

Growing Wiser — Week 9



*family.fitness.faith.fun*



**Appreciating others!**

*www.family.fit*



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Matthew  
7:1-5

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# Getting started

**Help your family to be active inside or outside 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** or **@familyfitnessfaithfun**
- Do family.fit with another family

**More information at the end of the booklet.**



## **IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE**

By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



## Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and talk together.

Talk about a time you got something stuck in your eye. How did it feel? Could you see it yourself?

***Go deeper:*** *In what ways do people judge others?*



## Slow speed skaters



Practice speed skaters to develop leg and core strength. Bend and touch the knee with the opposite hand. Each touch is one repetition. Start slow then increase speed and make the movements fluid.

Do six. Rest and do 12. Rest and do 18.



<https://youtu.be/oothd4lrmxg>

***Go harder: Do 6, 12, 18, 24, then 30.***



## Walk like a light

Split into pairs.

One pair walks to a 10 meter mark and back doing lunges. Keep a straight back (like a light) and hold a weight overhead if you can.

For the other pairs, one person lays on their stomach while the other person jumps over and lays on the ground next to them. The first person then stands and jumps over the second. Take turns to move five meters and back. Do four rounds.



<https://youtu.be/nETEiqmMuaE>

***Go harder: Increase to five rounds.***



## Don't judge others

Read **Matthew 7:1-5** from the Bible.

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

Jesus is talking to the crowds about the importance of how we think of ourselves and others.

### **Bible passage — Matthew 7:1-5 (NIV)**

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You



hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.”

It's funny to think of a large plank sticking out of someone's eye. It would make it very hard to see! These are challenging words. Talk together about what you think the message is. Share all your ideas.

**Chat to God:** Find a twig for everyone. Each think of one person who others wrongly judge. Ask God to help you get to know them better instead of judging them. Place the twigs in a jar on your table to remind you to keep praying.



## Tangled up

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.



<https://youtu.be/gSvYHyHYhXs>



## Health tip

Get enough sleep each day.



## Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 back heels kicking
3. 10 sit-ups
4. 10 squats



<https://youtu.be/wjLIb-GaFjl>

Rest and talk together.

List three things you couldn't do if you had a large plank in your eye.

**Go deeper:** *Talk about a time you felt unfairly judged by others.*



## Toe touch speed skaters



Practice speed skaters. Each time your foot comes forward, try to reach and touch it with the opposite hand. Start slowly and then increase speed and fluency.

Do 10 of them. Rest and do 20. Rest again and do 30.

***Go easier:*** Reduce the number of repetitions.

***Go harder:*** Do 10, 20, 30, 40, then 50.

## Challenge

**Crazy clock**

You will need a plastic bottle and signs with the numbers 1 to 12.

Place the numbers on the ground like a clock face and put the bottle in the middle.

Take turns to spin the bottle. The whole family does that number of push-ups or another chosen movement.

Rest if needed, but each family member must say something they appreciate about another family member during the break.

Play for six minutes.



<https://youtu.be/Zg07q8mPKzQ>

***Go easier: Only play for three minutes.***



## Examine yourself first

Read Matthew 7:1-5.

Choose two family members to act out verses 3-5 while another reads it aloud. Have fun!

The plank and the speck are the large and small things that stop us seeing clearly and cause harm to ourselves and others. The religious leaders were doing terrible things, like taxing people so much they couldn't feed their families. Maybe there is injustice in your country too.

God also wants us to deal with the smaller things, like being selfish. Talk together about some of the large and small things that cause harm in your country, community and family.

**Chat to God:** Each choose one large or small thing from your conversation to pray about. Have one person start the prayer with “God help us with ...” Each family member can say their word in the space. Finish with Amen.





## Kick the can

Make a circle on the ground and put an empty can in the middle. One person guards the can while everyone else tries to kick it out of the circle. If the guard tags someone else before they kick the can, they become the new guard. Players can work together to distract the guard. You win if you kick the can without getting tagged.



<https://youtu.be/zBmKggmwW88>



### **Health tip**

Get enough sleep each day.

It can help to lower your risk of serious health problems such as diabetes and heart disease.



## 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 try again.

Now go further and try to touch everyone else's knees while protecting your own.



<https://youtu.be/cdXD5KN5iBM>

Rest and talk together.

Ask someone with glasses to tell what it was like when they first put them on and could see clearly.

***Go deeper:*** *In what ways can we help each other to change in our families? In our communities?*



## Obstacle speed skaters

Do speed skaters with an object such as a rope or book on the ground that you have to step over. Make the speed skaters smooth and then increase speed.

Do 20. Rest and then do 20 again. Do three rounds.



<https://youtu.be/KdLp2OmhRIs>

*Go easier: Reduce the number of rounds.*

## Challenge

## Tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

In pairs, one person holds a wall sit, while other does as many speed skaters as possible in 20 seconds. Take 10 seconds to switch positions with each other.

Do eight times. Repeat one more time if you wish to beat your personal record.



## Help others

Read Matthew 7:1-5.

Draw a cartoon to describe the passage.

Draw stick figures if you like. Add speech bubbles to show what each person might be saying.

God wants us to help others to change. One of the best ways we can do this is to live by example. We are to be generous, not greedy, and show compassion, not anger.

As a family, think of ways you can live by example. Choose one practical action to do this week. It might be to show generosity by cooking a meal or to show hospitality by inviting a family to play games one evening.

**Chat to God:** Write or draw a short prayer about your action point. Ask God for help to make this happen. Put your prayer on a wall to remind you to pray often.



## Together we stand

Sit back to back on the floor with a partner. Link your arms together. Now try to stand up while keeping your backs touching and arms linked. Pushing against each other will help.



<https://youtu.be/Z4y-mt2nFY8>

**Go harder:** Try to pick up objects around the house while linked!

A woman with long, dark, curly hair is hugging a young child from behind. The child is laughing joyfully, looking upwards. The woman is looking down at the child with a gentle smile. They are outdoors, with trees and foliage in the background. The woman is wearing a light-colored, textured sweater. The child is wearing a red sweater and blue jeans.

## Tip for parents

At the end of each day, take a minute to think about the day. Remind your child about one positive or fun thing they did. Praise yourself for what you did well today too!



# 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.

# Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)

Find more parenting tips at <https://www.covid19parenting.com/tips#>



family.fit Five Steps



Promotional video

## Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

You will find all the family.fit sessions on the website <https://family.fit>.

The website has the latest information, ways you can give feedback, and is the best place to stay connected with **family.fit!**

If you enjoyed this, please share with others who might like to participate.

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Thank you.

The family.fit team



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