

SILVER LININGS: United Moment 3/29/20
Zoom Meeting

Grab a piece of paper and something to write on. Nothing fancy...you can re-write it later if you need to.
Explain the features of Zoom

Part 1:

During this time it might be easier to keep our eyes on the negative. Living through such weird times might make us worry but let's spend some time today talking about the things we are grateful for. THE SILVER LININGS

In our home, were definitely getting more sleep, were cooking more and eating together, watching movies together, going on walks, playing a lot of Pictionary, exercising more and even trying new workouts like yoga and longer stretch workouts and siblings are working with each other in their sports. One plays baseball and football and the other is volleyball, but they make it work.

Activity:

Let kids unmute and speak about their Silver Linings.
Write some down on your paper.

Part 2:

There is a lot we can't control right now. We can't control when the virus will slow down, schools will open up and mom and dad can go back to work. We can't control when USAV will let us open the gym and we can compete in tournaments again, but WHAT CAN YOU CONTROL?

Activity:

On your paper, write down some things YOU can control that would be good for your mind and body.

Examples:

When we go to bed, when we get up, how we speak to others, what we eat, what we watch, what we listen to, how much time we spend on our homeschooling, what we allow our minds to think about, how much time we sit and scroll on social media, reading for leisure, working out and working on volleyball skills with a sibling or parents.

Feelings:

What makes being positive hard?

I know feelings are true and real and right now we may be feeling fear and worry, loneliness, anger and those things can ruin our day. Sometimes your feelings can ruin someone else's day in your home as well.

So let me encourage you with a few verses and a challenge.

****The bible says 365 times, DO not Fear! Fear not, don't worry etc. Maybe God knows what it can do to our day.**

Matt 6:34

Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of it's own.

Philippians 4:6

Don't worry about anything; instead pray about everything. Tell God what you need and thank him for all he has done.

Psalm 56:3-4

But when I am afraid I will put my trust in you. I praise God for what he has promised. I trust in God so why should I be afraid?

Let's try to use these hard days. These days of uncertainty to grow. To become better at the things WE can control.

CHALLENGE:

-Change a bad habit for a good. A healthy habit that You CAN CONTROL. Example: Read more, get on a good sleep schedule, workout and stretch every day.

-Mind your Mind

Try to keep the right mindset. Philippians 4:8 says; And now, dear brothers and sisters, one final things. Fix your thoughts on what is true, and honorable, and right, and pure and lovely and admirable. Think about things that are excellent and worthy of praise.

-To help us with this, I encourage each of you to keep a gratitude notebook.

Write 2-3 things you're grateful for every day before you go to bed. Even on the nights you don't feel so great. You will be forced to find the SILVER LINING.