

# YOU CAN DO IT!

**Do 20 jumping jacks in a row.**

**Pat your head and rub your tummy at the same time.**

**Do a backward crab walk across the room.**

**Count backward from 20.**

**Spell your first and last names backward.**

**Hop on one foot while you count to 30.**

**Clap your hands fast 40 times.**

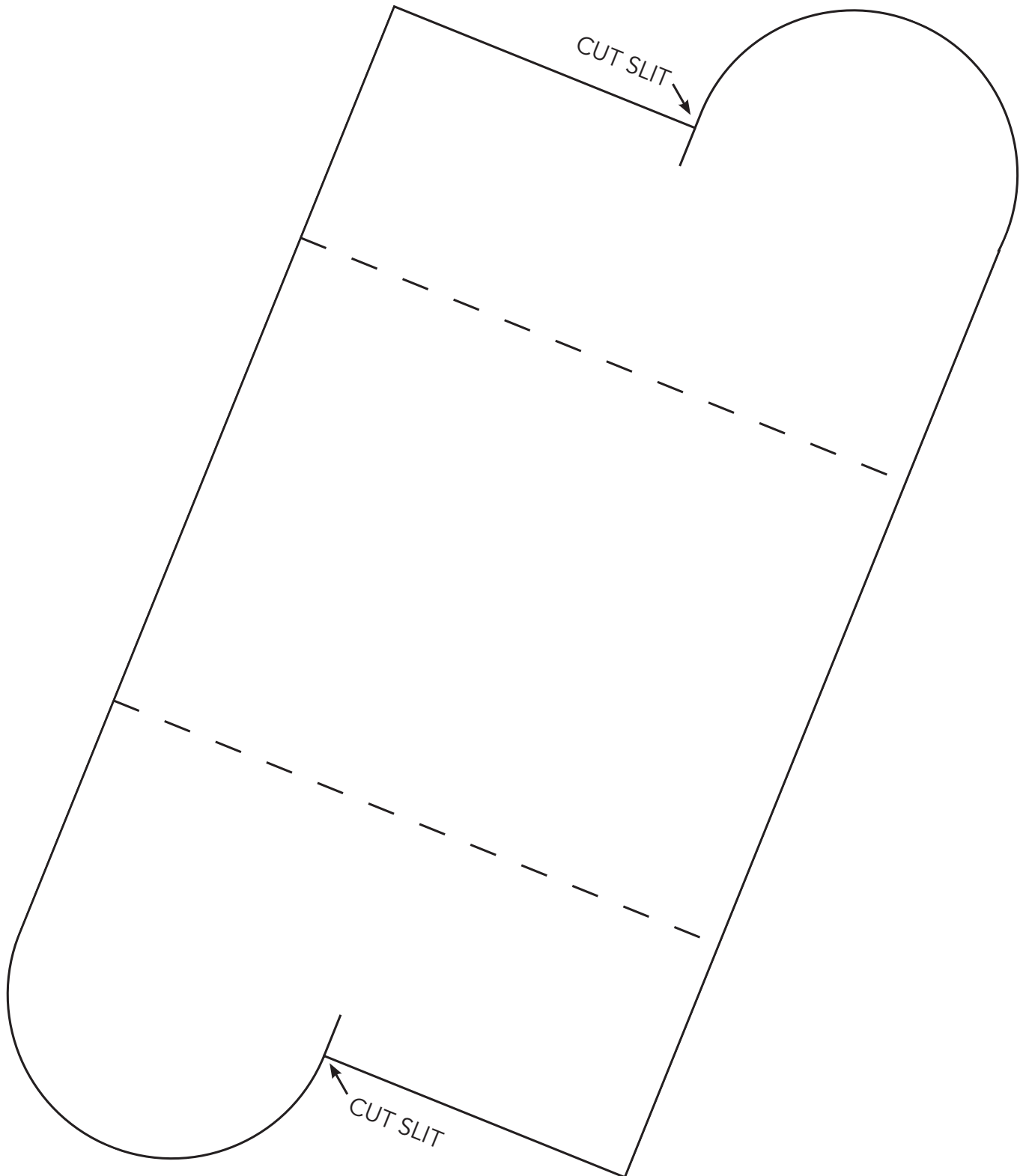
**Do 15 sit-ups in a row.**

**Run in place while you say the alphabet as fast as you can.**

**Sing "Twinkle, Twinkle, Little Star."**

# ENCOURAGEMENT CARD

Instructions: Cut out the card on the solid lines. Fold toward the center on the dashed lines. Lock the two pieces together by cutting on the small slits. Choose a verse from the Encouragement Verses Activity Sheet and glue it inside your card.



# ENCOURAGEMENT VERSES

**You are all around me. You are behind me and in front of me. You hold me in your power.**

**Psalm 139:5**

**The Lord loves us very much. ... His loving concern never fails. His great love is new every morning.**

**Lamentations 3:22–23**

**Come, let us sing with joy to the Lord. Let us give a loud shout to the Rock who saves us.**

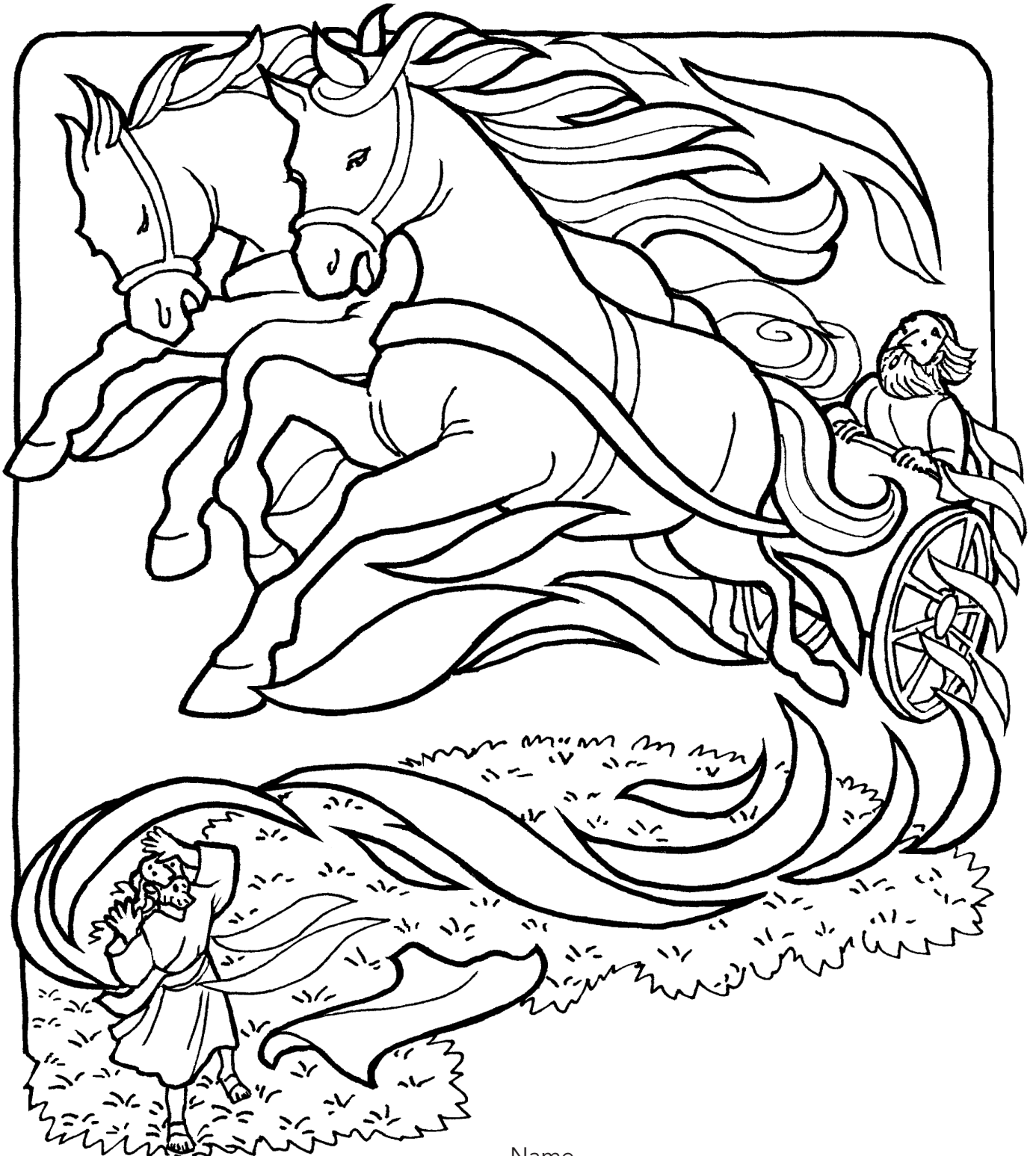
**Psalm 95:1**

**I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy.**

**Philippians 1:3–4**

# OFF TO HEAVEN

God sent a chariot to take Elijah straight to heaven. Color this picture and share the story with your family.



Name \_\_\_\_\_