

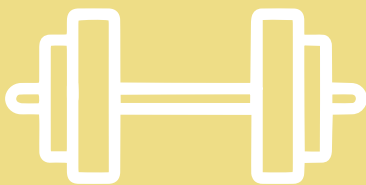
READ



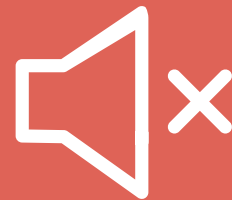
DO

<sup>B4</sup>  
**KIDS**

**POINTS CHALLENGE**



MOVE



QUIET TIME

# DIRECTIONS



Hey Families,

We have created this challenge as a fun way for your child to engage their head, heart, and hands while we are apart.

This challenge has **four categories**: Read, Do, Move, and Quiet Time. There are five different challenge brackets where your **child can earn between 1-5 points per item**. For example, your child can earn 2 points for any of the items in the 2 point section and may repeat their favorite activities for more points if desired.

As a family, you get to decide how you will **keep track of the points**. You can fill a jar with things around your house for each point earned, such as cotton balls, dried beans, or marbles. You may also consider keeping a tally on a piece of paper or filling in a "marble" on our Marble Tracker each time your child earns a point.

Each grade that earns more than 1,500 points collectively will **earn a party**, which will happen when we return. Kids can also **earn individual prizes** for earning between 0-50, 50-100, and 100-150 points.

Go get those points and don't forget to **share the activities** you are doing along the way by tagging @b4kids and using the hashtag #b4kidspoints. Keep an eye out - you might see your child featured on our Instagram! Questions? Email us at [b4kids@b4church.org](mailto:b4kids@b4church.org). Let the games begin!

# 1 POINT



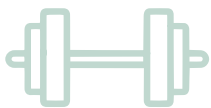
## READ (10 MINUTES)

- The Bible
- Your favorite Bible story picture book
- A new book



## DO

- Make your bed
- Draw an encouraging picture for a friend or family member with a Scripture verse
- Tidy up a room in your house
- Parent's choice! Make your own 1 point challenge



## MOVE

- Go for a 10 minute walk with your parent
- Walk up and down stairs for 10 minutes
- Throw a 10 minute dance party to your favorite playlist
- Parent's choice! Make your own 1 point challenge



## QUIET TIME (IN QUIET SPACE FOR 10 MINUTES)

- Draw
- Creative play
- Write a story

# 2 POINTS



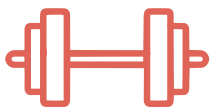
## READ (20 MINUTES)

- The Bible
- Your favorite Bible story picture book
- A new book



## DO

- Load and empty the dishwasher
- Write an encouraging letter for a friend or family member
- Create your own puzzle
- Parent's choice! Make your own 2 point challenge



## MOVE

- Go for a 20 minute walk (with your parent)
- Follow a kids workout video on YouTube for 20 minutes
- Create a dance routine to your favorite song
- Parent's choice! Make your own 2 point challenge



## QUIET TIME (IN QUIET SPACE FOR 20 MINUTES)

- Draw
- Creative play
- Write a story

# 3 POINTS

<sup>B4</sup>  
**KIDS**



## **READ (30 MINUTES)**

- The Bible
- Your favorite Bible story picture book
- A new book



## **DO**

- Fold laundry
- Write an encouraging letter to each person in your family
- Be your parent's helper for an 30 minutes
- Parent's choice! Make your own 3 point challenge



## **MOVE**

- Go for a 30 minute jog with your parent
- Do 30 jumping jacks, 30 burpees, and 30 squats
- Create your own hand motions to your favorite worship song
- Parent's choice! Make your own 3 point challenge



## **QUIET TIME (IN QUIET SPACE FOR 30 MINUTES)**

- Draw
- Creative play
- Write a story

# 4 POINTS



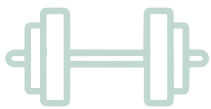
## **READ (40 MINUTES)**

- The Bible
- Your favorite Bible story picture book
- A new book



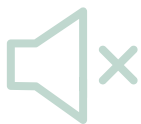
## **DO**

- Clean the bathroom
- Choose a charity or organization you would like to send a letter to and mail it
- Tidy up two rooms or spaces in your house
- Parent's choice! Make your own 4 point challenge



## **MOVE**

- Go for a 40 minute jog with your parent
- Do 40 jumping jacks, 40 burpees, and 40 sit ups
- Workout to a Go Noodle video for 40 minutes
- Parent's choice! Make your own 4 point challenge



## **QUIET TIME (IN QUIET SPACE FOR 40 MINUTES)**

- Draw
- Creative play
- Write a story

# 5 POINTS



## **READ (50 MINUTES)**

- The Bible
- Your favorite Bible story picture book
- A new book



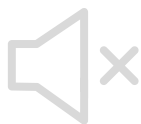
## **DO**

- Help cook a meal and clean the dishes afterwards
- Read an entire book of the Bible, then make a creative book report
- Memorize the order of the Old or New Testament and take a video (do both for 10 points!)
- Parent's choice! Make your own 5 point challenge



## **MOVE**

- Go for a 50 minute jog with your parent
- Do 50 jumping jacks, 50 burpees, and 50 squats
- Kid's choice! Show us what you can do for 50 minutes
- Parent's choice! Make your own 5 point challenge



## **QUIET TIME (IN QUIET SPACE FOR 50 MINUTES)**

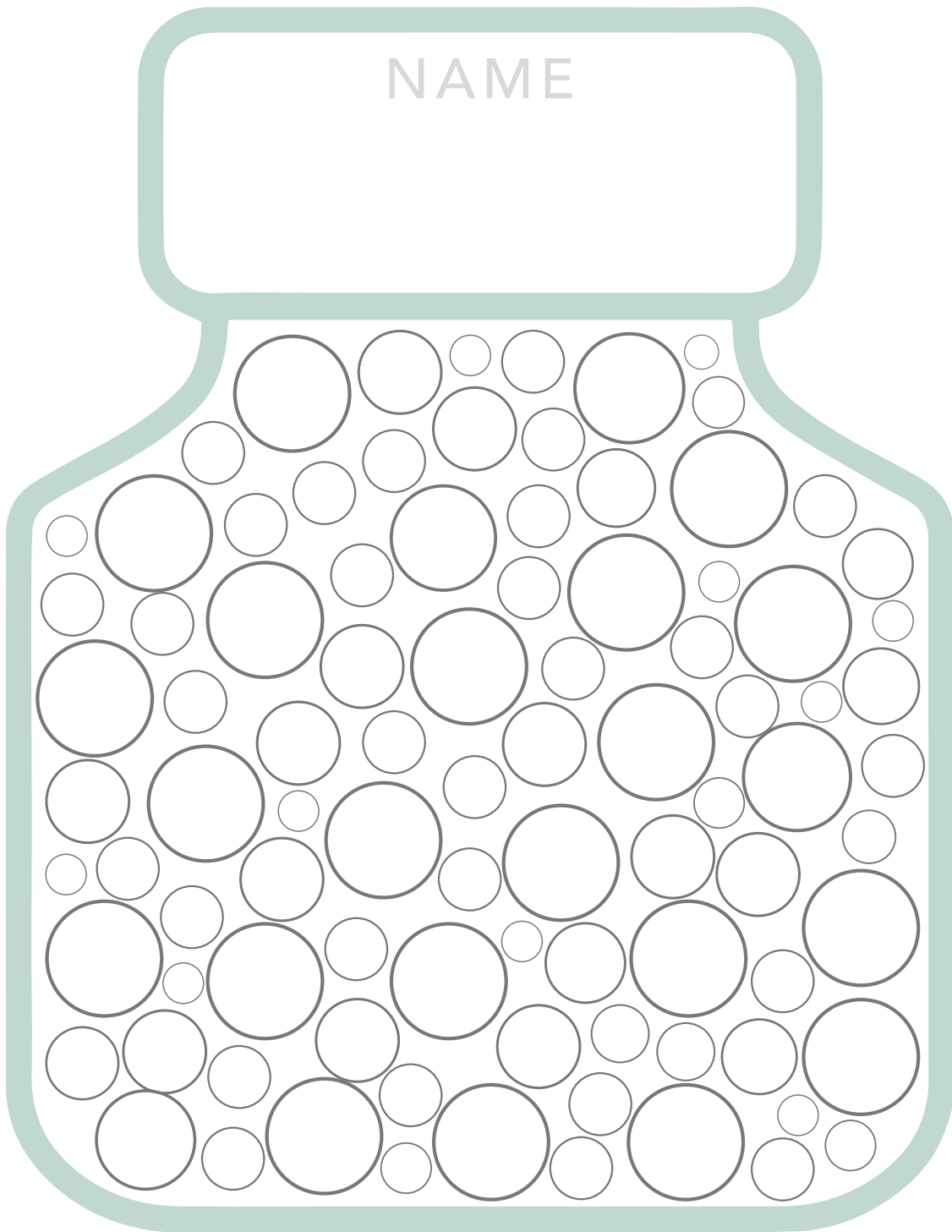
- Draw
- Creative play
- Write a story

# MARBLE TRACKER

DIRECTIONS: COLOR IN ONE MARBLE FOR EACH POINT YOU EARN



NAME



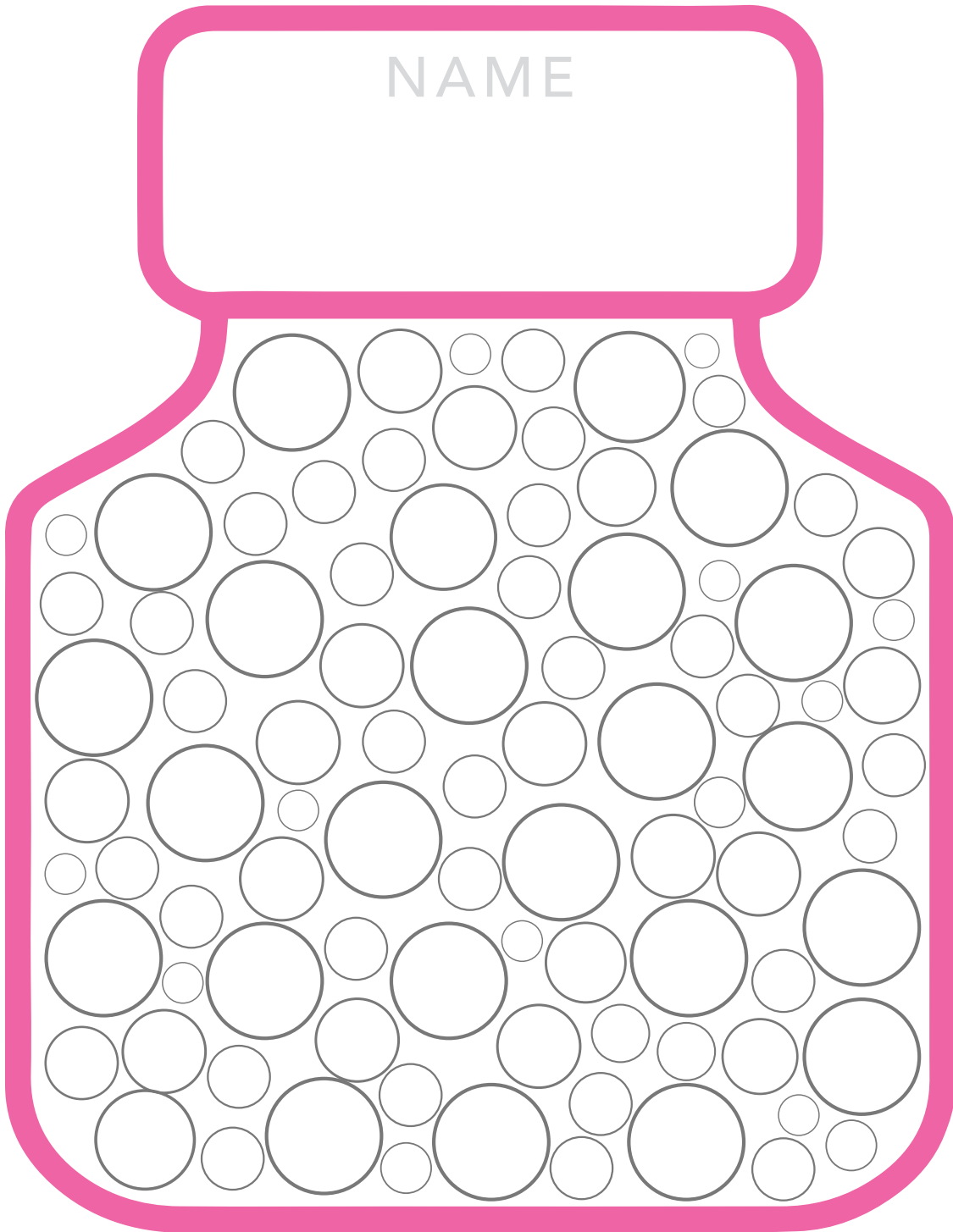


# MARBLE TRACKER

DIRECTIONS: COLOR IN ONE MARBLE FOR EACH POINT YOU EARN



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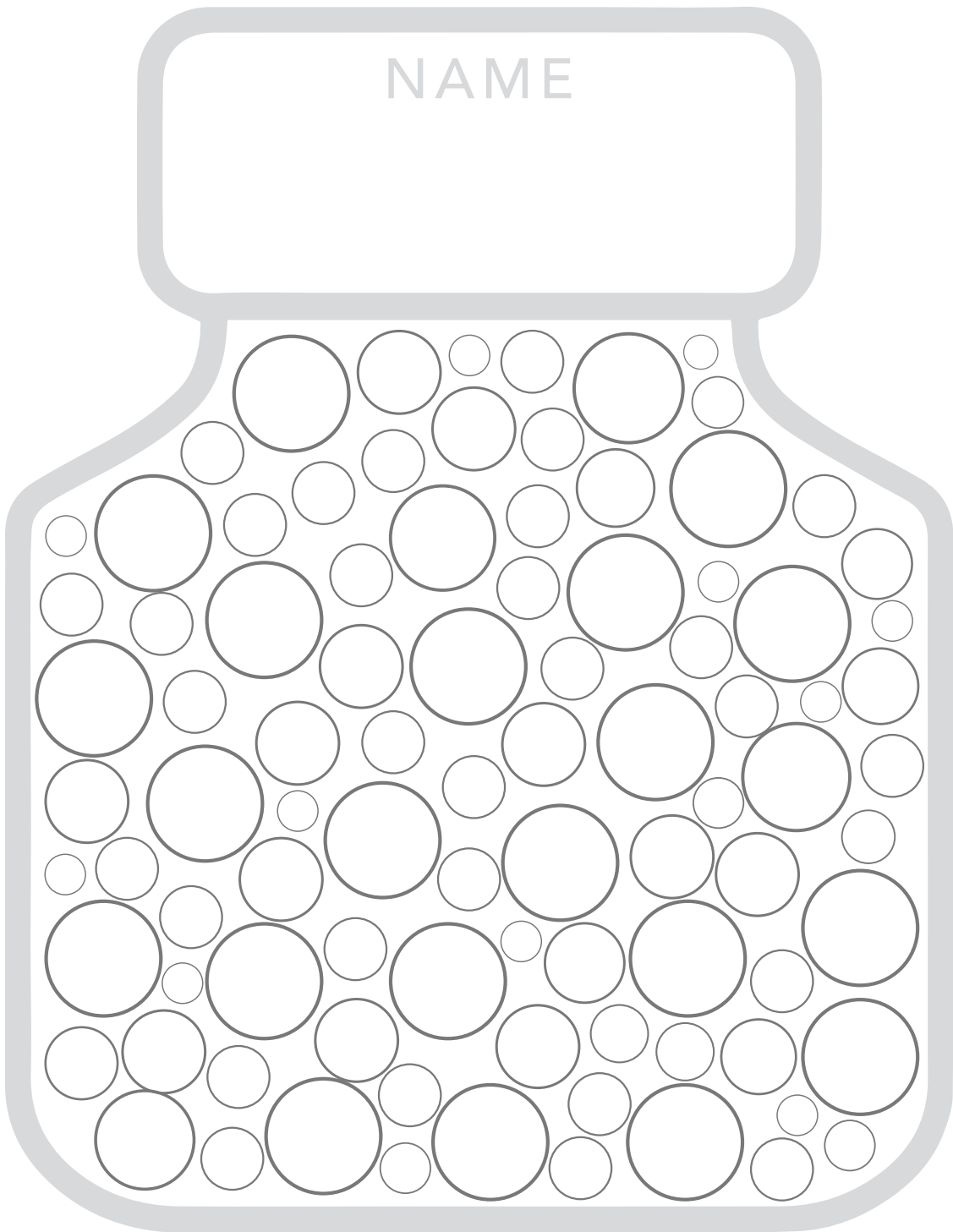


# MARBLE TRACKER

DIRECTIONS: COLOR IN ONE MARBLE FOR EACH POINT YOU EARN



NAME



# POINT TRACKER



NAME

