

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Back to School Show & Tell

By Deborah Shelton

Back to School Show & Tell by Deborah Shelton

One thing you can count on during the first day of school is the inevitable question of "What did you do over the summer?" Here are a few creative ways to describe your summer experiences for the first edition of Show and Tell.

1. Flip Books

Create a moving picture of your summer fun with a flip book. Start out with a Post-It pad or a pocket-sized spiral notebook. Draw the first picture on the last sheet of paper and work your way to the first page by changing the picture little by little. For instance, if you learned how to surf over the summer, you might start with a picture of you lying on a surfboard in calm waters. The next picture could show the waters growing a little choppy. The following drawings could be of you slowly turning, then standing on the board as the wave grows larger, and so on.

2. Summer Collage

Illustrate your summer happenings with one of my favorite forms: collages. Simply use glue to cover a poster board or even several small postcard-sized papers with magazine cutouts, sections of road maps, photographs, movie and concert ticket stubs, restaurant menus, train schedules, and any other mementos from your summer.

3. Map It

Instead of just telling the class where you went and what you did, pinpoint our summer destinations and activities on a map. If you stayed close to home, use a local road map.

If you were able to travel to several cities and states, use a countrywide map. Glue magazine cutouts of activities, or actual photos of your fun onto the map. For example, if you went to a dude ranch in Dallas, glue a picture of a horse onto the map in Dallas. If you visited Mount Rushmore, glue a photo of your family onto the map in South Dakota. The same goes for rock climbing, swimming, snorkeling, and anything else you had a chance to enjoy over the summer months.

4. Seashell Memories

Capture every fun moment of summer vacation on seashells.

If you didn't get a chance to go to the beach, don't worry—most craft and hobby stores sell bags of seashells. Use acrylic paint and a clean paintbrush to paint pictures inside the shells. My son's summer shells feature an octopus in the ocean (from snorkeling—we didn't actually see an octopus, but he wishes he had), a colorful clown from a friend's birthday party, an airplane in the clouds, and the night sky filled with stars and a bright crescent moon.

Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas: <http://www.fiveminuteparent.com>

A New School Year

By Kimberly Chastain

Depending on where you live school will be starting this month or next month. A new school year is usually exciting and scary at the same time. Most children won't admit it, but they are ready to get back to school and see their friends. As much as I love not having a rigid schedule in the summer, I do miss the structure of the school year. We get up later in the summer and go to bed later as well.

When you think of a new School Year what are your first thoughts? Back to school shopping for clothes and school supplies. A big transition from elementary to middle school, or to high school, even college. A new teacher who you heard is strict or not strict enough? There can often be lots of anxiety with a new school year for parents as well as children.

Can I offer a few suggestions for your back to school list? Remember whose children they are. Yes they are our children, but they are God's children. He cares about them and loves them more than we ever could. Pray for your children. Pray for their academics, choice of friends, study habits, and

wisdom to make Godly choices. Pray for their teachers. If their teachers are not Christians, pray that God can use you to be an example to their teachers. Pray for the administrators in your child's school. Pray for the safety of your child and all the children at their school. Pray that your children will see a Godly example in you, with how you handle school difficulties or problems with your children. Begin praying with other mothers for their children as well. We don't have to carry the burden alone. Above all remember God is in control. I often have a difficult time remembering that principle.

In closing, God is a mighty God and he cares about our concerns. I often pray on the way to taking my children to school. I pray when my children are having difficulties with friends. God cares about everything in our lives and He truly cares about our children. My mother is a prayer warrior for my children and myself. May we all become prayer warriors for our children. Take your problems to Him and leave them there.

© 2004 Kimberly Chastain

Kimberly M. Chastain, MS, LMFT is the Christian Working Mom Coach and a Licensed Marriage and Family Therapist who specializes in helping Christian women make the most of their lives. She is the author of the on-line course, "I Can't Say No" and Pearls of Encouragement for Christian Working Moms, a free e-book. If you suffer from "I Can't Say `No" Syndrome, visit Kimberly's site today for the details on an exciting email course that's sure to set you free!

The Text Information Box above MUST be included for reprint privileges. You may reprint this article in its entirety with the attached text box.

A New School Year
The Rep
How A Dog Obedience School Changed My Life
Is The Theme Running Throughout The Story?
Show Your Logo On The Go

Help Your Child Succeed In School
People Finder Software
How to become a Chef!
Gate Crash into the Interior Design Industry.
COCKTAILS - How to Make and Enjoy them



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!