

# Feast Day Plan!

October 1st - St. Thérèse of Lisieux



Scan to listen to today's feast day story & a short biography on our hit podcast! or search for "Saint Stories for Kids" wherever you get your podcasts!

Studies show that the stories children hear shape their view of the world. Children learn how to act, think and behave through the characters they encounter in stories. Pass on Christian values through stories!

Engage: Ask your child(ren) what part of the story stood out most to them. This story of St. Therese encourages us to think about how God heals us not just physically, but mentally and spiritually as well. Jesus, the Divine Physician, cares for them physically, mentally and spiritually.

## Activity!

Celery Stamp Roses!

Why roses? Before her death, St. Therese promised, "I will send down a shower of roses from the heavens; I will spend my heaven doing good upon earth."

This is a great reminder to children that our heavenly family hears our prayers and intercedes for us!

Use the bottoms of the celery for this fun craft- save the tops for cooking!

Supplies:

1. 1 bunch of celery (stalks all connected)
2. kid safe paint- we recommend a washable acrylic paint in pink or red (or both!) and green for leaves
3. a rubber band (optional)
4. small plate for paint
5. paper to stamp on
6. paintbrush for leaves

How-to:

1. Adult: Using a sharp knife, cut the entire bunch of celery about 1/4 of the way up from the bottom. You want all the stalks to stay connected. Try to make the cut as straight as possible so the stamp will press evenly on the paper.

2. Optional: If the stalks seem loose or you are doing this craft with small children, putting a rubber band around the cut bunch may help it stay together longer while stamping!

3. Stamp: Pour enough paint onto a small plate to dip the entire cut end of the celery.

4. Dab the "stamp" on a piece of spare paper to remove excess paint- then stamp away!

Variation: For older children or adults- you can use multiple shades of pink and red and "paint" the colors on the stalks before stamping!

scan to view activity reel!



## Quote of the Day!

"The splendor of the rose and the whiteness of the lily do not rob the little violet of its scent nor the daisy of its simple charm. If every tiny flower wanted to be a rose, spring would lose its loveliness."

-St. Therese of Lisieux

## Prayer

St. Thérèse, through your life and writings you were able to teach so many people your "little way" to holiness. You did all the little things in your life with love, and always placed all of your trust in Jesus.

Pray for us, so that we too can learn to live our lives with full trust in Christ. Always ready to share God's love with those around us. Please pray that we never forget that it doesn't matter what we do, unless we do it with our hearts full of love.

Amen.

## Play-based learning!

Experts agree that play helps children to process their emotions and cope with life changes.

Playing with puppets or dolls is a great way to teach about emotions. Using the story of St. Therese as an example, an adult can introduce the idea that one of the characters is feeling sad that things aren't going as they hoped by acting out sadness. Next, ask the child how they think the character is feeling, and what they think the character should do next. Maybe they can tell God how they are feeling before acting? Through play, the child can explore the results of different choices! By acting out the character, they learn healthy ways to express emotions.

Ask the child to recall a time that they felt sad that things hadn't gone as planned, and teach empathy by sharing a time that you felt that way as well!

# Feast Day Plan!

October 4th - St. Francis of Assisi



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Engage: Ask your child(ren) what part of the story stood out most to them. This story of St. Francis of Assisi encourages us to think about our relationship with God's creation- especially our furry friends! St. Francis was deeply grateful to God for all the blessings of creation- from animals to the earth itself!

## Activity!

Hanging Birdseed Feeders

St. Francis of Assisi loved and was deeply grateful for all of God's creation. In the monastery garden, Francis would leave a corner of the yard to grow wild so the birds would always have some of their favorite native grasses and seeds to eat! There is also a beautiful story about St. Francis preaching to birds- and they listened!

These birdseed feeders also make lovely gifts!

Supplies:

- 1/2 cup hot water (adults should handle this!)
- 1 T unflavored gelatin
- 3/4 flour
- 3 T corn syrup
- 4 cups bird seed
- assorted cookie cutters or silicone molds
- wax or parchment paper
- plastic straw or wooden dowel
- string or pipe cleaners

scan to view activity reel!



How-to:

1. Adult- carefully stir together the hot water and gelatin until dissolved (be patient, this can take a bit of stirring!)
2. Pour in the flour and corn syrup. Mix until well combined.
3. Add the birdseed, and using a wooden spoon or your hands mix until well combined.
4. Lightly grease the cookie cutters or molds and place them on a sheet of wax or parchment paper.
5. Fill each cookie cutter or mold with the birdseed mixture, packing it flat with your hands.
6. Using the straw or dowel, poke a hole through the mixture to create a hole for hanging once dry.
7. Allow to dry overnight; then flip and allow to dry completely- (this time may vary based on your climate).
8. Once dry, lace the string or pipe cleaner through the hole and hang!

## Quote of the Day!

"Preach the Gospel at all times and when necessary use words."

-St. Francis of Assisi

## Prayer of St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Amen.

## Play-based learning!

There are so many ways to have fun with play-based learning and animals!

Inspired by St. Francis, we want to teach our children to care for and respect God's gift of creation. Here are few simple and fun ways to encourage good stewardship over animals!

1. Imaginative Role Play: Play veterinarian! Gather some stuffed animals and have your child help "take care" of them.
2. Fine motor & life skill development: Clean the animals sensory bin! Find and dirty some plastic animals- then give your child a bowl of soapy water and a small brush and ask them to clean the animals!

# Feast Day Plan!

October 15th - St. Teresa of Avila



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Engage: Ask your child(ren) what part of the story stood out most to them. This story of St. Teresa of Avila reminds us that God has a sense of humor! Sometimes we think that to "become Saints" we have to be serious all the time- but laughter, jokes, and good fun are gifts from God!

## Play-based learning!

St. Teresa of Avila, a Doctor of the Church, wrote the famous Catholic classic, "The Interior Castle." This famous work was inspired by a vision Teresa had of the soul as a diamond in the shape of a castle. This castle contained seven "mansions" which she interpreted as the seven stages a person must go through to achieve union with God.

God is in the center of the castle, and we are outside in the courtyard. When we pray, we enter the castle into the first mansion. The first three mansions are "ordinary and active prayer" and the last four mansions are "contemplative prayer".

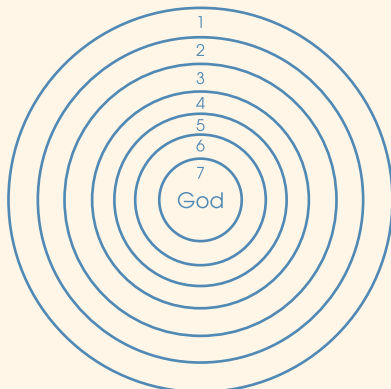
Build a prayer castle!

Using blocks, connecting bricks, or any other favorite toy building materials, ask your child(ren) to build a soul castle!

Ask them to place God (using any toy or block they'd like to use) at the center of the castle, and themselves outside the castle to start. Explain that St. Teresa of Avila viewed prayer as the "key" to enter the castle.

Maybe your child(ren) will want to make seven levels like St. Teresa of Avila- or maybe their castle will be different! Maybe they will want to try both!

Discuss with your children the idea that prayer is the way to get closer to God. The more they pray, the closer they move towards the center of the castle- and the easier it becomes to see glimpses of God!



## Quote of the Day!

"From silly devotions and sour-faced saints, good Lord, deliver us!"

-St. Teresa of Avila

## Prayer of St. Teresa of Avila

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away;  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices.

Amen.

## Activity!

St. Teresa of Avila was born in Avila, Spain in the 16th century. Every year on her feast day, bakeries in Spain make a traditional sweet treat called "Yemas de Santa Teresa". These treats were originally made by Spanish monks, but have become so popular you can find them all over the country!

Ingredients:

- 3 ounces water
- 1/2 cup granulated sugar
- lemon peel from 1/2 lemon
- 6 large egg yolks
- powdered sugar and granulated sugar for rolling

This recipe is best understood when viewed- we like this helpful video- scan here:



# Feast Day Plan!

October 22nd - St. Pope John Paul II



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Children learn how to act, think and behave through the characters they encounter in stories.  
Pass on Christian values through stories!

Engage: Ask your child(ren) what part of the story stood out most to them. This story of St. Pope John Paul II is a good opportunity to talk about how even when the beautiful "things" of our faith are taken away- our faith itself can never be taken away.

## Play-based learning!

St. Pope John Paul II was an avid outdoorsman.  
He loved hiking, camping, fishing, skiing and more!

He lived an exciting and full life- there is never a dull moment with God!

Go outside!

Celebrate his feast today by going outside! Take a hike, have a nature scavenger hunt, go for a bike ride, or however your family likes to spend time in nature!

Outdoor activity is wonderful for children! Spending time outdoors reduces stress, expends energy and lifts the spirit to God!

Play Camping!

Can't get outside? Play Camping! Kids absolutely love to pretend they are camping. Set out some sheets, blankets and pillows and ask them to build a campsite. Figuring out how to create a little tent challenges their motor skills- both gross and fine.

This is a great time to talk with kids about how Saints are people- just like us! When kids hear that someone like "the Pope" liked to go camping and hiking like them, it makes them more relatable for children.

When children are able to see Saints as "real people" it also becomes easier for them to conceptualize that \*they\* can become Saints too!

## Quote of the Day!

"Darkness can only be scattered by light, hatred can only be conquered by love."

-St. Pope John Paul II

## Prayer to St. Pope John Paul II

St. John Paul II, you truly lived the life of a modern day hero. You showed the entire world how powerful and joyful a life dedicated to Christ can be. You championed the New Evangelization, and traveled the whole world spreading the Good News.

Pray for us, so that we always remember the importance of the faith in the young. Help us to remember that faith begins in the family, and to protect life from the youngest members of our families to the oldest.

In Jesus' name,  
Amen.

## Activity!

Polish Papal Cream Cake (Kremówka Papieska)

This delicious Polish cake was a favorite of St. Pope John Paul III!

We like this recipe:

