

Finding Balance

Play & Rest

At bedtime, meal time, or another convenient time of the day, the following questions can be used to foster conversation in families about balance, especially as it relates to our time sheltering in place. This week, we will be talking about play & rest:

Think about the time during which we have been staying at home.

What did you like about play during this time?

What did you like about rest during this time?

What was hard about play during this time?

What was hard about rest during this time?

What do you wish we could keep doing as a family (around play and rest) that we've done during this time?

What do you hope that we won't be doing (around play and rest) that we've done during this time?

What would you like to say "thank you" to God for about play and rest?

What would you like to ask God for help with about play and rest?

What are the ways you play (inside/outside, with others/alone, quiet play/noisy play, using your imagination, etc.)?

Is there a way of playing that you like best?

Why is play important?

How do you think God is involved in play?

What are the ways that you rest?

How do you think God is involved in rest (think about the Creation story in Genesis 1-2:3)?

