

Resilience for Children & Families: Supportive Beliefs during Covid-19



It's Dr. Mabelle. I have a special guest today. This is my friend, Minister Victor. He studied to learn about God. He also helps with Laws to keep kids safe. He is very smart and works so very hard to help kids.

April is a Holy time Across the World

Maybe you remember Passover. פסח

✝ Your family might pray at Easter.

Your family might fast for Ramadan. 🌙

☞ You might celebrate Vaisakhi or Ridván ☀

World Art Day is on Da Vinci's birthday. He created new machines & beautiful art. Kids have special things to think about in April.

Kids told us: Thinking about God or faith helps through hard times.

8 ways to have peace. Minister Victor wants you to know...

1. Even if you can't leave home or feel scared, think about peace or remember God.
2. Your family can read special stories about people being brave or learning about God.
3. Draw a picture of one of these stories.
4. If you feel alone, you might talk to God any time. Some call this prayer.
5. Maybe you miss going to church, temple, synagogue, or mosque. Try to find a special service online or on TV.
6. You can sing a song that gives you peace.
7. You might know the story of Moses. They had no food so God sent them manna. Maybe someone special brings you food.
8. Think of a way to help someone from home.

Da Vinci drew beautiful things. Can you draw something peaceful?

