

FIT CARD

YOUNG CHILDREN

Fat Cat

Bedtime Blessing Activity

Best Use

As a bedtime prayer activity with younger children

Nutritional Value

Affirms the unique value of your child

Advance Preparation

Place this recipe card on your young child's bed stand to use when tucking them in at night.

Serve It Up

Follow the simple instructions on the reverse side for a great experience.

Fat Cat Bedtime Blessing

1. As you tuck your child into bed, explain that you want to play a game where you create word pairs that rhyme – like “fat cat” or “funny bunny.”
2. To play, one person thinks of a word or pair and gives clues to the other so they can guess what it is. For example, the clue for “funny bunny” might be “laughable rabbit.” For “fat cat” you might say “chubby kitty.”
3. Here are a few ideas to help you get started:
 - Rude Dude
 - Old Cold
 - Tan Man
 - Dragon Wagon
 - Snake Cake
 - Ant's Pants
4. Now share this rhyme about your child: [CHILD'S NAME] is an “enjoyable boy” or a “jewel daughter.”
5. Let the child attempt to guess. Then tell him or her to listen for it in the following bedtime prayer that you pray while laying one hand on the child:
 - *Dear Father in heaven – Thank you for all the fun You give us. And thank you for a [“fun son” or “pearl girl”] like [CHILD'S NAME] to share it with! Amen.*

Find more ideas in Dr. John Trent's book *Bedtime Blessings*.

