



The Twelve Gardens of Stewardship

Applying Christian Stewardship to Every Area of Our Lives

Twelve Gardens of Stewardship for Families

Reflections for Parent Packets

GARDEN OF THE BODY

Our physical bodies are gifts from God and temples of the Holy Spirit - to be respected and cared for.

For Adults

Do you set a good example for nutrition and physical activity? Home is the strongest influence for young children. When adults making healthful choices, everyone benefits!

For Children

Do you sometimes choose to eat too much candy or junk food? Choosing to eat more healthful food instead will make you a better steward of the body that God gave you, and you'll feel better, too!

Families Together

Enjoy physical activity together. Talk about the good and bad ways that foods affect our bodies. Consider also how we respect our bodies by dressing with appropriate modesty.

GARDEN OF EMOTIONS

Our feelings and emotions are an integral part of us as human beings. God calls us to deal with our emotions in ways that focus on healthy, positive thoughts and feelings, while avoiding the patterns of thought and behavior that may disrupt our happiness and well-being.

For Adults

Talk to the children in your household about ways you make an effort to keep your emotions under control and to improve your outlook. They need to know that control over our emotions doesn't always come easily, but that we have to stay aware and work diligently to not allow our emotions to control our actions.

For Children

Say hello and give a smile to everyone you meet. It helps you feel good and it helps others feel happy, too!

Families Together

Laughing as a family is a great way to boost happiness! Consider an evening routine of sharing jokes or funny stories.