

E IS FOR EAT

Follow Up Family Activities for Toddlers & Pre-Schoolers

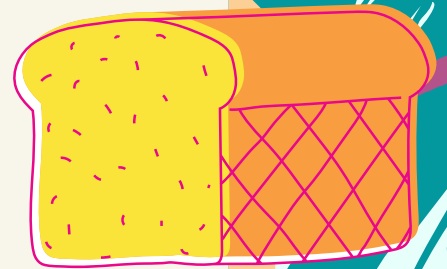
GIVE THANKS

God gives us what we need to eat each day. Explain to your child about how we can give thanks to God for our food by thanking Him with a prayer before we eat. Giving thanks could be a song they sing, a prayer they say or even using sign language! Encourage them to lead the family in giving thanks at one of your meals.



OUR DAILY BREAD

Eat some bread together with your child. Talk about how God showed Elijah what to do to help the widow and her son have enough food.



ANYONE NEED HELP?

Think about whether there is anyone you know who needs help or encouragement! You could send a food delivery to a friend or family member, or even buy an extra portion for your neighbour and pass it to them!

