

# NEWSLETTER

April 19th, 2020

## Week 4

### Mind, Body and Spirit

This weeks edition of Catching Faith with focus on Mind, Body and Spirit. This is a difficult time for so many right now and it is important for us all to take care of ourselves. Below is a BINGO card for you to try and do with your family this week with different activities that focus on the Mind, Body and Spirit. . At the end of this week, or whenever you would like, we would love it if you would share your bingo card successes with us on our Knox Presbyterian Church Facebook page. Try and see if you can get a line, four corners or even the whole card!\*\*Note any words in blue and underlined are links\*\*



K	N	O	X
Paint a rainbow or message of hope on a piece of paper and stick it in your window, and then go for a walk and see how many others you can find.	Create a <a href="#">gratitude box</a> .	Bake muffins or cookies and drop it off at a friend or families house to brighten their day.	Colour a <a href="#">prayer colouring sheet</a> .
Make a <a href="#">mindfulness jar</a> .	Listen to a <a href="#">meditation</a> .	Check out a new <a href="#">trail</a> around the city and go for a hike.	Do a <a href="#">devotional</a> as a family.
Participate in the <a href="#">Kindness Rock Project</a> by painting messages of hope on rocks and leaving them around your neighbourhood.	Video chat with a friend.	Create some <a href="#">laundry art</a> !	Play a board game with your family.
Do some <a href="#">yoga</a> !	Have a <a href="#">dance party</a> !	Go outside, lie on the grass or on a towel and see what animals or objects you can see in the clouds.	Listen to a reading of <a href="#">Little Mole Finds Hope</a> .