

Sundae School 😊

By Heath Howe



This activity will help you share faith as a family, listen well to one another, and create a holy space at home where all are heard, valued, and treated as a child of God. With food and caring conversation your children will begin to see that faith is something shared well beyond the church walls and Sunday morning. Faith is practiced and shared daily, especially at home!

For

Young Family

Season

Summer

Needed

Variety of family favorite ice creams, sauces (e.g. chocolate, caramel, strawberry), sprinkles, mini M&M's or other candy, licorice sticks, whipped cream, ice cream cones, bowls, spoons

Prepare in Advance

Set table with bowls filled with toppings and sauces listed above. Arrange bowls and spoons so that each family member has a place of his/her own.

Activity Plan

1. Say this prayer aloud to begin.

Jesus, you were a person just like us. You had a home, friends, and a family. Thank you for our family and for what we love about one another. May this time of sharing be sweet! Amen.

2. Instruct each family member to create a Sundae Self Portrait, an ice cream sundae that reflects him or her.

Encourage family members to consider what they like best about themselves and include it on the Sundae. Mini M&M's can be eyes, strawberry sauce red hair, etc. If a member likes their sense of humor they might make their Sundae laughing. If a member loves of animals he/she might surround the Sundae with gummy bears or animal crackers.

3. Ask each family member to describe his or her creation, and conclude with this statement:

One of my favorite things about me is _____ . Thanks, God!



Once everyone has shared begin feasting! Ice cream loves to melt! During the Sundae School feast, family members then look at each member one at a time and share their thoughts to the following:

(Person's name) what I love best about your Sundae is (was)_____.

(Person's name) you have taught me about God's love because of your gift of _____.

Thank you!

4. End with this prayer:

God, thank you for making each one of us, as unique and special as we are. May we grow in your love as we love one another. Amen.

Variation

- If your family has allergies, this activity can be adapted to meet your dietary needs. The idea is to let food be a medium for your caring conversation opportunity.
- This activity can be expanded and shared with extended family members, neighbors, or close friends.

