



Hello Hope Students Parents!!

How are you? Is it mass chaos at your house? Peaceful? Has there been bickering and fighting yet? What about between your kids - haha!!

As we have been looking forward to the possibility of students being home the next few weeks, we wanted to do our part to help make your home one of intentionality. What does this even mean? There was a great quote floating around social media I wanted to share with you.

“Conversations will not be canceled.  
Relationships will not be canceled.  
Love will not be canceled.  
Songs will not be canceled.  
Reading will not be canceled.  
Self-care will not be canceled.  
Hope will not be canceled.  
May we lean into the good stuff around us.”

What can you do as parents that will help this time be productive and fruitful? Some of you may be reading this and thinking, I am homeschooling my kids. What more do you want from me? I HEAR you! But how cool would it be if the intentionality of what you did, even if they are small things, made the quality of your relationships so much more full?

So with all that said here are some thoughts:

#### **TIPS & TRICKS:**

- Take a walk or exercise every day. This may seem silly, but just getting out of the house for a little while can be so helpful and keep everyone from having cabin fever!
- Look into a good multivitamin and pick it up on your next grocery run or order it on amazon.
- Memorize some scriptures as a family.
- Create a schedule for your students to follow throughout the day. What time to wake up for breakfast? schooling from when to when? When can they get off of screens and just decompress?
- Before your kids start their e-learning for the day have them start out reading the Bible and praying for those affected by coronavirus, especially those battling with anxiety, depression and the elderly who are shut-ins with no ability to have visitors during this time.
- Have a quiet hour every day where everyone goes to their rooms to draw, read, practice, cleaning out their closets and under their beds, crafting, developing a video game etc.
- Start a donate pile.
- Gather some items in the pantry and go drop them off at a local food bank. Or make a click-list with your kids just for food to donate to a food bank, then pick it up and deliver it.
- Watch a series with your kids from Disney+, Netflix, Amazon, Hulu.

- Have your kids research your next family vacation, where to go, how much it will cost, why your family should go there!
- Cook and clean together.
- Tackle those projects you've been wanting to do together.
- It may be important for your family to create a routine that everyone can see and take part in.

### **BIBLE STUDIES:**

Everyone from Hope can get free Right Now Media by [CLICKING HERE!!](#) Right Now Media has lots of great studies to do individually or as a family!! Below are a few that might be a good start for your student.

- Finding Truth by Francis Chan
- Bold by Joby Martin
- Jesus Changes Everything by Nick Hall
- Dream Big by Jennie Allen (girls)
- Reckless Love by Bob Goff
- This is the Day by Tim Tebow (guys)

### **RESOURCES/COMMUNICATION:**

- Daily Instagram posts for your students to interact with. If your students don't have a phone let them borrow yours to do this. @hopestudentstx
- Youtube interaction and videos. @hopestudents
- Online services will be streaming on Wednesday's at 7:00 PM at hopestudents.online.church
- Small-Group Google Hangouts, Zoom calls, texting group chats, and Facetime. We will still be making small group content available to our Hope Students Leaders and have asked them to continue to lead a discussion through one of these platforms.
- Text communication. Parents text 'hopeparents' to 97000. Students can text 'hopestudents' to 97000.

### **CONVERSATIONS:**

- What can we do to help those in my community?
- How would our quarantine be different than in other countries?
- How can we be grateful for today?
- How can we love, show grace and serve each other over the next few weeks?
- What are some changes our family can implement to help protect the environment?
- How can we serve family members who live far away from us?
- How can we continue to serve together regularly?

### **GAMES:**

- Settlers of Catan
- Bananas
- Nertz
- Dominoes
- Puzzles
- Your favorite family board game!
- Have you seen jackbox.tv? There are some fun media-based games on there and can play them on a few different platforms.

## **BOOKS:**

*If you find yourself with some extra time and end up seeing repeats of social media, pick up one of these books*

- [Sticky Faith](#) by Kara Powell
- [Growing With](#) by Kara Powell & Stephen Argue
- [Parenting Beyond Your Capacity](#) by Reggie Joyner & Carey Nieuwhof
- [Don't Miss It](#) by Reggie Joyner & Kristen Ivy
- [It's Just a Phase](#) - So Don't Miss It by Reggie Joyner
- [Every Parents Guide to Navigating Our Digital World](#) by Kara Powell, Art Bamford, Brad Griffin
- [A Tech Wise Family](#) by Andy Crouch
- [Faith For Exiles](#) by David Kinnaman & Mark Matlock
- [Raising Successful Teens](#) by Jeffrey Deam
- [Habitudes](#) by Tim Elmore
- [Gen Z Unfiltered](#) by Tim Elmore

A couple of last thoughts:

We are here for you, reach out if you need anything at all from us! We seriously want to help any way that we can. We know that there are a fair amount of students that struggle with anxiety and depression and this season may feel even more distancing and lonely for them. Our staff is praying for those students and want to make sure that they stay connected. Make sure we have their contact info so we can be sure others are reaching out to them.

Also, another fear we have talked about is with students setting around all day bored, potentially on their devices the chances of them seeing things they shouldn't see or actively looking for pornography or even a predator reaching out to them could grow. Be hypervigilant during this time to keep your kids safe, not just from a virus, but spiritually, mentally and physically as well. There are so many suggestions on here so we can help you help them stay busy!

Together we can do this!!!

Here is one last thought as you are mostly home for a while, use this time to read books, listen, rest and learn how to be still, exercise, eat well, share, love, cook, have full conversations without looking at screens, dance, dream, pray and grow closer to God and each other. Then when this is all done we will look back and be thankful and operating out of full tanks instead of fear and anxiety seeing that we took full advantage of this time of togetherness.

Our Hope Students Staff loves your students and we love you.