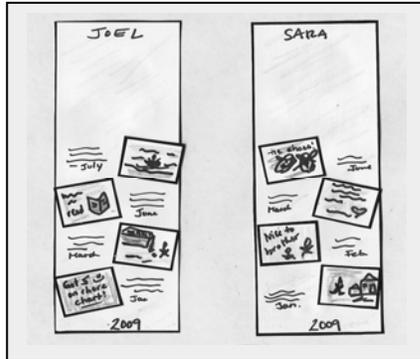


How High Can You Fly - Family Art Activity

Growth Chart



We measure the height of our children's bodies, but what about their hearts?

This project gives you a tool, documenting those amazing emotional, psychological and health milestones that can often be overlooked.

Directions:

1. Tape together 8 1/2 by 11 pieces of paper or use large cardboard if you have it on hand. One for each kid.
2. Write kids names on top of each chart.
3. Write the year it is at the bottom of the chart. Have kids color chart if they wish.
4. As child achieves milestones, facing fears, tying shoes, learning ABCs, being nice to siblings, have child draw picture of experience and post picture on chart!

Curious Questions

~ What is growth?

~ What challenges do we face in life that helps us grow?

~ Does facing fear help us get strong? how about being nice without asking or telling someone? What about being responsible for ourselves? Showing kindness?