



sisterhood

wholehearted challenges for kids and parents



July - Boundaries

Boundaries are not about what is right or wrong—it is about honoring the mind, heart, body and soul of a person. They are about preferences that each of us have. Setting a boundary means letting other people know what is and is not OK for them to do to you or with you. Children have the right to let their friends know about anything that can hurt them or makes them feel uncomfortable. This creates healthy friendships. Here are a few activities to help them learn how to create boundaries.

included in this packet _____



A prayer to pray with your children



An activity to understand this month's concept



Bible stories and passages to learn about Jesus together



Dear Jesus,

Thank You for being the best friend that I could ever need or want. Thank You for helping me be a good friend to others and for teaching me through Your Word how to choose good friends. I want to be the type of friend who brings people to You. Help me make good choices.

In Jesus' name,

Amen



SKITTLES GAME

This is a game using Skittles, that can be played just about anywhere. It is a great discussion starter, where parents can share experiences from their friendships, so kids do not feel so isolated in their own situations. Parents can give guidance using their own lives of how they handled different situations, whether they handled them correctly or, looking back, how they could have done a better job.

If your child does not like Skittles, you can substitute M&Ms, but instead of purple, you will use brown. Have each player take 5 random Skittles or you can make sure that each player gets one of each color. After each person answers the question that corresponds with the color, that person can eat the Skittle.

You can write the following on an index card and change the questions after you have used these or to fit your families' needs.

RED: What makes someone a good or "true" friend?

ORANGE: If someone does something that makes you uncomfortable, What is something that you can say to that person?

YELLOW: How do you comfort a friend if he/she is hurt or upset?

GREEN: When a friend upsets you, what do you do?

PURPLE: How were you a good friend today?



Throughout the Bible, you can show your children how Jesus modeled setting boundaries.

Jesus withdrew from the crowds who wanted Him, for one-on-one time with the Father (Luke 5:15-16)

He said “no” to Herod’s mocking demand, “Show us a sign that You are the Son of God.” (Luke 23:8-9)

He rebuked the disciples who tried to keep the little children away from Him and told them that they needed to emulate the children’s faith (Matthew 19:13-15)

He said no to Peter and the disciples who had an inappropriate agenda for Jesus to be a political king or military warrior rather than a sacrificial lamb (Matthew 16:23)

He was never in a hurry, except to go to Jerusalem and embrace His cross (John 11:6; Mark 10:32)

Read through these passages with your children. Talk about the boundaries Jesus set and how we can follow His example.