

G.R.A.C.E. PLACE FALL NEWSLETTER

Grace Lutheran Church
Oct. 18th – 24th, 2020
Issue 6

Spring-Ford high school suffered a loss of a senior last week as he took his own life. Prayers for his family, friends, and Spring-ford community.

Previous newsletter topics about mental health can be revisited, and practices should be continued. These newsletters are to help families communicate and do faith formation together.

This week, we are going to mentor with our families, about the boundaries and schedules of screen time. It is important for kids (and for adults) to understand when they should step-away from screens. The end goal is for kids to know their own boundaries and make their own schedules about screen time with the guidance of parents.

Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020

Join Zoom Meeting:
<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

We have talked about boundaries and schedules. Now, let's talk about screen time.

Part of mentoring screen time is knowing *how and why* they are using their screen time. Are they using it to follow a YouTube channel that talks about social justice or to watch cartoons? Are they playing games that help build vocabulary and other skills or are they playing games where they are interacting and building relationships with their friends from school?

The final page is the color wheel of emotions, please print out. Each time your youth finishes a session of screen time, let them point their feelings on color wheel. It is like a stoplight where red is no more screen time. Yellow and blue are using screen time cautiously and sparingly. Green is go but re-evaluating how you feel after your screen time (game, video, movie, etc).

Whether you are giving your kids a screen such as a cell phone or tablet, even just for a little bit, think about what they are going to play or watch. How can screen time be a tool for your youth, or even for you? What games do you want to introduce or maybe YouTube channels? Think and talk about this over the next week with your youth as they use screen time in and out of school.



Kids describe Screen time exhaustion

TIME WITH GOD

Luke 10:38-42

“Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”

We are re-using Mary and Martha as guidance for our faith formation on screen time. Why? They didn't have screens? No. But they did pay too much attention to one thing. Mary paid all her attention to Jesus. And Martha, she paid all her attention to housework. Finding your boundaries with things like screen time and quiet time is important not only for your physical and brain health but also for your faith.

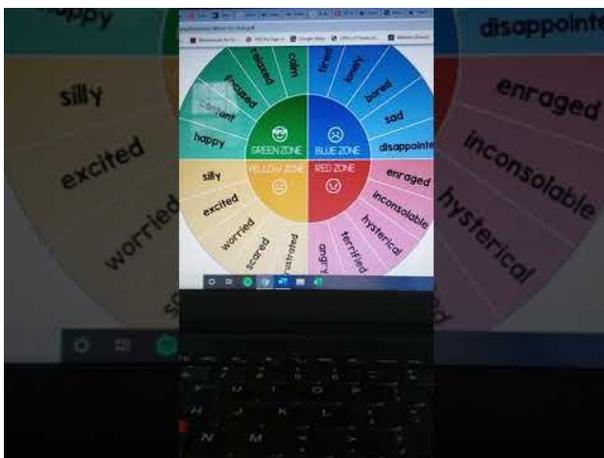
Finding balance is important. God does not want ALL of your time because then you won't be doing God's work out in the world. But God also doesn't want you to be too busy in the world you forget to talk with God.

This week, I pray this newsletter guides families to mentor their children (and themselves) in finding the boundaries of screen time. I also pray you find some great screen time resources to help with your faith formation when you are feeling green! Check out Bible For Kids app, a fun, interactive way to read the Bible stories! You can also use d365.org as a great devotional site that will send you a daily email!

Martha was not right when she put Jesus aside for other things. But Mary would also miss out on sharing God's love if she just sat and talked with Jesus forever.

How are you (your family) going to find the balance of faith, fun, and learning this week?

Mentoring on Screen Time Article: <https://www.edsurge.com/news/2020-02-11-a-new-approach-to-regulating-screen-time-for-kids> e



<https://hes-extraordinary.com/emotion-chart-for-kids>

If you need some more direction about this week's newsletter, please watch this video!

EMOTIONS WHEEL

Help your kids learn to identify their emotions by using this emotion wheel

