



Summer Family Challenge

Your guide to a
FUNTASTIC summer!

- Do as many challenges as you want/can!
- This is a family challenge, every member of your family should try to participate!
- Check the **DIRECTIONS** for detailed instructions

HAVE FUN!!

Summer Family Challenge DIRECTIONS

Throughout the SUMMER, try to complete as many family challenges as you can!

- **Check each challenge off as you complete it. As much as possible, try these challenges as a whole family!**
- **Send pictures of your family doing some of these challenges and send updated score totals to Janelle at jrempel@staalliance.org**
- **Return the TOTAL SCORE page from the back of this booklet to the Xtreme Kids Team before September 5th.**

The WINNER of the FAMILY FUN gift basket will be announced on Sunday, September 8th!!!

10 POINT ZONE

Give yourself 10 points for each challenge completed!

Have a water gun/balloon fight!

Have a BBQ with neighbors

Go through your closet and toys and give what you don't use to charity.

Read PSALM 8 as a family. Make a list or draw your favourite animals, birds and ocean creatures - then PRAISE and thank God for them!

Go for a walk and pick up trash around your neighbourhood.

Draw a picture or make a poster of what CANADA means to you—what are you thankful for? Then pray and thank God for our country!



Page Total

10 POINT ZONE

Give yourself 10 points for each challenge completed!

- Make a thank you card for your Newspaper delivery person and tape it to your mailbox.
- Ask a neighbour if you can help them by mowing their lawn or watering their flowers.
- Read PSALM 147:4-5.** Lie on a blanket at night and count shooting stars! List all the things you know about the stars, planets and universe—Thank *GOD* for the incredible universe He created!
- Sleep in a **TENT**—in your backyard or while camping!
- Kids make **BREAKFAST** for their family!
- Get together with some friends and make **S'MORES!** YUM! There's always room for **S'MORE!**



Page Total

25 POINT ZONE

Give yourself 25 points for each challenge completed!

- Memorize Psalm 23 as a family.
- Take a walk by a river, stream or lake. Practice saying Psalm 23. ASK: Why does God lead us to peaceful water? Close your eyes—what do you hear, how do you feel?
- Collect FOOD and make a donation to the Food Bank. Deliver the food as a family!
- Bake some COOKIES to GIVE AWAY to someone who needs some cheering up!
- Make a FRUIT basket and a card for a local Fire Station! Thank them and the EMS workers for their service to our community and then drop it off together!
- Call your GRANDPARENTS and ask them how you can pray for them today!

Page Total

50 POINT ZONE

Give yourself 50 points for each challenge completed!

- Read Psalm 139, then pull out BABY pictures to look at! We are wonderfully made! Thank God for making us so unique and wonderful!
- In what ways did God make us unique? Use clay, playdoh, pipe cleaners or paper/markers to create symbols & shapes of what makes each of us so unique. (Discuss talents, gifts, hobbies, what we like, how we look...)
- As a FAMILY go a WHOLE day without ANY sugary snacks or drinks!
- Spend 2 hours or more doing something ACTIVE together! (ie. Swimming, biking, playing soccer, hiking...)



Page Total

100 POINT ZONE

Give yourself 100 points for each challenge completed!

- Read Psalm 148 then together write your own **Psalm of Praise!** What are you thankful for, what has God done for me, what Character traits of God mean the most to me today!
- Raise \$100 for the SEED project! What can kids do to help?? (Send in pictures of what you choose to do!)
- Make a **FAMILY TIME CAPSULE!** You can make it as BIG or as small as you wish. Things to include could be: PHOTOS from key events in your lives, everyone's HANDPRINTS, "5 years from now I want to...", Favourite Bible Verses, Favourite Memory from 2019, Meaningful Objects, a 2019 Newspaper...). Use a durable, waterproof container and bury it in your backyard! *Don't forget where you put it!* Mark your calendar to dig it up in 10 YEARS—2029!!

Page Total

Summer Family Challenge

**POINT TOTAL from your
FUNTASTIC SUMMER:**

Names of Participants: _____

Phone #: _____

E-Mail: _____

Return this page to the Xtreme KIDS team by September 5th!

The WINNER will be announced on Sunday, September 8th!