

Year B - Feast of the Holy Family

Matthew 2:13-15, 19-23

Choose your own adventure



Introduction • Even though every family is different, we can all learn from the Holy Family by helping one another, listening carefully, praying together, and showing God's love through our actions. Take part in this Holy Family Challenge and discover simple ways to follow the example of Jesus, Mary, and Joseph in your own family and community.

You will need • A printable activity sheet (template below)
• Pencil or crayons

Instructions

1. Look at the challenge circles below. Close your eyes and point to one challenge, or choose your favourite.
2. Act it out: Read your challenge and act it out for 10 seconds.
3. When you've completed your challenge, colour in one star at the bottom of the page.
4. Pray together: *"Jesus, Mary, and Joseph, help us to love, help, and care for our families every day. Amen."*



Holy Family Challenges

Jesus says

- Show kindness to someone nearby.
- Give someone a smile and a thumbs up.
- Find someone sitting alone and invite them into your group.
- Make a heart shape with your hands and share one way God loves us.
- Shake hands with three people and wish them peace.

Mary Says

- Listen silently to a partner for 30 seconds while they share something they enjoy.
- Fold your hands and say a short prayer for your family.
- Show your best "gentle and caring" face.
- Tell a partner one thing you are thankful for today.
- Stand still and quiet for 10 seconds, thinking about God's blessings.

Joseph says

- Give someone a compliment.
- Pretend to carry a heavy bundle across the room like Joseph protecting his family.
- Work with a partner to build a simple shape using your arms (a circle, triangle, or square).
- Give a partner an encouraging high-five.