

## ***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 inappropriately at Mass
  - Provide rewards for good behavior in church (ie. Small special treat 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.