**Day 3 Take Home Parent/Child Activity Sheet**

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

*Vacation Bible School.*

Prayer: Lord Jesus, we love you. Thank you all your graces, especially during the times we need them the most! Teach us how we can practice the 8 Beatitudes in our lives each day. Help us to remain strong in body, mind and spirit. Amen.

• The Theme was “TRAINING HARD: Practicing the Beatitudes” We explored the 8 Beatitudes and learned why it is important to put them into practice if we are going to become a Champion for Christ.

• The Virtue of the Day was fortitude. We had a fun virtue demonstration learning about fortitude. We placed a weight and a feather in front of a fan, one represented fortitude, and the other represented weakness. In our training to become champions for Christ, we learned how important it is to be strong in our faith.

• In the faith station, we learned another Bible verse song. Just as the Commandments teach us to love God and one another, so do the Beatitudes. The Beatitudes are 8 lessons that Jesus taught us. If we practice them, they will help us live an awesome, joyful life.

• The Saint of the Day was Blessed Pier Giorgio Frassati. Saint John Paul II named him, the “Man of the Beatitudes” because he lived the Beatitudes with all his heart. We presented each child with a saint card today, so please read the story on the back of the card with your child.

• The Cat.Chat songs of the day were “Courageous” and “Rise Up.” Ask your child to sing and do some of the actions to these songs.

• In the craft station, your child made their very own Fantastic Frisbees. Try to remind them that if they want to head in the right direction, they need to aim for greatness, especially in their faith.

• The kids made a simple Bowl of Beatitudes for their snack today. We had 8 snack items, representing each of the 8 Beatitudes. Jesus gave us these teachings so we would know how to love God and one another.

• In the games station, we played a couple of fun group games, including Find Your Champion Partner and Alphabet Exercises. Ask your child to tell you about it.

More general questions to ask your child:

Which is your favorite Beatitude?

How are you going to practice fortitude?

What was the best thing that happened to you today at VBS?

The Bible Verse of the Day:   
“I can do all things in Him who strengthens me.” Philippians 4:13   
\*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:  
Ask your kid(s) to pray for a person that they’ve never prayed for before. For example, a kid at school that may be bullied, your favorite professional athlete, a babysitter, a Christian in another country who is being persecuted for their faith, a teacher, a priest, a seminarian or a missionary, etc...)

• Tomorrow’s theme is: “GAME ON: Living out the Fruits of the Spirit.”

• 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