

 Family Checkup

Gather your family together. Say: **Just like it's important to go to the doctor for a checkup and make sure our bodies are healthy, it's important to have a family checkup to make sure we are doing well as a family. So let's each share how we think we are doing as a family. Are there any issues we need to work through? Is everybody getting along? Are there things we can do to make us closer as a family?**

After your family has thoroughly discussed each question, take some time to pray that God will help you be a stronger family.

 Jumble of Jones

Gather your family around the table. See how many animal families you and your family can name from the list of animals below. Be sure to cover the answers while you play.

- |                 |            |
|-----------------|------------|
| 1. Geese        | 6. Otters  |
| 2. Caterpillars | 7. Cows    |
| 3. Chickens     | 8. Baboons |
| 4. Gorillas     | 9. Lions   |
| 5. Kangaroos    | 10. Eels   |

Now, as a family, come up with your own name. For example, if your last name is Smith, you could be a Smackeral of Smiths! Then talk about how the name can remind you that families stick together, just as Ruth and Naomi did.

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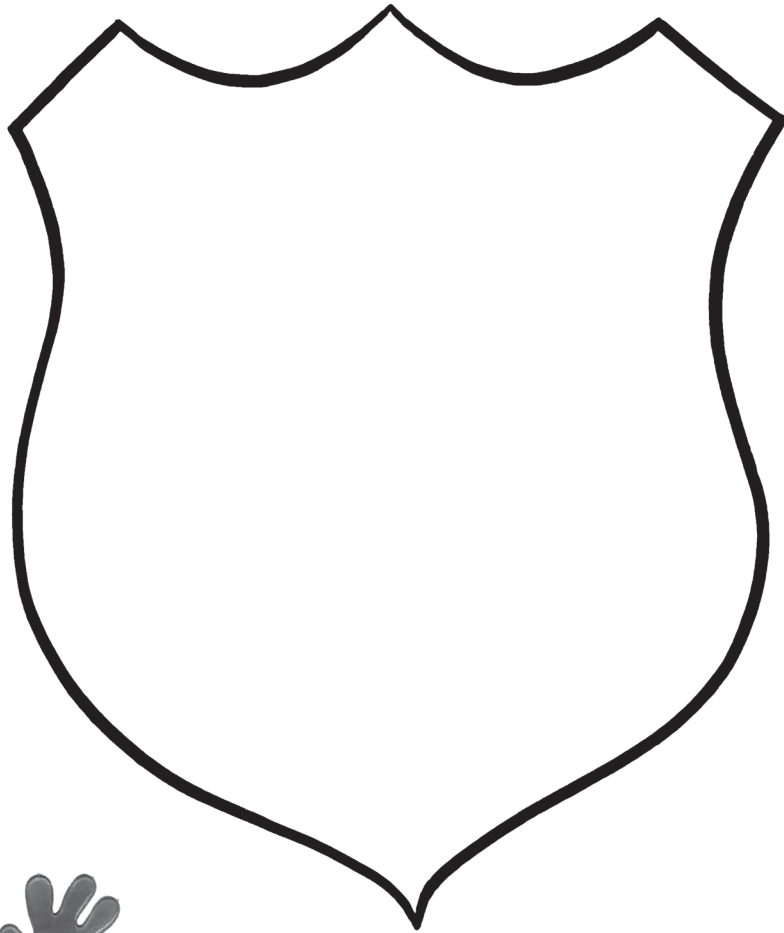
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## Get Ready for Some Family Fun!

22

Gather your family and the following supplies: construction paper, scissors, glue, and markers. Use the shield pattern to create a family coat of arms that represents who your family is and how it will stick together. Create a family motto or saying to go under the shield. Hang the shield on your refrigerator to remind you that your family's a unit, meant to stick together.



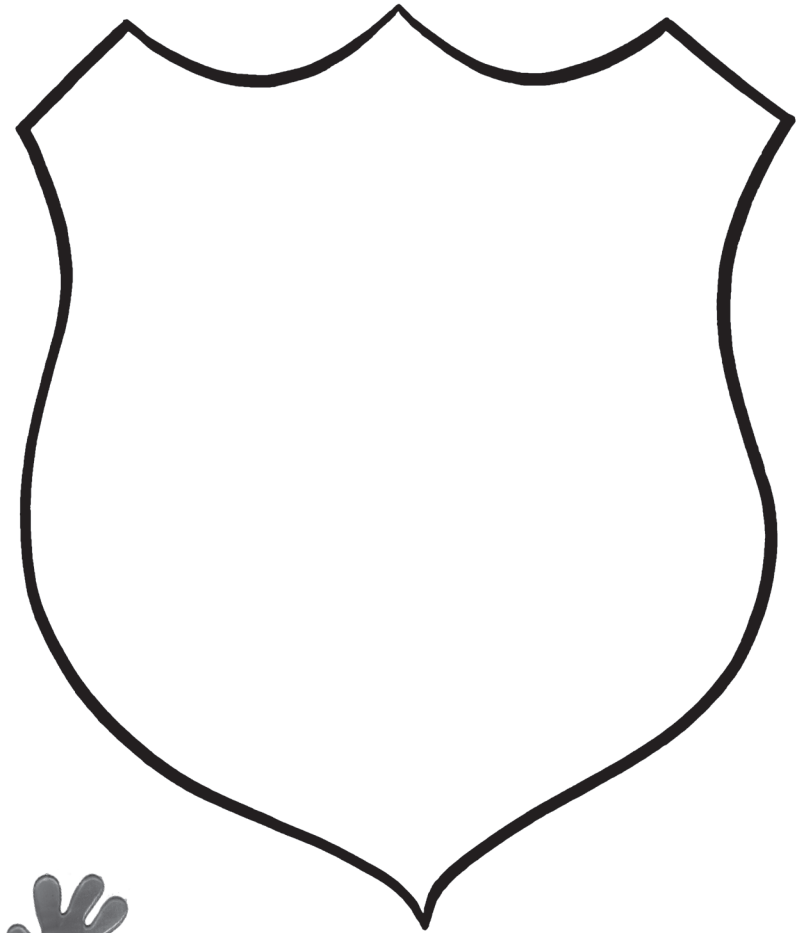
Family Coat of Arms

Stuck On You

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