

## FAMILY ACTIVITIES

### IN YOUR HOME...

#### **Set up a Rubber Band, Pillow, or Nerf War.**

Pick sides or have every man for themselves to transform an area of your house or yard into a barricaded maze of hiding places and fortresses. Your sixth grader is in to testing limits and thinking outside of the box, so this is a perfect bonding experience and challenge for them.

### IN YOUR TOWN...

#### **Geocaching together.**

The adventurous spirit of childhood is still alive and well under your tween's possibly cool exterior. Capitalize on their curiosity to check out a new section of town and go exploring! It can help develop their communication skills, channel their energy positively, and create a family memory.

#### **Volunteer at a soup kitchen.**

Your tween is starting to see the world from other people's perspectives, so serving a meal helps them develop those and other social skills to practice hospitality and service to people who might live or act differently than they do!

### OUT OF TOWN...

#### **Take a Camp Trip.**

Whether that means roughing it in the background or going glamping in the next town over, this is your last window of play time you're going to see in your sixth grader. Go all out and make it memorable.

## Mark 4:39

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

### Prayer

God, as \_\_\_\_\_ faces trials and challenges, reassure them that you have their back. Remind them that you calm the storms. With our faith in Christ, we can overcome the hard times. Amen.

"EVERY YEAR MATTERS"

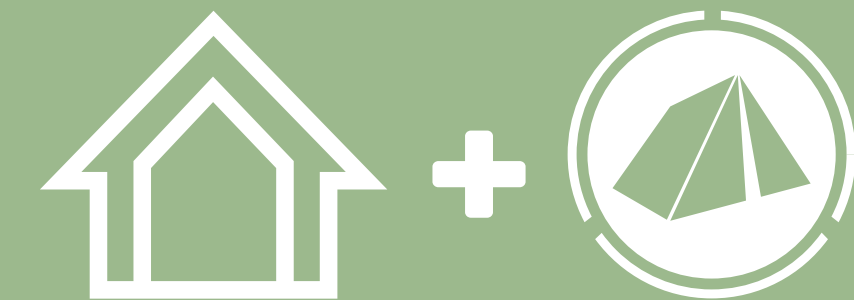


MOUNTAINPARK  
CHURCH

## PARENTING MATTERS

# A GUIDE TO SIXTH GRADE

"THE YEAR OF BOUNDLESS  
ENERGY AND RAPID CHANGE"



## HOW THEY ARE CHANGING



### MIND

- Concerned with fairness and rules
- Starting to see the world from different perspectives.
- Assumes everyone else is as concerned about their behavior and appearance as they are.
- Tests limits.
- Shows less physical affection towards parents.

### BODY

- Appetite for food, physical activity, and talking.
- Girls will be ahead of guys in physical maturity.
- Curious about the opposite sex and girls start to have interests first.
- Extremely uncomfortable and sensitive with observations other people make about their body.

### FAITH

- Able to grasp abstract concepts, like the Holy Spirit and redemption
- Increasingly questioning values
- Values mentors and small group leaders

### FRIENDS

- Centered around common interests, academic classes, or experiences
- Clique or pack mentality runs strong
- Can feel misunderstood by friends

## HOW YOU CAN PARENT THEM WELL



### GIVE THEM LANGUAGE TO EXPRESS BIG EMOTIONS.

They are going to feel some big emotions for the first time when puberty hits. Help your kid identify physical and emotional symptoms of stress, anxiety, or anger. Allow them to create spaces they could go, like their room or shooting hoops in the driveway. Create ways to relieve stress, like listening to music or journaling, to hit the pause. Your role is teaching them valuable life skills.

### EQUIP TO NAVIGATE CONFLICT.

Naturally, situations will arise where your child will butt heads with another student, teacher, or coach. Use these situations to give them conflict management language and skills. Talk through how they can seek clarity over a misunderstanding.

### ENCOURAGE THEM TO BE A GOOD FRIEND.

Brainstorm together ways they can encourage and be intentional with their friends. Competition and social/emotional intelligence is strengthened in this stage, so both parties are trying to navigate what the other person is feeling or feeling deep empathy for the first time. Coach their imagination to be a cheerleader to their friend's sport event or play. Allow them space to cool off when there's an conflict and talk thru ways they can reconcile with their friends.

## HELP THEM ESTABLISH AUTHENTIC FAITH

*Help your  
6th Grader*

**TRUST JESUS**  
**WORSHIP THE LORD**  
**STUDY GOD'S WORD**  
**HAVE AUTHENTIC COMMUNITY**  
**PLAY AN ESSENTIAL ROLE**

### FAITH AT HOME:

#### BEFORE SCHOOL

Create a family prayer that everyone prays before they go off to school. Say it together in the carpool lane when you drop them off or frame it as a reminder before they walk out the door. On the Road.

#### DINNER

Ask open ended questions about how their day went and how they saw God at work. This allows them to start to develop the confidence and vocabulary to bring God into everyday conversations.

#### NIGHT

Ask them for prayer requests for what's going on in their lives. We get to communicate care about what's going on in their world as it mirrors God's care for each and every one of us.

### FAITH AT CHURCH:

#### Volunteer as a Family.

Pick a event or outreach activity your entire family can do together. You can help your child see how they can be the hands and feet of Christ as they work with their larger community towards a common goal and communicate your family's value of Christian service.

#### Take your youth worker out to coffee or volunteer with their youth group.

Get to know the people who are leading your child's church community. Establishing those relationships now will pay off dividends in the future.

#### Go on a overnight trip or retreat.

Let them test their independence and create a common experience with their peers and leaders. Invite a friend.