

Family Prayer (grades 1 – 4)

Prayer:

- Practice making the sign of the cross with your child every day: in the morning, before meals and at night.
- Pray with your child the Our Father, Hail Mary, Glory Be, and Grace before Meals and the Act of Contrition.
 - Morning
 - Meals
 - Pray a simple blessing before every meal
 - Give thanks to God for His love and gifts
 - Ask God to bless those who do not have enough to eat
 - Write a family grace before meals and pray it before eating
 - Bed time
 - Give thanks to God for one good thing/event of the day
 - Ask God to bless our friends, family and needs in the world
 - Act of Contrition
 - Travel
 - Our Father, Hail Mary and Glory Be
- Personal Relationship with God
 - Pray with your child spontaneously, and ask him/her to do the same on different occasions.
 - Gather as a family once a day to say one of the formal prayers together (Our Father, Hail Mary, Glory Be)
 - Use religious songs as a source of prayer
 - Set aside family time and have each family member say things he/she is happy to thank God for.
 - Talk always with your child about the love of God
 - Make a list of all of their gifts from God.
 - Take a family prayer walk. Go for a walk together and thank God for all the things you see and hear.
 - Ask your child to draw a picture of himself/herself with God who created him/her.
 - Provide coloring materials to communicate the wonder of God's creation.
 - Tell your child some stories about saints.
 - Celebrate your child's Saint Feast Day.
 - Buy your child religious objects
- Mass (Liturgy)
 - Model appropriate Mass behavior.
 - Correct your child when he/she behaves badly at Mass
 - Provide rewards for good behavior in church (e.g. donuts after Mass.)
- Guardian Angel
 - Prayer with your child and help him/her to develop a relationship with his/her guardian angel.
 - Pray to your child's guardian angel to protect him/her each day.
- Stations of the Cross
 - Attend Stations of the Cross with your child at your parish.