

WELCOME

Dear Families,

We are so excited that you downloaded
(or picked up) the Empowered Homes
Back to School Guide!

Inside this guide you will find resources to
help your family set goals, pray, and extend
healthy conversation as you prepare for the
school year.

It is our hope and prayer that this guide will
give you practical equipping and
encouragement for the
coming school year.

Please visit empoweredhomes.org to find
more resources in the areas of marriage,
parenting and personal growth.

-The Empowered Homes Team

5 THINGS TO TELL YOUR KIDS EVERY MORNING

The beginning of each school day can be chaotic, whether you are trying to get out the door or settle into a home school routine. Plan ahead to use your morning routine as an opportunity to encourage, invest, and inspire your family to become the best they can be. To help start the day off right, here are 5 things to tell your child every day.

BE A LEADER

Tell them that leaders go first, set examples for others, and help when needed. Good leaders do the right thing when no one is watching.

BE KIND

Tell them that being kind is doing and saying the right thing, even if it means you get nothing.

GET BACK UP

Tell them that no matter what happens, we always get back up and try again.

BE RESPECTFUL

Give respect to adults at school because they have authority. Respect your peers in the way that you want to be respected. Respect the facility because we always leave places better than we found them.

ENCOURAGE OTHERS

Ask them, "Do your words encourage others or tear them down?"

PRACTICE IT! - - - - -

Use the questions below to rate how well your kids are doing in these areas and then pray about how you can use your morning routine to help encourage their growth.

Needs Work OK Neutral Good Excellent

How would you rate your morning routine with your kids?

How would you rate your kids as leaders among their peers?

How would you rate the resilience of your kids?

How respectful are your kids towards everyone in the family?

How often do your kids put others first?

What else would you add to your morning encouragement for your kids?

IDENTITY IN CHRIST REMINDERS

Children and Teens are faced with situations and experiences that cause them to question their identity often bringing about confusion and disorientation. Find time to regularly remind your family members of who God has created them to be.

I am a Child of God (Romans 8:16).

I am Loved (John 3:16).

I am Chosen (John 15:16).

I am Precious (Isaiah 43:4).

I am a New Creation in Christ (2 Corinthians 5:17).

I am God's Masterpiece (Ephesians 2:10).

I am Holy (Ephesians 1:4).

I am Victorious (Luke 10:19).

I am Blessed (Ephesians 1:3).

I am Accepted (Romans 15:7).

I am God's friend (John 15:15).

I am Made by God (Psalm 139:13).

4 TIPS TO EQUIP YOUR CHILD FOR A SUCCESSFUL SCHOOL YEAR

*I have wanted to be a teacher and have enjoyed working with students for most of my life, and building relationships with the students is by far my favorite part of the job. That being said, it can also be the hardest part when you have forty different students all with varying needs, desires, and goals not to mention all of the other everyday responsibilities of the job. Being a teacher has taught me many things, both about myself and about the kids I teach. I want to share some of the things I noticed that helped students have a great school year, while also sharing some words of encouragement from a teacher's perspective. **Here are four tips to help equip your children for a successful school year:***

1 SET GOALS WITH YOUR CHILDREN

If you want your teacher to be in on the goal-setting conversation, encourage your child to share his or her goals with their teacher(s) at the beginning of the year. This way, the teacher can help equip your child as well and help them achieve their goal. Plus, we like celebrating achievements with them.

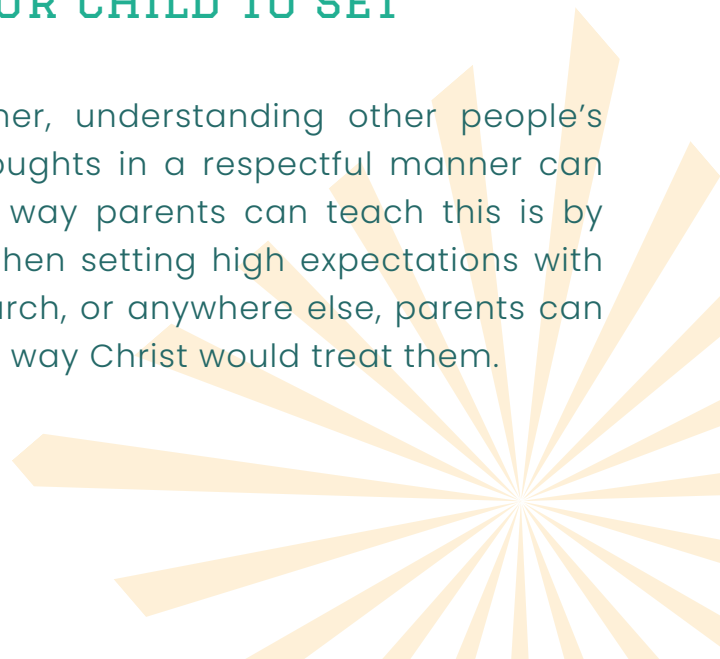


2 REMIND YOUR CHILD WHO THEY ARE IN CHRIST.

Every child is more than a number or test score, and my hope and prayer as a teacher is that kids can walk confidently knowing that truth. I put a lot of pressure on myself to perform well in school, and I often felt like I had to achieve perfection when it came to grades. However, this way of thinking is far from the truth. Once I started following Jesus, I realized that perfection is a very overrated word.

3 ENCOURAGE AND EQUIP YOUR CHILD TO SET THE EXAMPLE.

Little things like being a good listener, understanding other people's perspectives, and communicating thoughts in a respectful manner can go a long way. Probably the biggest way parents can teach this is by setting the example themselves and then setting high expectations with their kids. Whether it's at home, at church, or anywhere else, parents can set the tone for how to treat others the way Christ would treat them.



4

PRAY WITH YOUR CHILD FOR THE SCHOOL YEAR.

As a teacher, I pray for my students constantly. I encourage you to pray together for all aspects of school. Pray for your child, that they may look to Christ for wisdom and guidance, and would be a great example on their campus. Pray for your child's classmates, that they would become a great community for your child and a great group of friends to do life with. Pray for your child's teachers as they are gearing up for the new school year. Pray for other school and district leaders and the decisions they will be making every day that will be impacting your child.

PRACTICE IT! - - - - -

Make a list of your child's teachers, admins, principals, coaches, directors, etc. and commit to praying for them!

What is the best time to talk to your kid about goals, who they are in Christ, and how to set an example at school?



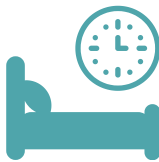
Mornings



Car Time



Table Time



Bed Time

Commit to have meaningful conversations with your children during these times. Use the Back To School Game Plan on the next page to set goals.

BACK TO SCHOOL GAME PLAN

Going back to school is an exciting time! It can also feel overwhelming and busy. Use the Back to School Game Plan to set some goals and brainstorm some action steps towards maximizing your routines this fall. Download extra copies of this planning sheet at empoweredhomes.org.

Spiritual Goal



School Goal



Action Steps



Family Goal



Personal Goal



Action Steps



Goal Check-in Dates: _____

AFTER SCHOOL CONVERSATION STARTERS

INSTEAD OF
THESE

- How was school?
- Did you have fun at school?
- Who did you sit with?
- Was your teacher nice?
- Were your classmates kind?
- Did you hang out with anyone?
- How was lunch?

TRY
THESE

- Tell me one thing you learned today!
- What was the best thing you did at school?
- What was the most interesting thing your teacher said today?
- What class rules did your teacher say are important?
- Did anyone have anything fun or interesting to talk about?
- What were most kids doing at recess / breaks?
- What was the best game you played today?
- Who sat near you at lunch? What were they eating?
- What is the most shocking thing you saw today?
- Where did you see kindness today?

A STUDENT'S PRAYER

by: St. Thomas Aquinas

**Grant me,
O Lord my God,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance
in waiting for you,
and a hope of finally
embracing you.**

Amen.

