

Power Shirt

By Elizabeth Hammond

Decorate a t-shirt with images and words to help ease the transition into a new experience, such as new school, new baby, new skill, medical treatment, moving, or caring for an older family member.

For

Young Family

Season

Spring

Needed

Plain cotton blend t-shirt or tank top for each family member facing a new situation, fabric crayons or markers and any other materials listed in package instructions



gwrrty

Prepare in Advance

- Protect the work surface with sheets of paper or an old vinyl tablecloth.
- Prepare t-shirts or tank tops according to the instructions for the fabric crayons or markers you will use. Be sure to place plain paper inside the shirts under the area where designs will be drawn.

Activity Plan

1. Say this prayer aloud to begin:

Brave God, thank you for helping us try new things. We know you are always with us. Amen.

2. Talk about the new situation coming up. Remind family members that, with God's help, each of you can be brave enough to try new things. Together, list some words or slogans that might encourage the person(s) facing the new situation, such as: Ready for Summer Camp, Stronger Than Cancer, Champion Brother, Creative Caregiver.
3. Work together to print the words and add drawings or designs on a shirt for the person(s) facing the new situation.
4. Encourage the family member(s) to wear his or her shirt often as he or she prepares for the new situation. Reinforce the idea that you all are ready to stand together and tackle what is coming next.
5. Say this prayer to end your time together:

God, even though new things are scary, we know you are always with us. We know we can be brave with you to help us. In Jesus' name. Amen.