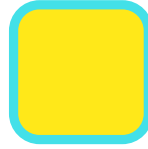


Summer Days with BAC



BUILD YOUR SPIRIT

- pray for your day
- _____



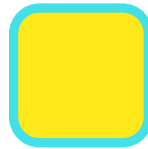
BUILD YOUR BRAIN

- math: _____
- reading: _____
- writing: _____
- creative: _____



BUILD YOURSELF

- _____
- _____
- _____
- _____
- _____
- _____



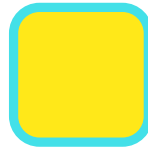
BUILD YOUR BODY

- _____
- _____
- _____
- _____



BUILD YOUR HOME

- _____
- _____
- _____
- _____



BUILD OTHERS UP

- _____
- _____



Summer Days with BAC

A guide to help BUILD your child every day this summer

1. print out page 1 (checklist) for each child
2. laminate or put inside a plastic sheet protector
3. use the BUILD activity idea sheets to find ideas for each topic
4. use a dry erase marker to add activities to each BUILD topic for the day
5. search the ideas online for even more activities
6. print the condensed BUILD activity idea sheets front and back to have at your fingertips for ideas each day
7. erase checklist & re-use each day
8. have discussion at the end of each day around the dinner table.

Ask questions like:

- what did you learn today about yourself or someone else?
- how were you kind today?
- how were you brave today?
- what was the best/worst part of your day?

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BUILD your spirit

From infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus

2 Timothy 3: 15

Ideas of what your child can do to grow closer to God

1. Always start the day with prayer
2. Choose at least 1 quiet time with God activity to incorporate into your day.
 - Read a story from the Bible - reach out to BAC if your child does not have a Bible
 - Bible activity pages - search online for "free printable Bible activity pages"
 - Voice of the Martyrs videos-Youtube
 - Super Book videos - Youtube
 - Daily devotion - Mardel or online
 - Bible story/sticker activity books - Mardel or online
 - Not Consumed family Bible studies (ages 2-18)

Kids need to study the Word of God
to BUILD a lasting faith that
changes them from the inside out



BUILD yourself

If anyone is not willing to work, let him not eat... we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living...
2 Thessalonians 3:10-11

Ideas of what your child can do to take care of themselves each day.

- make their bed
- get dressed
- brush their hair
- eat breakfast
- clear dishes (every meal)
- brush their teeth
- turn out bedroom lights
- tidy their room, bathroom, closet & stairs
- be prepared for the day's activities
 - water bottle filled
 - have bag packed for day camp
 - pool toys, goggles, floaties, etc in the swim bag



Including self care to your child's day
BUILDS responsibility and
adaptive/life skills



BUILD your home

Whatever you do, work at it with all your heart, as working for the Lord,
not for human masters – COLOSSIANS 3:23

Let each of you look not only to his own interests, but also to the
interests of others – PHILIPPIANS 2:4

Ideas of age appropriate chores to help take care of the home each day.

2-3 YEAR OLDS

- pick up toys
- wipe up spills
- feed pets
- dust
- help put away groceries
- sort recycling
- help put away laundry

7-9 YEAR OLDS

- cook simple foods
- load & unload dishwasher
- wash mirrors
- set table
- make their own lunch
- take out garbage
- fold laundry
- vacuum

4-6 YEAR OLDS

- set table (silverware & napkins)
- make their bed
- sort laundry
- match socks
- water plants
- take sheets off bed
- pull weeds
- get mail (with supervision)

10 + YEAR OLDS

- do laundry
- mow the lawn
- clean bathroom
- basic repairs (with supervision)
- mop
- cook meal (with supervision)
- help siblings
- wash car

Giving children responsibilities BUILDS their focus &
independence skills and increases their self-esteem,
worth, & confidence while living out their faith at
home

BUILD your brain

The heart of the discerning acquires knowledge, for the ears of the wise seek it out – Proverbs 18:15

Ideas of what your child can do to keep up their skills
Choose 1 from each category

MATH

- matching
- sorting
- comparing
- ordering
- patterning
- subitizing
- spatial awareness
- counting: stable order & corresponding order
- part whole relationship
- naming & identifying basic shapes

*search these topics for activities to build your child's early math skills

WRITING

- QR code for handwriting book BAC recommends
- write a letter to a grandparent, relative, or friend
- journal in a notebook
- write a story about something fun you did today



READING

- work on phonemic awareness
- read in a cozy spot (fort, hammock, picnic blanket, etc.)
- read on your own or to someone else, even a pet or stuffie
- listen to an audio book
- visit the library & sign up for the summer reading program
- free library apps with library card: Hoopla, Libby, Cloud Library

CREATIVE

- build something with legos, magnetiles, blocks, etc.
- play pretend with toys
- make a craft with a box, use stickers, stamps, markers, glue, pom poms, etc. to decorate
- make music
- draw & color a picture
- play a board game

Summer learning BUILDS sharpness, confidence, and curiosity—because learning doesn't stop when the school year ends



BUILD your body

for you were bought with a Price. So glorify God in your body.
1 Corinthians 6:20


Ideas of what your child can do to take good care
of their bodies Physically (and hopefully be extra
tired at bedtime)

OUTDOOR ACTIVITIES

- ride bikes or scooters
- make an obstacle course - use jump ropes, cones, pool noodles, or whatever you have at home
- play with neighbors
- jump on a trampoline
- play balloon tennis with a fly swatter
- play basketball or soccer
- take your furry friend on a walk
- go swimming
- hoola hoop
- sidewalk chalk obstacle course
- play catch
- play frisbee
- run through sprinklers
- 4 square
- freeze tag

INDOOR ACTIVITIES

- go noodle -Youtube
- cosmic kids yoga - Youtube
- hot lava
- dance party
- keepy uppy with a balloon
- fitness jenga
 - write physical activities kids can do on each block
 - sit-ups, push-ups, jumping jacks, somersaults, lunges, etc.
 - perform the activity on the block if pulled
- animal races
 - walk like a crab, hop like a bunny, slither like a snake, jump like a frog



Including Physical fun in your child's day BUILDS
gross motor skills, which are essential for
mobility, independence, and overall health



BUILD others up

Therefore encourage one another and build each other up
1 Thessalonians 5:11

Ideas for doing something kind to encourage and help others

SOMEONE WITHIN YOUR HOME

- make someone else's bed
- help clean up a mess you didn't make
- let someone else go first
- write a note saying what you like most about them
- draw a picture
- do a chore for someone else
- make a special snack for someone in your family

SOMEONE OUTSIDE YOUR HOME

- bring garbage cans up from the curb
- share baked goods
- pick flowers and give to a neighbor
- write a friendly note or card
- write friendly messages or draw happy pictures on the sidewalk with chalk
- offer the mail person, delivery driver, and lawn workers a popsicle or cold drink
- wave and smile to all your neighbors



Serving others BUILDS confidence,
assertiveness, responsibility, self-esteem,
and humility



Condensed version of BUILD activity sheets

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