



Resilience is getting back up when something gets you down.

Proverbs 16:3



DAY
1

Keep Going!

Grab a friend and timer for a little competition. Stand face to face and do the actions listed below for 30-seconds. Add one move after every 30-seconds. Reset the timer each round.

START: Stand on one foot.

ADD: Wave one arm back and forth.

ADD: Nod your head up and down.

ADD: Close your eyes.

KNOW that with God's help you can keep going even when things get tough.

DAY
2

aMAZEingly Tough

Draw a simple maze using a piece of paper and a marker. Make sure you have a clear beginning and end to the maze and give it to a friend to try! Before they do the maze, tell them about how they can do tough things and to keep going. Tell them they can ask for help if they need it.

LOOK for ways to help others keep going when it gets tough.

DAY
3

His Plans & Your Plans

Look up this week's verse and read it out loud. Make a plan to memorize the verse this week. Write your plan below. If you need some ideas, talk with an adult to come up with a plan.

My Plan:

ASK God to help your plan succeed this week.

DAY
4

Pray Through It

Talk to God when things are tough. Make your prayer a little tough. Stand on one leg as you pray the prayer below.

"Dear God, I know that I can pray to You when things are tough and You are always there when things are good too. I pray that You can always help me remember that You are there in the good and the tough. Amen."

THANK God for being there when things are tough.

Keep going when it gets tough.





**THIS IS
TOUGH...**

**...BUT WE
KEEP GOING!**