (i.e. Was good rewarded and evil punished? Did someone sacrifice themselves for others?)

### Summer Journal

Kick-off an "All About Me" project that can continue through the entire summer!

- **Make A Journal:** Get items to make a small journal or notebook for your child. Let them use stickers, pictures from magazines, etc. to decorate it.
- **Pose Questions:** Create questions for them to answer in their journal about themselves, their age, their favorite things, etc.
- **Self-Worth:** Validate the special place they hold in God's heart. Help them collect Scriptures that affirm God's love for them. Use a Bible promise book to make a list of biblical promises they can stand on in times of difficulty. Have them draw pictures or write about some of the ways they use the gifts and spiritual fruit God is developing within them.
- **Keepsakes:** Encourage them to collect keepsakes from activities you do to add to their journal. You might collect a leaf from a trip to the park or a ticket stub from a special place you visit.
- **Pictures:** Buy a disposable camera or let them use your digital camera for them to take photos of their summer fun to add to the journal.
- **Celebrate:** At the end of the summer go through the "All About Me" book and talk about all the wonderful memories that you have made. Celebrate God's goodness for all His many blessings!
- **Share:** This is also a great project for kids to take back to school to share when their teacher asks them what they did this summer.

