

CHRISTUS MINISTRIES



Young Family School of the Heart

VOLUME 3 | GENUINE NEEDS

GENUINE NEEDS & PREPS

PRAYER - REST - EXERCISE - PLAY - STUDY

SEVEN TYPES OF REST

Physical Rest

More sleep, naps, deep breaths, stretching

Mental Rest

Silence, music, meditation

Emotional Rest

Talking to a good listener, therapy

Social Rest

Catching up with an old friend or conversely, taking a break from socializing

Creative Rest

Reading a book, taking a walk in nature, art

Spiritual Rest

Prayer, service, doing things that give you a sense of purpose, meaning, or connection

Sensory Rest

Turning off devices and screens, integrating stillness

Rainstorm Meditation for Kids

Uh-oh, I think it might rain!

Rub your hands together to make the sound of the wind picking up.

Now tap your hands slowly on our lap - it's starting to rain!

Get faster and faster - now it's pouring!

We're going to get soaked!

Lightning! Clap your hands up high!

Thunder! Stomp your feet!

Lightning! Clap your hands up high!

Thunder! Stomp your feet!

Tap those hands on your lap again - It's really raining!

Now start to slow them down...I think the rain might be stopping...

Rub your hands together to make the sound of the wind...

Sloooow it down,

sloooow it down, and stop.

Everything is still and quiet.

TGI

Invest in Your Relationship: The Emotional Bank Account..




Watch later



THANKS!



Watch on  YouTube

GENUINE NEEDS

You are the place where God chose to dwell, you are God's place, and the spiritual life is nothing more or less than to allow that space to exist where God can dwell.

Henri Nouwen

How is God calling me to respond to my genuine needs?