

# preschool



## TOPIC

Faith at  
home

# preschool



## **Healthy Habits for a Strong Spiritual Foundation**

### **Pray:**

1. Pray before meals. Give your preschooler the opportunity to pray (God is great, God is good...) but also model what a typical prayer would look like. Short and simple are best for preschoolers: Thank God for the food, ask for His blessing over it, and ask for the meal to give you the nourishment your body needs.
2. Pray at bedtime. Ask your preschooler what is something good that happened today? What is something you or someone you know needs help with? Pray with your preschooler: Thank you God for the good thing that happened today. Please help Aunt Sarah to feel better. Please help me sleep well tonight and keep my family safe. I love you God! Amen.

### **Learn Scripture:**

1. Practice the monthly memory verse with motions taught in their Tiny Town classroom.
2. Use the Bible App for kids to talk about Bible stories. This tool can be used in place of a bedtime story.

### **Serve Others:**

1. Preschoolers are small but they can do big things! Let your preschooler help pack and deliver a meal to someone in need.
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