



Connecting with Kids Amidst School Year Craziness

We know how many hours you're going to spend in the car driving your kids (and other people's kids) around this year...A LOT! So we've put together a short list of ideas for different ways you can engage in meaningful conversation, moments of silence and more while in the car.

Print out the attached idea list and keep it in your car so you can pull it out when you need some ideas for how to spend that 30 minutes home from dance practice in bad traffic. Since there are four copies on the following sheet, stick in whatever car(s) you drive regularly, and give one to a friend as well!

Peace,

Adam

Adam Walker Cleaveland
Founder & Illustrator
Illustrated Children's Ministry, LLC
hello@illustratedchildrensministry.com



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Ways of Connecting with Kids Amidst School Year Craziness

Sharing Music: Find out what your kids are listening to and have it on when they're in the car. Play them some of the music you listened to at their age, too. (Ages 3 & up)

Moments of Silence: Start or end drives with a few deep breaths and quiet to open space in your hearts and minds for God's Spirit to enter and to prepare for what the day holds. (Ages 2 & up)

Gratitude Alphabet: Go through the alphabet, each person with a different letter in succession, and name something you're thankful for from recent days. (Ages 4 & up)

Silly Descriptions of the Day: Describe what the day has been like in a metaphor. If your day was an animal what would it be? A cartoon? A food? (Ages 7 & up)