



ORGANIZING *you*

SCREEN TIME *Voucher System*

*A guide for parents who are ready for
fewer screens and more family fun!*



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INTRODUCTION



Are you worried that your children are getting too much screen time?

Are you worried about what might happen *without* the screens?

Are your kids struggling with behavior issues?

The Organizing *You* Screen Time Voucher System can help.

Here's the basic idea: You give your kids several vouchers for screen time. They can choose to use those vouchers at any time during the day. If they misbehave, you take away a voucher. When they're out of vouchers, they're out of screen time. You give them lots of positive alternatives to the screen time.

Think you've read it all before? Here are some things that make the Organizing *You* system different from other "voucher" systems you've read about or tried:

- **First and most importantly, this is a system based in God's Word.** I'll be giving you and your kids scriptures to apply throughout the process. I'll also encourage you to create Family Spirit Goals that line up with the heart of the Lord's teachings.
- **This system focuses on the positive.** Positive words, positive actions, and positive things to do that aren't related to screen time. You'll learn to use the discipline aspect with little or no fuss while putting your emotional energy into the family fun!
- **This system is fundamentally self-supporting.** You won't have to put stickers on charts or keep track of "demerits." Once you establish the system in your home, your kids will be able to handle it on their own. Almost all of your work will be in the prep stage, and most of that will be creating your personalized Activity Sheet—and that's the fun part!

- **This system is flexible.** You can make it as hard-core or as laid-back as you'd like. You pick the amount of screen time that's right for your family. You pick the positive alternatives. If your child's favorite time-waster isn't a screen time activity, you can modify the system for that, too. And while it's intended for kids in grades 1 through 8, you can make modifications for younger and older children as well.

The Organizing *You* Screen Time Voucher System is simple yet structured. I've attached a very detailed description to help you make this system a big success in your home. You'll read step-by-step instructions for creating the system, examples of Family Spirit Goals, sample Activity Sheet ideas, and intentional discipline measures you can adapt to your kids. If you find yourself struggling to get the system rolling, you can turn to your Bible and the Truths to Pray Over sheet!

When you present this system to your kids as a fun family adventure, they'll be excited! They may even be a little relieved. Most screen time really isn't that thrilling... and they don't want to fight with you about it. They want to enjoy their time at home and get along better with you. They love you so!

My Friends, *my heart is so for you!* The fact that you're taking the time to read this means that you're living and parenting with a heart for God and your children. You know what's best for your kids; my hope is that these ideas inspire you to create a system that will work for *your* family.

Please feel free to email me at shannon@organizingjesusmoms.com if you have any questions.

Blessings to you as you serve your family and your Lord!

Shannon

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THE ACTIVITY SHEET



The Activity Sheet is all about making the voucher system exciting for your kids! One of the reasons kids can feel so addicted to screen time is because they don't know what else to do. Parents are often reluctant to take away the screen time because we don't know what they'll do either! (Be honest, are you picturing fussy, restless kids and sibling skirmishes?)

You need the *positive* side of this initiative to avoid bored, sullen kids incessantly begging you for your cell phone. Being out of screen time isn't a punishment for you, or for them (at least, not totally); it's an opportunity to have more fun.

The focus of this initiative isn't just reducing screen time. Instead, you'll be **encouraging your family members to spend time with one another and truly enjoy it!**

With some concentrated effort at the start, you can set your kids up for success and give them the ability to entertain themselves without screens. Before you kick off this voucher system, you need to create a personalized list of activity ideas for your kids. You can create a great list of ideas based on your children's feelings, interests, and abilities.

First, try to discern how your kids might feel when they run out of screen time. Antsy? Frustrated? Angry? Lethargic? Energetic? With which emotions will they identify?

Then, write down some activity options as outlets for those emotions. (You may want to flip to the Sample Activity Sheet to help you get started.) Try to have at least one or two options in each category that will appeal to each child in your household.

What do they love to do? What are their special gifts and talents? What are some things they've never tried, but might like? What are their love languages (from Gary Chapman's *The Five Love Languages for Kids*)? If you need suggestions, do a Pinterest search for "Boredom Bowl Ideas" and seek out what would appeal to *your* kids. There are so many ideas out there, soon you'll have more activities than they'll have time to try!

You can make the Activity Sheet even more exciting by laying out a few inexpensive or borrowed "gifts" to go with the list. You may want to buy a thing or two to get the ball rolling, like a new craft or art kit. Swap board games with a neighbor for a few weeks. Check out a kids' cookbook from the library and buy some special ingredients to go it with it (like chocolate chunks, yum). Borrow an origami book and purchase a small pack of origami paper. Don't forget to check out some

fiction books that you think your kids would enjoy and have them out with the “presents.”

This is also a great opportunity for your kids to grow in faith. Encourage them to go to the Lord with their emotions, enjoy their Bibles, and use their time to serve others. No Christian should ever be bored—there are so many ways to serve our God! That’s why I’ve included a Kids’ Service Ideas sheet that you may want to use or modify for your family. Alternatively, you can choose different ideas from this list to incorporate on your personalized Activity Sheet.

If your children vary widely by age and/or interests, you may want to create individual sheets for each child. The more thought you put into your kids’ non-screen activities at the start, the easier it will be to implement the voucher system on a day-to-day basis—and the more excited they’ll be to implement this system themselves!

THE FAMILY SPIRIT GOALS



As a Christian parent, you want to encourage your family members to treat each other in ways that honor God. We want our families to shine like lights in the universe for Him! The Organizing *You* Screen Time Voucher System is the perfect way for you to create a positive, Godly family spirit.

Family Spirit Goals are family rules in disguise. They're expectations for how you'll behave in your home and out of it. They embody how you envision your family living together for Christ's glory.

You'll want to use positive, direct language for each goal. For example, rather than writing a "No hitting" rule, write a "Be respectful of each other's bodies" goal. Not only is this more uplifting, it's also more inclusive, covering hitting, kicking, shoving, biting, spitting... you name it. Make the emphasis the *spirit* of the law, not the *letter* of the law that a smart kid can work around.

You'll also want to base your Family Spirit Goals in scripture. God's Word has so much to say about treating each other with love and respect! Any time you can back up a rule with scripture, do so. Your kids need to know that you aren't making this stuff up—and that you are *all* under the final authority of the Lord.

To help you get started, here are a few of our Upton Family Spirit Goals...

- The Uptons use kind words. (Proverbs 15:1, Proverbs 16:24)
- The Uptons respect each other's bodies. (I Corinthians 3:16, I Corinthians 12:27)
- The Uptons tell the truth. (Exodus 20:16, Ephesians 4:25)
- The Uptons respect and obey their parents. (Exodus 20:12, Colossians 3:20)
- The Uptons eat healthily and enjoy occasional treats. (I Corinthians 10:31, Romans 12:1)

Is there a particular behavior issue that your family has been struggling with lately? This is the perfect time to address that. Make sure a related goal shows up on *your* list of Family Spirit Goals!

Ultimately, you'll be creating the Family Spirit Goals (or Family Creed or Family Mission Statement, if you prefer) *with* your children. You want them to *own* these goals, to embrace your family spirit as something they've devised. When you kick off this system with your Family Meeting, you'll ask them, "What do you think our Family Spirit Goals should be?"

Your job is to prepare some ideas, get the ball rolling, and guide them as they form the goals. If they aren't coming up with a certain goal your family needs, try giving them a prompt like, "What do you think God thinks about hitting?"

Let them use their own words. Whenever possible, have them give an example of the wrong behavior and then the right one. You may want to act out these situations with your kids—letting them be the "parent" or the one demonstrating the correct behavior!

But don't let them go overboard with too many goals. *Once you've hit your particular family issues, you can call your list complete.* If no one's hitting in your house, then you don't need a goal about it! Simplest is best; you don't want to overwhelm them with a huge, complicated list. You can always add to your Family Spirit Goals as it becomes necessary.

Having this conversation with your kids may be all you need to change the atmosphere in your house from slightly strident to practically peaceful! But if you want to reinforce that peace, or if you want to cut down on screen time, then get ready to implement the Organizing *You* Screen Time Voucher System.

THE SYSTEM



THE SET-UP

First, prepare!

- Make sure you've read this entire guide before you begin.
- Create the Activity Sheet(s), and possibly a Kids' Service Idea sheet, for your kids.
- Purchase or borrow the "gifts" you'll need to make your Activity Sheet more exciting and fun.
- Write some Family Spirit Goals, with related scriptures, on your own. Then be ready to encourage your kids to come up with them! You may want to grab a piece of poster board and some markers to write them on. (I typed them up on my computer and printed out a sheet to post on our fridge.) You'll also need your Bible (or an online version) handy.
- Buy a simple, portable timer for each of your kids.
- Make vouchers for screen time, six for each child. For example, if you want them to have 60 minutes of screen time a day, make six 10-minute vouchers for each child.
 - ½ hour = six 5-minute vouchers
 - 1 hour = six 10-minute vouchers
 - 1 ½ hours = six 15-minute vouchers
 - 2 hours = six 20-minute vouchers
 - 3 hours = six 30-minute vouchers

I recommend using fat, colorful craft sticks, one color for each child. Label the vouchers with their names to avoid confusion and place them in a jar. Put the jar in a very central location, like the kitchen.

- Gather up all electronics (smart phones, tablets, laptops, portable gaming systems, game system controllers for the non-portable systems... everything that's related to screen time at your house) and put them in a basket or tub next to the jar. If you'd

like to include TV time, add the TV remote to the tub. If texting or social media is a problem, be sure to include your child's phone.

- If possible, move one computer to this central location as well and designate it as the Family Computer. All other computers should be packed up or outlawed for kids (for example, the kids are forbidden from using Mom's computer and are locked out with password protection). This keeps your kids accountable for their computer time—and their internet usage. After all, you could walk in and see their screen at any minute.
- Decide what time of day you'll give out the vouchers: first thing in the morning, after school, after their homework is done, or after their chores are done. If you're going to set daily requirements before they get the vouchers, be very *direct* and *specific* about what those requirements are. For example, rather than saying, "Would you clean up your room first?" say "I'll need you to make your bed, pick up everything on the floor, and vacuum your room before you get your vouchers." Rather than, "You should practice your trombone first," say, "You'll need to practice your trombone for 20 minutes before you can get your vouchers." If possible, write these requirements on a notecard and hang it on the technology basket.
- Decide how you'll handle computer usage for school. Is screen time spent working on homework projects going to require a voucher? What about time spent on educational, school-endorsed games? You may want to include these parameters on your posted notecard.
- Take the time to consider your unique family and how this system might work best in your home. You need to shape and mold these ideas into a system that will work for *your* children, and for you!
- Think about what questions your kids might ask at the Family Meeting and how you want to answer them (positively and directly).
- Pray over your efforts. Praise the Lord for His gift of your family! Surrender your worries about the venture, and give Him any guilt you have over past discipline efforts that have failed. Ask Him for wisdom and energy for this task. Ask for His blessings to pour down on your family as you aspire to bring your family members closer to Him and closer to each other.
- Now you're ready for the Family Meeting!

THE FAMILY MEETING



Call a Family Meeting once all of your preparations are in place. Be positive and firm—this is happening and it will be great! Be excited to show them their Activity Sheet and the new “gifts” that accompany it. Answer any questions with confidence.

Emphasize that *they are in control of how they spend their voucher time, and they are in control of the behavior that can potentially result in the loss of the vouchers*. Here are some clear and specific words you can use with your kids.

- **We’re going to start handling screen time in a new way! Every day, you’ll each get six screen time vouchers. You may choose to use your vouchers all at once or spread them out. When your vouchers are gone, you’re out of screen time. Unused vouchers do *not* roll over to the next day.** (Also discuss what time of day your kids will receive the vouchers and what, if any, requirements they’ll need to meet before they can turn them in.)
- **When you want to use a voucher, you’ll place your voucher in the technology basket and take the electronic device out. You’ll need to set your own timer and use the technology in our main family living area. If you’d like to be on the internet, you’ll need to stay on the Family Computer right here.**
- **When your timer goes off, you’ll return the technology to the basket or log off the computer.**
- **If your sibling is using a certain technology item that you’d like to use, you must wait until the first kid’s voucher time has expired.**
- **Your cell phones are in the basket! You may want to pick a certain time of day to be accessible to your friends and save your vouchers for that time. You can let your friends know when that will be, like, “I’m only going to be texting from 7 to 8 pm now, so if you need me, call me on my home phone at xxx-xxx-xxxx.” That way you won’t miss invites or other important information.** (At this point, address your homework technology time rules—your kids may need their phones to work on projects with classmates.)

- **When your vouchers are gone for the day, or if you're saving them for later in the day, you'll have plenty of options for other things to do!** (Now's the time to get out the Activity Sheet and the related "gifts." Really talk it up! Discuss how your kids might feel when they're out of screen time and what their fun options are.)
- **Remember, vouchers are a privilege, not a right. As your parents, we can take your vouchers away if you behave poorly. For example, if you're using screen time after your timer has gone off, you'll lose a voucher. If you complain about losing a voucher, then you'll lose another voucher, and so on, until you're out of screen time for the day. If you've already used your vouchers for the day and you need to be disciplined for an inappropriate action, we can choose to take one of your vouchers for tomorrow. But then the following day, you'll get all six of your vouchers back. The Bible says that God's mercies are new every morning, and we'd like your days to begin with a clean slate as well.**
- **Let's talk about some ways that you can be sure to keep all your vouchers! We're going to make some Family Spirit Goals, ways that we can treat each other like God wants us to. For example, one goal could be... (Insert your top goal here, Parents!). The Bible talks about this issue in... (Insert the scripture that applies). I'm going to pretend to break this rule, and you pretend to make a better choice.... (Ham it up!)**
- **What are some goals *you* think our family should have?** (Parents, write down your kids' ideas and help them think of accompanying Bible verses if possible. Keep acting out the scenarios whenever possible and have fun with it. This will end your Family Meeting on a very positive note!)
- **Great job on these Family Spirit Goals! I'm really excited about this! Do you have any questions about our new system?**
- **So the basics are: use your vouchers for screen time, set your timers, put the screens back in the basket when you're done, and then have fun choosing some new non-screen activities. And keep up our Family Spirit! I love you guys!**

A GREAT START



Remember the positive! This system is based on grace.

- Show your enthusiasm for the new venture! Be the one to put their sticks in the jar every morning; don't make them remind you.
- Right from the start, generously compliment your kids for keeping their time correctly and/or having a good attitude. Openly admire any non-screen activity done or project completed. **Give all of your emotional energy to the good.**
- Discreetly keep track of their vouchers, especially for the first two weeks. Pay attention to their timers—both how long they're setting them for and how long they're taking to put their technology back in the basket when the time is up—so you can “help” them get the system rolling. Then, follow through with discipline if your child isn't keeping to the time limit.
- **Remember, true change takes time.** Don't be gung-ho on this for a few days and then lose focus. Dedicate your full energies to getting this system rolling. If you can remain positive and firm for just a few weeks, then you'll have it made. New habits will be formed. New expectations about screen time and family behavior will be set!
- You may want to declare Sunday a voucher-free day. Your kids can have as much screen time as they want after church, as long as they aren't arguing over who plays with what. That way, Sunday is a true day of rest—a relaxing, special day for them.
- You also may want to give bonus vouchers for unexpected, wonderful behavior—not just for doing pre-assigned chores or following rules, but for actions and attitudes that truly reflect Jesus!
- **Parents, you may want to consider putting your phones, tablets, and other technology items in the baskets, too—especially during family times like meals, evenings, and weekends.** Give your spirit a rest from the constant electronic demands of email, texting, and social media so you can truly be present with your family. Really enjoy your kids. Create a peace in your heart that will open your spirit to the Voice of God. Set a standard for yourself and share it with your kids so they can support you (and call you out if you're not following through!). Give this a try—*you will be so blessed!*

- **Finally, be open to adapting the voucher system over time.** Be willing to take new directions with the amount of screen time you've allocated and the pre-screen time requirements you've set. Be open to changing the system as your kids become more responsible. Add to the Family Spirit Goals when new inappropriate behaviors emerge. Add new ideas to the Activity Sheet as they come to mind. Use this system to its fullest for your family!

THE DISCIPLINE



- At its core, this is a discipline system and you'll need to follow through consistently.
- Your new discipline response is the loss of a voucher. If a child speaks disrespectfully to a parent, they lose a voucher. If they refuse to complete a chore, they lose a voucher. Calmly take one out of the jar and place it in the basket.
- Make sure they see you do it or tell them you're on your way to take a voucher and do it immediately. Don't make an empty threat or forget to take the voucher.
- Parents do not need to explain a voucher loss; they are in control. Do not give warnings for known rules. There is no discussion or argument; the voucher is gone.
- Be calm and consistent. **Give little or no emotional energy to the bad behavior, just take the voucher.**
- Don't be afraid to take the vouchers. Trust that your child can entertain himself or herself without the screens. Rely on that great list you made... or be ready to assign a service project. The ability to entertain themselves is a life skill that your kids need to learn.
- Each morning (or whatever time of day you've chosen), refill the voucher jar. **God's mercies are new every morning for us and for them.** However, to keep this system going, they need to be respectful and really follow the system. If they're having discipline issues after they've used all of the day's vouchers, or if they're fussing about running out of screen time, you *can* decide to withhold vouchers for the next day. Just be cautious—you don't want your kids to give up because they've already lost all their vouchers for the foreseeable future. You may want to try some of the discipline measures on the next page first.
- **Remember, parents, God disciplines us... and He gives us an awful lot of grace we don't deserve.**

IF THE GOING GETS TOUGH



Hopefully, it won't come to this, but you can be prepared if it does...

- If your child tries to become physical about the vouchers (grabbing them, hiding them, etc.), you can calmly explain that the vouchers are simply symbols, just like God uses symbols with us (like the rainbow). You know how much screen time they have left and they have just lost another set of minutes. Then walk away. *Don't give them any of your emotional energy.*
- If they persist, continue to calmly take away voucher minutes until they're gone.
- If they escalate (yelling or hitting), calmly tell them that you will not be treated that way and they are not welcome in your presence until they are ready to apologize. You can put them in a time out, or send them outside or to their rooms. Then turn your back as if you expect total obedience to this and do not give them any eye contact or attention. Again, do not reward them with your emotional energy. **Just as sin distances us from God, their behavior distances them from you.** When an appropriate amount of time has passed, they should apologize. Hopefully this will end the behavior. (By the way, apologies do *not* restore vouchers, just the ability to interact with you.)
- If their behavior is still escalating, or if your own emotions are escalating, tell them that you need a break to pray. Retreat to your bedroom or bathroom or another private space. **Jesus took breaks to talk to God, and it's OK for you to take one, too.**
- After everyone has had a chance to calm down (perhaps that night before bed), explain that you are taking away one digital item for an allotted amount of time (perhaps one month). Start with the child's phone, handheld video game system, or other beloved personal technology item. (Don't threaten them by telling them what item will be next, expect obedience: there will not *be* a next time). Be very clear that you have reached your limit and you are standing firm. *The item is gone for X amount of days.* You may want to remove it from the house, storing it at the home of a friend or family member; that way, you'll be less likely to cave in and give it back without thought and prayer. Their vouchers will begin afresh in the morning, and they will be allowed to use the other technologies that are left in your home. Continue this process until there are no screens. (Again, hopefully it won't come to this.)

- If your child's behavior starts to improve and you want to reward this good behavior, you may want to institute a system for earning their technology items back... but make it *tough*, like community service for a parolee.
- Pray and stand firm! You can do it!

TRUTHS TO PRAY OVER



Parents, you can do this! True change takes time. If find yourself thinking...

This is too hard, remember that nothing is impossible with God. [Matthew 19:26, Jeremiah 32:17)

I don't know if I'm doing the right thing, remember that the Lord blesses those who earnestly seek His face and yearn to follow His ways—and that's you. [I Chronicles 16:11, Psalm 105:3 and 4]

This will never work, remember to stick with it! You are building your house with both hands, and God will bring fruit from your work! [Proverbs 14:1, Philippians 1:4-6]

They hate me, remember the Bible says that those parents who *don't* discipline their kids hate *them*. You love your kids; they love you. As they grow, they will love you even more for helping them to hear your voice, and in turn, God's voice. [Proverbs 13:24, Proverbs 22:15]

I just want to give in, remember that the commandment about obeying your parents is the only one with a promise: that your kids will live long and blessed lives. You don't want what's easy; you want what's best for your kids. [Exodus 20:12, Proverbs 29:15, Proverbs 23:13]

This is harder for me than for them, remember that you're requiring more of everyone in your family, even yourself. There is a time for everything, and this is your time to *plant*. You'll look back on this time with your family and be glad that you spent time helping your kids to have fun. Soon it will be time to reap the rewards of a closer-knit family. He will make all your work beautiful in its time. [Ecclesiastes 3:1-14]

I just need a break, remember that you can take one. If your kids are old enough to play on screens, they're old enough to entertain themselves for a few minutes! And if things are escalating, that's a *great* time to take a break. You can say, "I love you, but I need some quiet time alone with God." Even Jesus did that. [Matthew 14:22 and 23, Matthew 26:36, Mark 1:35]

You can do this! The Bible says that the wisdom of the prudent is to give thought to their ways—and that's what you're doing. May God bless you as you parent with intention and God's love! [Proverbs 14:8]

SAMPLE ACTIVITY SHEET



YOUR ACTIVITY IDEAS

Do you feel...

Like going outside? Try:

- Taking a bike ride
- Spreading a blanket on the grass and reading outdoors
- Shooting some hoops
- Setting up the sprinkler and getting wet

Like creating? Try:

- Baking some cookies
- Making a card for your grandma or someone else
- Building a Lego structure or a house of cards

Like competing? Try:

- Playing a board game with a family member
- Playing clock solitaire
- Beating your own personal records, like: how far can you jump?

Like being alone? Try:

- Looking at your toys and choosing one you haven't played with in ages
- Starting a new book
- Praying or reading your Bible

Tired? Try:

- Taking a little nap in your room
- Stretching your body

Angry? Try:

- Writing a letter to Jesus about how you're feeling
- Praying for your church
- Doing a random act of kindness for someone
- Praying for someone you know who needs Jesus in their life
- Completing one of the Kids' Service Ideas (check out the attached list!)

KIDS' SERVICE IDEAS



What? You're bored?

Christians don't ever have to be bored...

There's always something we can do for the Lord!

- Read to younger siblings or neighbors.
- Wash the car of a parent or neighbor.
- Do chores without being asked (even your siblings' or parents' chores!).
- Make a meal or dessert for your family, or for a family who could use some help.
- Write a letter to someone you love or admire to tell them how thankful you are for them.
- Make coupons for a family member or neighbor and offer to do specific jobs for them.
- Make cards for people in a nursing home and ask the person at the desk to give them to people who don't get much mail.
- Make a card or treat for someone you know who has a long-term illness.
- Visit senior citizens in a nursing home. You may want to plan an activity like a book reading, a board game, a "spa" time where you paint their nails, a craft to make with them, a show for them, a pet visit, or a sing-a-long with you playing an instrument.
- Draw a picture or make a craft for someone who needs cheering up.
- Call or write a note to a sick friend.
- Write a note telling someone how much they mean to you.
- Volunteer at a Special Olympics event.
- Serve a mother with young children by doing a chore for her or playing with her kids.
- Help a neighbor with yard work or offer to water their flowers.
- Host a party for your neighbors or someone who's been going through a rough time.
- Clean out your room and donate your gently used stuffed animals to a fire or police station for them to give to children during emergencies.
- Bake cookies and take them to your local police or fire station with a note of thanks.
- Plan a fun activity for kids at a homeless shelter like a craft, sport, or game time.
- Clean out your closet and donate gently used games, cards, and toys to a homeless shelter.
- Go through your clothes and donate the ones you've outgrown or don't enjoy to a local homeless shelter.
- Help serve meals at a soup kitchen.
- Make a care package for someone who's been having a hard time.
- Decorate placemats for Meals on Wheels.
- Organize a neighborhood food drive for a local food pantry.

- Clean up litter in your neighborhood or at a local park.
- Make cookies, write a letter, or make a gift for a home-bound person.
- On a hot day, pass out free lemonade to people who pass by.
- Leave a container of cookies and a thank-you note for people who serve you, like trash and recycling collectors or your mailperson.
- Clean out your electronics and donate gently used video games and DVDs to your children's hospital.
- Make get well cards for people in the hospital who may not otherwise get one.
- Visit someone who is ill, with a card, gift, or game to play with them.
- Write a letter or send a care package to someone in the military and pray for them.
- Write a letter or send a care package to a missionary and pray for them.
- Spend an afternoon volunteering at a local charity.
- Make a card or gift for your pastors, thanking them for their service to your church.
- Research "random acts of kindness" and perform a few with God's love in your heart.
- Offer to help a teacher with a project.
- Tell a sibling or friend that you'll play whatever they want to play for a while.
- Write a letter or draw a picture for a friend or family member who lives far away and let them know you're thinking of them.

*Always check with the person or organization first to make sure your activity or donation is OK with them!