

CHRISTCHURCH

back to

SCHOOL



ACTIVITY KIT





# It's time for SCHOOL!



## It's time to trade

our s'mores for packing lunches and our beach time for homework time.

It's time to shift our mindsets and make room for new schools, jobs, and schedules. It is time to get excited about the **growth** that will happen this year!

Help your family **find purpose** as you head back to school this fall with our Great Back to School Family Guide.

Tips

Activities

Crafts

Recipes



# 7 Tips for the Best Transition Back to School



## Celebrate the End of Summer

Sometimes it's hard to leave the fun of summer. As a family, plan some time to celebrate summer. Talk about your favorite memories and activities. As you look back, begin chatting about all the things you're looking forward to in the upcoming year.



## Go to Bed Earlier

Kids tend to go to bed and wake up later during the summer. This can make for a rough transition during the first week or so of school as they suddenly have to wake up early. Begin the habit of going to bed earlier at least one week before the start of school. Everyone will be a little less cranky during the first few weeks of school if they are well-rested.



## Practice Eating as a Family

Eating together as a family is an important practice as you begin the school year. It's a great way to pause and connect with each other. It's ok if your meal is made up of chicken nuggets or cereal. It's not about what you eat, it's about prioritizing consistent time together as a family.



## Celebrate the Good

As the school year begins, take time to celebrate as a family. Celebrate the start of new things. Encourage your children as they settle into new classrooms, learn new schedules, and make new friends. Ice cream is always a good friend for celebrations.

## Prioritize your Faith

When your schedule gets busy, it's easy for time devoted to your faith to fall away. When we put God first in our life, all of our other priorities begin to fall into place appropriately. As you prepare for fall, make sure to prioritize your faith and church.

## Plan with Purpose

Before your year begins, make a plan for your family priorities. School activities, sports, and community events can quickly consume all of your time. Before you say yes to anything, pause and make sure you're saying yes to the right things. Remember, it's ok to say no.

## Have Patience

Whether you like it or not, the new school year will create new habits for your family. It'll take time to figure out how to navigate your new schedule. Mentally prepare for this transitional time. Give yourself and everyone in your family grace. Be prepared with quick meals and the phone number of your favorite pizza place.







As a family, think through and discuss the goals you'd like to set for the fall. Check-in on your goals at the end of your first month of school.

# GOALS

SPIRITUAL

FINANCIAL

EDUCATIONAL

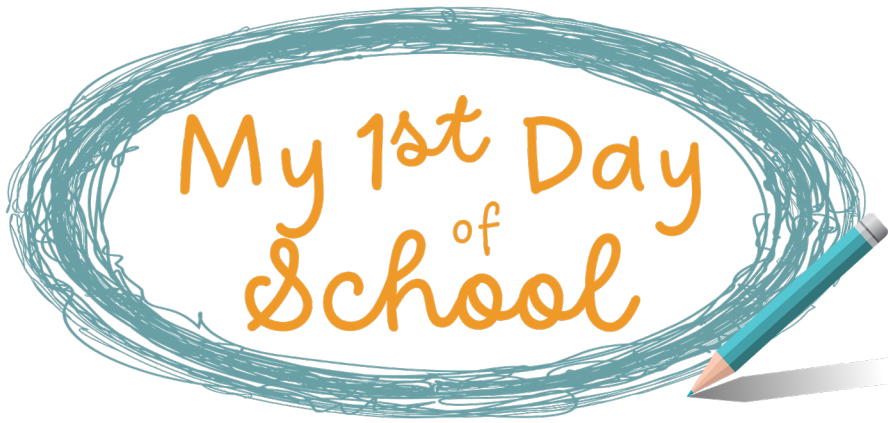
HOUSEHOLD

RELATIONAL

HEALTH



The heart of man plans his way, but the Lord establishes his steps. Psalm 16:9



I am \_\_\_ years old.

My grade this year is \_\_\_

My school is \_\_\_\_\_

My teacher's name is \_\_\_\_\_

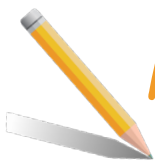
I am most excited about \_\_\_\_\_

\_\_\_\_\_

This is how I write my name

When I grow up, I want to be \_\_\_\_\_

My favorite memory from summer is \_\_\_\_\_



## My Favorites!

Color \_\_\_\_\_

Food \_\_\_\_\_

Subject \_\_\_\_\_

Animal \_\_\_\_\_

Hobby \_\_\_\_\_

Friend \_\_\_\_\_

Thing About Me \_\_\_\_\_

\_\_\_\_\_



Hey! How was your day?

Fine.

# The <sup>better</sup> CHECK-IN

Ask better questions to get better answers!  
Use these prompts after school, during dinner, or at bedtime!

- What was the best thing that happened at school today? (What was the worst thing that happened at school today?)
- Tell me something that made you laugh today.
- Who looked like they were lonely today?
- Whom would you like to sit by in class? (Whom would you not want to sit by in class? Why?)
- Tell me one thing that you learned today.
- When were you the happiest today?
- When were you bored today?
- If an alien spaceship came to your class and beamed someone up, who would you want them to take?
- Who would you like to play with at recess whom you've never played with before?
- Tell me something you learned about God today.
- What word did your teacher say the most today?
- What do you think you should do/learn more of at school?
- How did you help somebody today?
- How did somebody help you today?
- What do you think you should do/learn less of at school?
- Who in your class do you think you could be nicer to?
- Where do you play the most at recess?
- Who is the funniest person in your class? Why is he/she so funny?
- What was your favorite part of lunch?
- Tell me about something weird you heard today.
- If I called your teacher tonight, what would she tell me about you?

Tell me something that made you LAUGH today...

Well, first, this boy that sits by me...

# What's for DINNER?

Need an easy prep dinner? Check out this kid pleaser from [Delish.com](http://Delish.com)!



## Chicken Nugget Parmesan Casserole

10 Min Prep, 1.5 Hours Total, Serves 8

### Ingredients

- |   |   |
|---|---|
| Cooking spray                           | 2 (1-lb.) bags frozen chicken nuggets, divided  |
| Kosher salt                             | 4 c. shredded mozzarella (about 1 lb.), divided |
| 3/4 lb. rigatoni or other short pasta   | 6 tbsp. finely grated Parmesan, divided         |
| 2 (24-oz.) jars marinara sauce, divided | Chopped fresh basil, for serving                |

### Chicken Nugget Parmesan Casserole

#### Step 1

Preheat oven to 375°. Grease an 11"x8" baking dish with cooking spray.

#### Step 2

In a large pot of boiling salted water, cook pasta, stirring occasionally, until very al dente, usually 2 to 3 minutes less than package instructions. Drain and transfer to a large bowl. Add 1 jar marinara sauce and toss to coat.

#### Step 3

Layer half of pasta mixture into bottom of prepared dish. Arrange 2 cups chicken nuggets in a single layer over top. Dollop half of remaining marinara sauce over nuggets. Sprinkle with 2 cups mozzarella and 3 tablespoons Parmesan. Top with remaining pasta mixture and 2 cups nuggets.

#### Step 4

Tightly cover baking dish in foil. Bake casserole until warmed through, 40 to 45 minutes.

#### Step 5

Top with remaining marinara sauce, 2 cups mozzarella, and 3 tablespoons Parmesan. Continue to bake until cheese is melted and golden, 10 to 15 minutes. Top with basil.



# Printable Lunch Box Jokes & Affirmations

When it comes to starting school in the fall, everyone could use a good **laugh** or a feel good **smile**. These **jokes** & **affirmations** can be cut up and placed in your child's **lunch** or another place they will find it for a quick pick me up.

What do you call a sad strawberry?

A blueberry

How do you make an octopus laugh?

With ten-tickles

We wouldn't be the same without **YOU!**

You were created with a **PURPOSE!**

Jeremiah 29:11

What has four wheels and flies?

A garbage truck

You are **BRAVE** enough to do **HARD THINGS!**

Which is the cutest of all the seasons?

Autumn

What has a head and tail but no body?

A coin

You are **PRECIOUS!**

Isaiah 43:4

You are **CHOSEN** and **LOVED**

Colossians 3:12

What do you call a beehive without an exit?

Unbelievable

What do you call a bear without teeth?

A gummy bear





# Car Ride Conversations

Make the most of all the time you spend in the car for school, sports, and music pick ups and drop offs with these conversation starters. Try choosing a number between 1 and 15, ask the question, and curiously listen to their hearts! You may even get a natural opportunity to share yours...

1. What's something you're good at doing?
2. What's the weirdest sound you can make?
3. If you were invisible where would you go?
4. If you could become any animal for a week, what animal would you be?
5. What's your favorite smell?
6. What's your favorite part of the day?
7. How would you describe God to someone?
8. If you opened a business, what kinds of things would you sell?
9. How would you define love?
10. If you could be the principal, what would you change?
11. If you were going to be famous for something, what would you want to be known for?
12. How would you explain prayer to someone who didn't know what it was?
13. What would you do with \$100,000 if you were given it today?
14. What does it mean to be a Christian?
15. What is your favorite thing about our family? Your school? Your church?





# MAD LIBS

## First Day & New Friends

A grammar lesson and some fun! Ask your kids to give you answers to the prompts then read them the silliest story they have heard all day!

It was the first day of school and I was so \_\_\_\_\_ (feeling). My friend \_\_\_\_\_ (name of friend) and I decided to wear matching \_\_\_\_\_ (color), \_\_\_\_\_ (adjective not a color), \_\_\_\_\_ (clothing item/noun). We just knew that this first day was going to be extra \_\_\_\_\_ (adjective) and we needed to stand out.

I was up and ready to go by \_\_\_\_\_ (number 1-12) and my mom had made \_\_\_\_\_ (food) for breakfast. It was yummy until my \_\_\_\_\_ (sibling or friend) spilled \_\_\_\_\_ (liquid) all over it. \_\_\_\_\_! (exclamation) I \_\_\_\_\_ (verb). I quickly grabbed some \_\_\_\_\_ (food) and \_\_\_\_\_ (verb) out the door to catch the \_\_\_\_\_ (adjective) bus.

On the bus, the kids were \_\_\_\_\_ (verb+ing) and \_\_\_\_\_ (verb+ing). It was like a \_\_\_\_\_ (adjective) party! I sat by my friend \_\_\_\_\_ (name of same friend). She matched me perfectly and we just knew it was going to be a \_\_\_\_\_ (adjective) first day. The kids around us noticed and yelled \_\_\_\_\_ (exclamation)! You guys match! We felt very \_\_\_\_\_ (feeling). Our plan to stand out was working!

Suddenly, the bus came to a \_\_\_\_\_ (adjective) halt. The \_\_\_\_\_ (adjective) bus driver had forgotten a stop! I was \_\_\_\_\_ (feeling) because this wasn't a stop on last year's route. There, in front of a \_\_\_\_\_ (adjective) house were \_\_\_\_\_ (adjective) and \_\_\_\_\_ (adjective) twins about our age that I had never seen before. My friend and I looked at each other in disbelief! \_\_\_\_\_ (exclamation)! How was it possible?! They were wearing our exact same \_\_\_\_\_ (adjective) outfit!

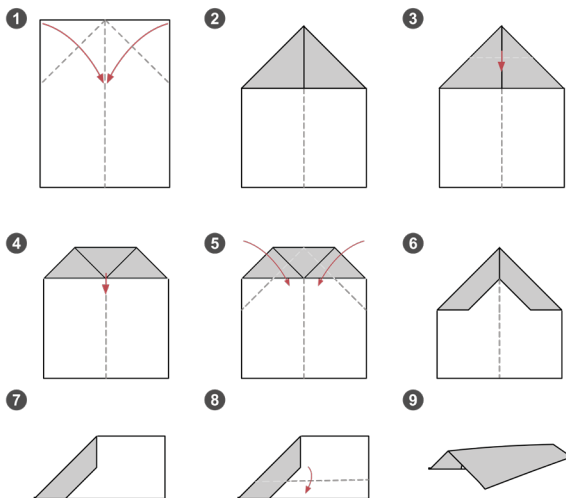
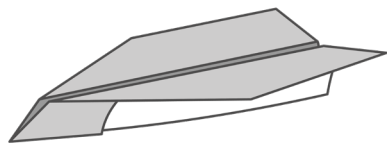
We told them to come \_\_\_\_\_ (verb) by us. Turns out, the twins were really \_\_\_\_\_ (adjective) and we knew we would be the \_\_\_\_\_ (adjective) friends forever! Sure enough, by the end of the year, the whole school called us the '\_\_\_\_\_ (adjective) four' because our FRIENDSHIP stands out above the rest.



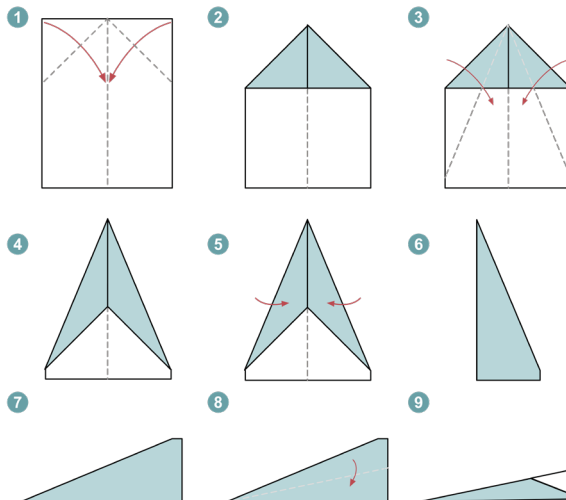
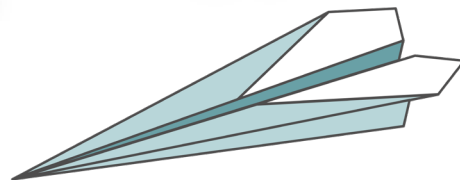


# Paper Airplanes 3 Ways

## The GLIDER

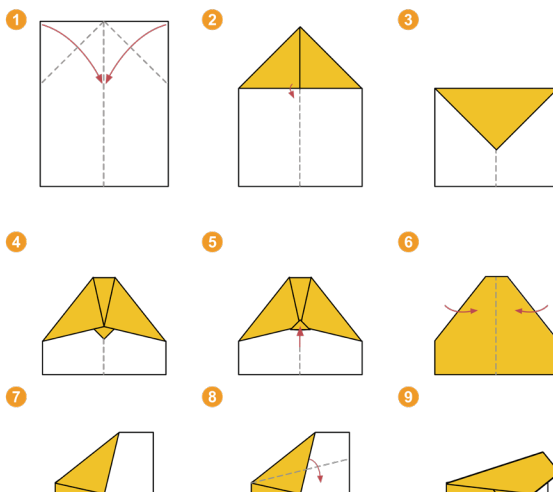
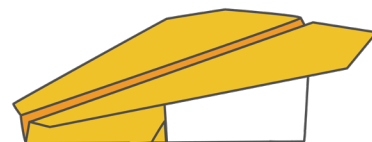


## The Jet



WHICH ONE FLIES  
*best?*

## The Bomber





BACK TO SCHOOL