**Day 1 Take Home Parent/Child Activity Sheet**

*Get a taste of what your child experienced today at our Cat.Chat CATHLETICS*

*Vacation Bible School.*

Prayer: In the name of the Father, and the Son, and the Holy Spirit. Heavenly Father, we ask you to bless our Cathletics VBS as we learn what it means to become Champions for Christ. Teach us how to make the great commandments our #1 goals each day; to love You with all our heart, soul and mind… and to love our neighbor as ourselves. Amen.

• The Theme was “THE GAME PLAN.” At each of our stations, we had fun learning about the Greatest Commandments: “Love the Lord your God with all your heart, and with all your soul and with all your mind… and love your neighbor as yourself.” (Matthew 22:37-39)

• The Virtue of the Day was excellence.   
We discussed that excellence is doing your very best in everything you do! We had a demonstration that showed how we should always strive to do our best if we want to become Champions for Christ!

• In the faith station, we learned our first Bible Verse of the Day song. We also had a teaching to help us reflect what our relationship is like with the **greatest Champion: Jesus**. As we learned about the two greatest commandments, it was clear that the ultimate goal of our lives is to get close to God and others, so we can go to heaven.

• The Saint of the Day was Saint John Paul II. We presented each child with a saint card today, so please read the story on the back of the card with your child.

• Our VBS theme song is called: “Champion for Christ.” We also learned another song called, “King of All.” Ask your child to sing and do some of the actions to these songs. This week, your child will receive a Music CD of the songs they learned, so that the experience of this VBS will remain in their heart all year long.

• Have your child tell or show you what he/she made in the craft station.

• The kids also made Tasty Torches today in their snack station. It was a tasty snack to kick off our Cathletics VBS opening day!

• We played some fun, high-energy games. Ask your child to tell you which ones they enjoyed.

More general questions to ask your child:

What was the best thing that happened to you today?

Tell me one thing you learned about the Bible?

What are some areas in your life where you need to be practice excellence?

Which is your favorite station: Games, Snack, Craft, Music or Faith Station? And why?

The Bible Verse of the Day:   
“For I know well the plans I have for you, says the Lord, plans to give you a future and a hope… ” Jeremiah 29:11  
\*repeat this scripture to your child a few times to see if they can memorize it or ask them to teach you the song they learned in the faith station.

The Cat.Chat Challenge today is:  
Read a Bible story to your child that they’ve never heard before.”

• Tomorrow’s theme is:   
“KNOW THE RULES: Learning the 10 Commandments.”

• You’re more than welcome to join us for lots more Cathletics Fun this week at Cat.Chat Vacation Bible School.

You can visit Cat.Chat’ s website at www.catchat.ca