



# DAY 3 FAMILY PAGE

Now that your mender has learned more about how Jesus forgives us and tells us to forgive others, try one or both of these mending projects.

## Stop and Breathe

Regulating emotions is a hard skill for anyone to learn. One way for kids to manage their big emotions is to breathe through them. Practice breathing as a family! Breathe in deeply for a few seconds, hold it for a few seconds, and breathe out for a few seconds. Do this with your child until they are feeling calmer.



## Forgiveness Garden

One of the things we can all do to help mend our changing climate and bring joy to our neighbors is to plant flowers. Find an area in your yard, on your deck, or in your kitchen that could use a little color. Plant some flowers together!



## About Today's VBS





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