



Day 2 --- Activity Sheet

Here is what your child experienced today CATHLETICS VBS ...

Prayer: Jesus, help us to practice PRUDENCE in every little thing, especially when it comes to following the 10 Commandments. Amen.

• The Theme was **“KNOW THE RULES: Learning the 10 Commandments”** (Exodus 20:2-17)

• The **Virtue of the Day was prudence**. Today, we had a demonstration using a strainer to help understand what prudence is. Someone who practices prudence makes decisions very carefully and filters the good and bad things that come their way.

• In the **faith station**, we listened to another Bible verse song. We learned that God gave us rules so we could be happy and get along with one another. The 10 Commandments are our rules. When we follow the 10 Commandments, we are the best athletes for God. It's when we don't follow them that our lives don't seem to go right.

• The **Saint of the Day was Saint Anne**.

- We also had a special guest stop by...Saint Vincent de Paul. Ask your child about the important work he inspired.

• Have you listened to your music CD yet? Ask your child to sing and do some of the actions to the songs.

• Have your child show you what he/she made in the **craft station**.

• We played lots of **fun games**. Ask your child to share which one was their favorite.

More general questions to ask your child:

Can you tell me one of the 10 Commandments?

Which is your favorite station: Games, Snack, Craft, Music or Faith Station? And why?

The Bible Verse of the Day:

“An athlete is not crowned unless he competes according to the rules.” 2 Timothy 2:5

**repeat this scripture to your child a few times to see if they can memorize it or ask them to teach you the song they learned in the faith station.*

• **The VBS Challenge today is:**

Challenge your child (& other family members) to set up a little prayer spot in their room and to pray there tonight for a few minutes. Your child can place a Bible and a picture of Jesus in their special spot.

Your child is encouraged to come back the next day to tell the faith leader if they had a prayer time.

• Tomorrow, your child can look forward to **“TRAINING HARD: Practicing the 8 Beatitudes.”**

• You're more than welcome to join us for lots more CATHLETICS Fun this week at Vacation Bible School.

The week concludes with Mass for the family and friends....Friday at 11am

Don't forget your canned good donations for the food pantry!

