

SUMMER FAMILY CHALLENGE



***YOUR GUIDE TO A
FUNTASTIC
CANADIAN SUMMER!***



SUMMER FAMILY CHALLENGE INSTRUCTIONS

Throughout the summer, complete as many family challenges as you can!

- Check each challenge off as you complete it.
As much as possible, try to do the challenges as a whole family!
- Send pictures of your family doing some of the challenges to donna@cochranealliance.com
- Return the TOTAL SCORE page on the back cover to Pastor Donna or email a photo to donna@cochranealliance.com by September 1.
- The Winners of the JAM SUMMER FAMILY CHALLENGE gift basket/zoo pass will be announced at our Pancake Breakfast on Sunday, September 5.

HAVE FUN!!



10 POINT ZONE

10 POINTS PER COMPLETED CHALLENGE



Have a water gun/balloon fight!



Have a BBQ with neighbors.



Go through your closet and toys and give what you don't use to a LOCAL CHARITY.



Read PSALM 8 as a family. Make a list of your favorite Canadian animals, birds and ocean creatures. Spend a few minutes praising God for them.



Go for a walk and pick up trash around your neighborhood.



Draw a picture or make a poster of our GREAT CANADIAN WILD. Brainstorm reasons why you like living in Canada. After each reason, say thank you to God.



PAGE TOTAL



10 POINT ZONE

10 POINTS PER COMPLETED CHALLENGE

- Make a THANK YOU CARD for your newspaper or Amazon delivery person and tape it to your door.
- Ask a neighbor if you can help them by mowing their lawn or watering their flowers.
- Read PSALM 147:4-5 as a family. Lie on a blanket at night and count shooting stars! List all the things you know about stars, planets and the universe. Thank God for each thing.
- Sleep in a TENT in your backyard or when you go camping.
- One morning kids make BREAKFAST for their family.
- Get together with friends and make S'MORES!

PAGE TOTAL



25 POINT ZONE

25 POINTS PER COMPLETED CHALLENGE



Memorize PSALM 23 as a family.



Take a walk by a river, stream or lake. Practice saying PSALM 23. Talk together about 'why God leads us by peaceful waters.' Pay attention to all the things around you in the Canadian Wild. Tell your family what you see, hear and feel.



Collect FOOD and make a donation to the Food Bank. Deliver the food as a family!



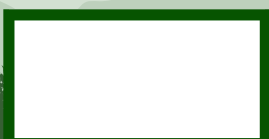
Bake some COOKIES to give away to someone who needs some cheering up!



Make a FRUIT BASKET and a card for a local Fire Station. Drop it off as a family and thank them and the EMS workers for their service to your community.



Call your GRANDPARENTS and ask them how you can pray for them today!



PAGE TOTAL



50 POINT ZONE

50 POINTS PER COMPLETED CHALLENGE



Read PSALM 139, then pull out BABY pictures to see how wonderfully made you are! Spend a few minutes thanking God for each person in your family.



In what ways did God make each member in your family UNIQUE? Discuss together talents, hobbies, what we like about each other, how each person looks, personalities, etc. Use clay, playdoh, pipe cleaners or paper/markers to create pictures/symbols and shapes of what makes each one in your family unique and special.



As a family, go a WHOLE DAY without any sugary snacks or drinks!



Spend 2 hours or more doing something ACTIVE together in the Canadian Outdoors! (e.g. swimming, biking, playing soccer, hiking, etc.)



PAGE TOTAL



100 POINT ZONE

100 POINTS PER COMPLETED CHALLENGE



Read PSALM 148 and then together write your own PSALM OF PRAISE! Consider what you are thankful for, what God has done for you, what things about God mean the most to you today!



Raise \$100 for "Cyclops Pots 8848 Quest." Pastor Mike (also known as Cyclops Pots) is hiking and climbing 5600 meters in the Canadian Wild to raise \$5600 for Freedom 8848 against human trafficking. Support Cyclops Pots as he climbs the Canadian Rockies to reach his COLOSSAL goal of \$5600 for this awesome cause!! Sign up on Cyclops Pots Support Link on our JAM kids page.



Make a FAMILY TIME CAPSULE! You can make it as big or as small as you wish. Some things you may want to include:

- PHOTOS – from key events in your life
- HANDPRINTS – for everyone in your family
- NOTES – “10 Years from now I want to...”
- FAVORITE BIBLE VERSES
- MEANINGFUL OBJECTS
- A 2021 NEWSPAPER

Use a durable, waterproof container and bury it somewhere in your backyard! Don't forget where you put it! Mark your calendar to dig it up in 10 years (2031)!

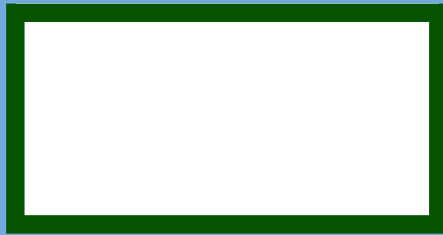


PAGE TOTAL



SUMMER FAMILY CHALLENGE

POINT TOTAL FROM YOUR FANTASTIC SUMMER!



Names of Participants _____

Phone _____

Email _____

Return this page to Pastor Donna or email a photo to donna@cochranealliance.com by September 1.

Winners will be announced at our Pancake Breakfast on Sunday, September 5.

