

Growing Together — Week 1



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How to be kind to others

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DAY 1

DAY 2

DAY 3

Luke
10:30-37

Kindness to my
family

Kindness to my
friends

Kindness to
those in need



Warm-up

Move to music

Arm circles/
body shapes

Clean-up relay



Move

Mountain-
climbers

Mountain-
climbers

Mountain-
climbers



Challenge

Tabata
Mountain-
climbers and
running

Relay - Plank
and jumping
jacks

60 second
mountain-
climber
challenge



Explore

Act out story
and discuss

Make up
actions for
kind acts.
Retell story

Plan to show
kindness



Play

Knee tag game

Tangled up
challenge

Flip-flop relay

Getting started

Help your family to be active this week with three fun sessions:

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

Share family.fit with others:

- Post a photo or video on social media and tag with **#familyfit**
- Do family.fit with another family

More information at the end of the booklet.



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Move to music

Put on some favorite music. Do laps of the following around your space until the music ends:

- Jogging
- High knees running
- Back heels kicking
- Frog jumping



<https://youtu.be/U4sknYrevto>

Rest and chat briefly.

What acts of kindness do you show to each other in your family?

Go deeper: How would you define kindness?



Mountain-climber



Put hands and feet on the ground and keep your whole body straight like a plank.



Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

To see this in action click below.



<https://youtu.be/quecc8TstyM>

Do 20 repetitions and rest. Repeat.

Go harder: Do it in a fluid running movement.

**Tabata**

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>



Do mountain-climbers for 20 seconds, then rest for 10 seconds. Run on the spot for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

Go harder: Increase the number of repetitions in 20 seconds.



Kindness to my family

Read Luke 10:30-37 from the Bible.

If you need a Bible, go to <https://bible.com>
or download the Bible App onto your phone.

This story was told by Jesus when someone asked him who they should be kind to. Jesus helps people think in new ways about who is worthy of kindness.



Bible passage — Luke 10:30-37

“A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

Choose someone to be the man lying on the side of the road. Take turns to be the priest and the Levite walking by, showing on your faces what ‘not being kind’ looks like.

Go deeper: Have there been times you haven't been kind to each other in your family? Describe how this looked and felt.

Family members take turns to pray a ‘kindness blessing’ (asking God to help them to be kind) on one another.



Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position. Change partners and repeat.



<https://youtu.be/vQBpr5BHBWw>



Health tip

Drink more water.



Arm circles and body shapes

Arm circles: Stand in a circle and together complete 15 each of small arm circles forward, small circles backward, big circles forward, big circles backward.

Body shapes: Lie face down, arms overhead and palms facing each other. Move your arms into each formation. Do three rounds.



<https://youtu.be/MZjJtXdclng>

Rest and talk about a time you showed kindness to one of your friends.

Go deeper: What does it cost to be kind?



Mountain-climbers

Do 10 mountain-climbers and tap out to the next person. Continue until you have completed 100.



You can do five then tap out to next person.

Go harder: Set a higher total as a family — 150 or 200.



Plank and jumping jack relay

One person does a plank while the others do 10 jumping jacks. Tap out to swap. Take a 20 second rest and start again. Do six rounds.



<https://youtu.be/zZXpxbXZQic>



Kindness to my friends

Read Luke 10:30-37 (see Day 1).

Can you list at least six ways the Samaritan man showed kindness? Make up an action for each act of kindness and then retell the story.

Think of one way you can show kindness to a friend this week. Tell your family.

Write a family prayer that asks God to help you to live out this value of kindness.



Tangled up challenge

Stand in a circle shoulder to shoulder.

Reach out your right hand and take hold of another person's right hand. Do the same with the left hand.

Work together to untangle yourselves, keeping hands connected at all times.



Health tip

Drink more water. Choose a time when you drink juice or soda and replace this drink with fresh clean water.



Clean-up relay

Put on a favorite up-tempo song. As the music plays, everyone moves quickly to pick up things and put them away for about two minutes (bring clothes to wash, tidy the yard or put away toys and books).

Rest and chat briefly.

Think of some people you know who are in need. How could you show kindness?

Go deeper: What could be difficult in being kind?



Mountain-climbers



Work in pairs. One person does 10 mountain-climbers while the other person is in a plank position. Swap places. Do three rounds.

Go harder: Increase the number of rounds or do the mountain-climbers faster.



Mountain-climber challenge

Each person does mountain-climbers for 60 seconds while the others count. Tap out to the next person. Add up the family total.

Guess what the total might be beforehand. Who was the closest?



Kindness to those in need

Read Luke 10:30-37 again (see Day 1).

Look at the way Jesus finished this story. Plan for how you, or your family, can 'go and do likewise' this week.

Pray for people, especially children, who are living on the street without family, food or clothing.



Flip-flop relay

Work in pairs. One will be the walker, the other will move the flip-flops. The walker walks slowly across the room while the other person moves the two flip-flops so that the walker always steps on a flip-flop. Swap roles.

Do three rounds. In the last round the walker can close their eyes. What happens?



<https://youtu.be/wwUBFEAXXDw>





Health tip

Drink more water, especially after you have been active. Get a glass of water for someone else in the family.

Terminology

A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.

Stretches are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for five seconds.

Movements can be seen on the videos so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.

Rest and recover after energetic movement. Conversation is great here. Sip water.

Tap out is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

Round – a complete set of movements that will be repeated.

Repetitions – how many times a movement will be repeated in a round.

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family.fit Five Steps



Promotional video

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Thank you.

The family.fit team



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