

# NCC Family Activities Guide

Week 1: Honest. | Series: Weeds! | Date: 4.7.24

*NCC believes that family activities can foster open communication, spiritual growth, and shared experiences as a family! Adapt these activities to best help grow your family!*

**Honesty Check-In:** As a family, have some age appropriate, open and honest conversations about mental health. Set aside time this week to check in with one another and share how you are feeling emotionally and mentally. Encourage each family member to be honest with their emotions.

**Research Biblical Heroes:** Have family members choose a favorite Bible hero. Take an honest look at their life, including their challenges. Abraham, Moses, David, Elijah, Jeremiah, Peter, Thomas, and the Apostle Paul are some to choose from. Look at how God helped them overcome challenges. Discuss the lessons learned and the relevance of their stories to your family.

**Create a Family Mental Health Resource Binder:** Together, create a binder or folder filled with mental health resources, including helpline numbers, self-help tips, and Bible verses that provide comfort and encouragement. Keep this binder accessible in your home and refer to it whenever needed.

[www.mynw.cc/mental-health](http://www.mynw.cc/mental-health)

**Make a Commitment to Whole-Being Wellness:** Discuss as a family the importance of taking care of your whole being - spiritually, emotionally, mentally, physically, and relationally. Maybe even set some goals in these different areas. Support each other in pursuing activities that promote well-being, such as exercise, prayer, spending quality time together, and seeking professional help when needed. Spend some time talking about baptism. If any family members feel ready for baptism or have already expressed a desire for baptism, plan a special family party afterwards to celebrate this step in their faith journey. Check with us if you are ready or if you need any discussion material!