

FIT CARD

SPECIAL OCCASION

The Mom Awards

Best Use

A special mealtime activity immediately before dessert.

Nutritional Value

Honor Mom and give her the appreciation she deserves.

Advance Preparation

Hold a “Mom Awards” as a way for your family to celebrate Mom and her love for your family. Included on this card are two ideas: one to be used with younger kids and the other can be used for children of all ages (including grown children).

- Secretly interview your kids to determine award categories: What is your favorite thing you like to do with mom? What is your favorite thing that mom does for you? What is mom THE BEST at?
- Turn their answers into 4-5 award categories, for example: “Best cookie chef”, “Best giver of hugs”, “Prettiest”, etc.
- ◊ Write each category on a separate note card & put them in separate envelopes.
- Go shopping for simple (yet meaningful) “awards”. Some ideas:
 - ◊ Write “Best Mommy in the Universe” on a long piece of crepe paper to use as a sash for Mom to wear like a pageant winner. Young children could decorate the sash with their handprints or love notes.
 - ◊ Her favorite flowers, candy or bubble bath
 - ◊ Decorate a cardboard crown from Burger King
 - ◊ Have the kids create a special award certificate (or drawings)
 - ◊ Her favorite ice cream or dessert (perhaps pick-up from a restaurant)

Hide everything so the award ceremony will be a surprise!

Serve It Up

After dinner, begin the awards by having each child read the name of the award, announcing the winner, “And the winner is . . .” (of course, mom wins in every category!), and presenting her with one of the prizes. With every award, the “audience” responds with cheering, standing ovations, and thunderous applause. The final award will be her favorite ice cream or dessert, served to her as you would a queen. Everyone else joins her with their own bowl of ice cream.

Prayer

Dads, have each child touch Mom while leading them in this prayer, asking them to repeat after you one phrase at a time.

“Lord, thank you for (mommy). She is a wonderful gift from you to us. She works so hard for our family, and loves us so much. She is a great example of a person who loves you and follows you. Draw her even closer to yourself and bless her deeply. Help us as a family to honor her everyday. Amen.”

TO ADAPT FOR OLDER CHILDREN

Advance Preparation

Make plans for your family to take mom to her favorite restaurant. Encourage each child to write something to be shared at the table when you take mom out (handwritten notes are best). Ideas for topics: A lesson mom taught me that I will never forget, 25 things I love about mom, my favorite memory of time with mom, how God has used my mom to bless my life, etc.

Serve it Up

During the meal, take turns reading what each of you have written, making time in between readings for laughter, tears, and even comments from others that “echo” what each person shares. At the end of the meal, present mom with each note of appreciation for her to keep.

Prayer

Have someone close the time in prayer, thanking the Lord for blessing your lives through mom, and asking Him to continue to bless her life with a closer walk with Him, good health, and a constant awareness of her children’s love. Ask Him to help you to honor her everyday.

Her children stand and bless her. Her husband praises her. There are many virtuous and capable women in the world, but you surpass them all! Reward her for all she has done. Let her deeds publicly declare her praise. (Proverbs 31:28-29, 31)