

Growing Together

Jesus Cares 7:

Jesus cares about people who are sick.

Bible Story

Jesus raises Jairus' daughter (Mark 5:21-24, 35-42).

Bible Verse

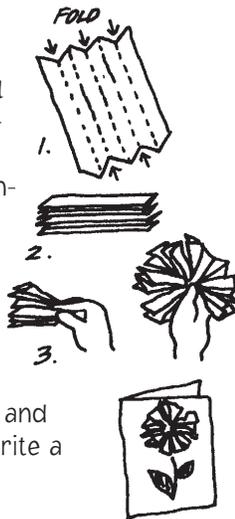
"A cheerful heart is good medicine" (Proverbs 17:22a).

In Touch

Today your child learned that Jesus cares about people who are sick. The class learned that God gives us families, friends, and doctors to care for us. The children also learned that God is in control of health, sickness, and even death. Use these activities to help your child understand that Jesus provides ways to care for the sick and to help us stay healthy.

Get Well Soon

Make a get-well basket for a friend who's feeling under the weather. Include cough drops, tissues, herbal tea bags, a jar of honey, and a get-well card with this tissue flower on the front. Fold two tissues accordion-style. Put one on top of the other, and fold them in half. Hold on to the fold, and twist it so the four "petals" are evenly distributed. Tape the twisted end. Separate the layers of tissue to create eight petals. Tape the flower to the card, and color a green stem. On the inside, write a get-well greeting.



Healthy Helpings

Talk about the fact that God gives us good foods to help us stay healthy. Visit the library, and read about the food pyramid. Have your child help plan the meals for this week. How many healthy foods can you pack into this week's menus? Plan on plenty of fruits, vegetables, and whole grains while keeping meat servings lean. Don't forget to plan time to exercise. A brisk walk together is fun and makes everyone feel better!

Edible Thermometers

Make edible "thermometers" by coloring half a package of light cream cheese with red food coloring. Stuff the top halves of celery sticks with the red cream cheese. Stuff the bottom halves with white cream cheese. Talk with your child about the things that make people feel better when they're sick. Spend a few minutes role-playing: Have your child take care of you while you pretend to be sick; then turn the game around and take care of your child. Then eat the edible thermometers with a glass of juice. Thank God for good health and for loving family members who take care of one another.

Doctor Says

Play a fun version of Simon Says with your family. Take turns playing the part of the doctor and saying what the other person is to do. Say things such as "The doctor says, 'Cough.'" "The doctor says, 'Lie down and take a nap.'" "The doctor says, 'Run in place for exercise.'" Remind your child that God gives us doctors and nurses to help us get well when we're sick.