

Journey to the Manger

Family Activity Advent Calendar



| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|---|--|
| <p>Week 1 Visions of Advent</p> <p><i>Restore us, O Lord God of hosts; let your face shine, that we may be saved.</i></p> <p>-Psalm 80:19</p> | <p>29</p> <p>Reading - Isaiah 9:6</p> <p>Activities - Attend Family Advent Night, create an Advent wreath & light the 1st candle</p> <p>Take a family walk</p> | <p>30</p> <p>Reading - Isaiah 64:1</p> <p>Activities - Write Christmas cards and deliver local ones</p> <p>30 minute prayer for peace walk</p> | <p>1</p> <p>Reading - Isaiah 64:8-9</p> <p>Activities - Invite a friend to church</p> <p>Limit TV, stretch and move during commercials</p> | <p>2</p> <p>Reading - Isaiah 2:4</p> <p>Activities - Make paper snowflakes</p> <p>30 minute prayer walk for the refugees</p> | <p>3</p> <p>Reading - 1 Corinthians 1:9</p> <p>Activities - Learn a new Christmas song</p> <p>Turn on Holiday music and dance</p> | <p>4</p> <p>Reading - Isaiah 2:4</p> <p>Activities - Attend or participate with Presby Kids! in the Mayor's Spirit of Christmas Lighted Parade</p> | <p>5</p> <p>Reading - Psalm 25:4</p> <p>Activities - Donate to church pantry or backpack snacks</p> <p>Go Bowling</p> |
| <p>Week 2 Preparing the Way</p> <p><i>Righteousness will go before him, and will make a path for his steps.</i></p> <p>-Psalm 85:13</p> | <p>6</p> <p>Reading - Isaiah 40:1,3</p> <p>Activities - Light the 2nd candle on the Advent wreath</p> <p>Volunteer, run or walk in the First Presby Jingle Bell Run {benefits Katie's Way}</p> | <p>7</p> <p>Reading - Isaiah 40:4-5</p> <p>Activities - String popcorn for the tree</p> <p>Explore and walk a new neighborhood or trail</p> | <p>8</p> <p>Reading - Psalm 85:11-13</p> <p>Activities - Trim the tree</p> <p>Add strength and stretching exercises to your routine</p> | <p>9</p> <p>Reading - Luke 1:76-77</p> <p>Activities - Volunteer at Community Breakfast</p> <p>Walk around City Park</p> | <p>10</p> <p>Reading - Matthew 3:4</p> <p>Activities - Do a craft with jingle bells</p> <p>30 minute walk {pray for your neighbors}</p> | <p>11</p> <p>Reading - Luke 3:3-4</p> <p>Activities - Read a Christmas story and make hot chocolate</p> <p>Stock a healthy pantry</p> | <p>12</p> <p>Reading - Philippians 1:3-5</p> <p>Activities - Bake Christmas cookies and deliver to a neighbor</p> <p>Play charades with friends and family</p> |
| <p>Week 3 Personal Preparation</p> <p><i>Then our mouth was filled with laughter, and our tongue with shouts of joy; then it was said among the nations, "The Lord has done great things for them."</i></p> <p>-Psalm 126:2</p> | <p>13</p> <p>Reading - Isaiah 61:1-2</p> <p>Activities - Attend the Children's Christmas Program & Deacons' Dinner AND light the 3rd candle</p> | <p>14</p> <p>Reading - Isaiah 61:3</p> <p>Activities - Make spiced cider</p> <p>Take a walk at lunch or after school</p> <p>Meditation Monday</p> | <p>15</p> <p>Reading - 1 Thessalonians 5:23</p> <p>Activities - Volunteer at the Community meal and sing carols in Friendship Park</p> | <p>16</p> <p>Reading - Zephaniah 3:19</p> <p>Activities - Make homemade wrapping paper and wrap gifts</p> <p>Take the stairs instead of the elevator</p> | <p>17</p> <p>Reading - Zephaniah 3:16</p> <p>Activity - Take an evening walk or drive and look at Christmas lights</p> | <p>18</p> <p>Reading - Isaiah 12:2-3</p> <p>Activity - Make popcorn and watch a Holiday movie together</p> <p>Walk downtown and see Blue Earth Plaza lights</p> | <p>19</p> <p>Reading - Luke 3:10-11</p> <p>Activities - Go caroling with friends at a nursing home</p> <p>Take a nature hike</p> |

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|--|--|--|---|---|---|---|----------|
| <p>Week 4 Unlikely People, Extraordinary Choices</p> <p><i>Light dawns for the righteous, and joy for the upright in heart.</i></p> <p>-Psalm 97:11</p> | <p>20</p> <p>Reading - 2 Samuel 7:8</p> <p>Activities - Light the 4th candle on the Advent wreath</p> <p>Make and decorate a gingerbread house or church</p> | <p>21</p> <p>Reading - Luke 1:26-28</p> <p>Activities - Attend and invite others to the Blue Christmas service {service is open to all in the commu- nity}</p> | <p>22</p> <p>Reading - Matthew 1:18-19</p> <p>Activities - Invite someone who is alone on Christmas to din- ner at your house</p> <p>Go on a scavenger hunt {inside or outside}</p> | <p>23</p> <p>Reading - Galatians 4:4-5</p> <p>Activities - Do a puzzle to- gether as a family</p> <p>Bundle up and go ice skating</p> | <p>24</p> <p>Reading - John 1:5</p> <p>Activities - Attend Christmas Eve service, light the Christ candle on your Advent wreath</p> <p>Make a Birthday cake for Jesus</p> | <p>Reading - Luke 2:1-7</p> <p>MERRY CHRISTMAS!!!</p>  | |

Healthy Tips for the Holidays:

- Eat regular meals - skipping meals can lead to overeating
- Keep sleep a priority
- Take some "me" time everyday
- Remember things don't have to be perfect
- Stay hydrated - drink lots of water
- Eat a protein-packed snack an hour before your holiday meal
- Use the mantra - "Eat the best, leave the rest"
- No guilt! Enjoy your favorite holiday dishes, in moderation.
- Eat mindfully and put down your fork between bites.
- Get active! 10 minute bursts of activity boost your metabolism



Random Acts of Kindness:

- Pay for someone else's coffee or lunch
- Donate books or toys to children in need
- Make birdfeeders for your feathered friends
- Rake leaves or shovel snow
- Put money in the Salvation Army bucket
- Donate pet food or supplies to the animal shelter
- Make ornaments for a neighbor or teacher
- Take Christmas treats to the fire or police station
- Leave a generous tip for your waiter or barista
- Tape cash or a gift card to the gas pump for the next person
- Leave sticky notes with positive messages in public places
- Hand out mittens/gloves to homeless
- Help a neighbor with Christmas lights
- Be a Secret Santa

Snow Day Activities:

- Build a snowman
- Make snow angels
- Have a snowball fight
- Build an igloo or a snow fort
- Snow Graffiti - use food color and water in a spray bottle
- Play Tic-Tac-Toe in the snow
- Blow bubbles and watch them freeze
- Go sledding or tubing
- Create a Maze
- Play Freeze Tag
- Make animal sculptures
- Snow Ice Cream!!!!



For worship times and event details, including registration info,
please visit our church website: www.firstpresmanhattan.com