

STEWARDSHIP

Week 3

Stewardship

To keep your body as a living and
Holy sacrifice acceptable to God.

You Thought You Were *Just* Homeschooling Your Children

Stewardship Week 3

- The most tragic thing about homeschooling is that you are NOT just homeschooling FOR your children!!!!
- God is going to do a major work in your life.....
 - you will learn more than your children
 - you will be shaped in character
 - you will be stretched in skills

How Much Flexibility Is TOO MUCH?

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- Young children love a schedule and love to announce when it is lunch or break time.
- If learning is continually interrupted, and the rule is interruption, then you need to make a change.
- You have a choice to not yield to interruptions.

Objectives

Stewardship Week 3

General Objectives

- To recognize our bodies are a living sacrifice to God
- To practice good stewardship of our bodies

Specific Objectives

- To study the glycemic index and eat with it in mind
- To understand calories and how overeating effects health
- To design an area for rest
- To set up and run an obstacle course
- To plan your circus program
- To plan a weekly family menu
- To identify the negative impact of certain additives

Alert!!!

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Immediate Action!!!

- Week 5 begins the study of different careers. Begin to contact people of different careers to talk to your children or make appointments to visit their place of business.

Supply Alert!!!

- Keep looking for circus props and costume makings.

Weekly Supplies

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- Poster board or butcher paper for Pin the Muscle game.
- Stepping stool or stairs **aaa (p.325)**
- Materials for circus costumes **s (p.335)**
- Cardboard boxes, tape, blankets
f (p.334)
- Jump rope or trampoline **cc (p.337)**

Bible Verse

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Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, {which is} your spiritual service of worship.

Romans 12:1

Focus Books

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- Y** *Circus Baby*
Close Your Eyes
Syd Hoff's Joke Book
- M** *Mr. Popper's Penguins*
- O** *Charlie and the Chocolate Factory*

Writing Assignment

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- **Y** Tell mom about a dream you had one night.
- **M** Explain about the glycemic index
- **O** g (p.331) Research and write a paper on insomnia.

Vocabulary

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Body Muscles

tongue

heart

biceps

triceps

deltoids

pectorals

trapezius

latissimas dorsi

gluteus maximus

sartorius

quadriceps

gastrocnemius

General

Glycemic Index=GI

metabolism

BMR

calories

gluttony

aerobic

Vocabulary

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Food Processed By:

additives

natural

artificial

preservatives

refined

processed

True Teaching

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- You must read about the topic the night before.
- Evaluate what information your child can absorb.
- Explain the information.
- If they do not get it, explain it at a lower level.
- Relate it to something they know or can remember.
- Make it hands-on.
- Repeat it again and again.

Activities

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Monday

Introduce the Glycemic Index.

Group carbohydrates on your chart in the three categories of the Glycemic Index.

ooo (p.315) Define calories and compare food to a calorie chart.

ppp (p.315) Count your calories

qqq (p.315) Estimate calories burned daily

sss (p.315) Carry 20 pound backpack on hike.

www (p.315) Contract for better eating habits.

Tuesday

nnn (p.315) Define and study metabolism and BMR.

vvv (p.316) Discuss gluttony.

rrr (p.315) Do pinch test on all family members.

w (p.323) Flexibility exercises while listening to Offenbach's "Cancan."

Activities (cont'd 1)

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Wednesday

Make a "Pin the Muscle on the Body" game.

a (p.330) Dramatize four stages of sleep while listening to Brahms... "Cradle Song".

l,n,o (p.331) Design area to induce rest.

s (p.335) Begin planning circus acts.

Thursday

z (p.325) Rank aerobic activities.

aaa (p.325) Do Harvard Step Test.

aaa (p.312) Read only.

Activities (cont'd 2)

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Thursday (cont'd)

ccc (p.313) Research negative effects of foods and additives.

eee (p.313) Measure salt intake.

fff (p.313) Examine hidden salt content.

Review the major muscles of the body.

s (p.335) Continue planning circus acts and music.

Friday

iii (p.314) Plan family menu for next week.

Make grocery list for Saturday shopping. (Dad?)

Play "Pin the Muscle on the Body" game.

kk (p.327) Create and run a physical conditioning course.

s (p.335) Begin working on circus costumes.

Grocery List Suggestions

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- Items for next week's menu
- Items for Circus Dinner Night

Focus of the Week

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- **Understanding and incorporating the glycemic index in your diet**
- **Creating and running an obstacle course**
- **Planning a weekly menu**
- **Creating a circus program and costumes**

Circus Activities

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- Ring master
- Clown
- Strong men
- Tight rope walkers
- Dog or other animal trainers
- Lion tamers
- Siamese twins
- Acrobats and Tumblers
- Jugglers

Music for Circus Performances

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Richard Strauss' "Thus Spake Zarathustra."

Prokofiev's "Lieutenant Kije Suite."

Moussorgsky-Ravel's "The Great Gate of Kiev."

Ravel's "Bolero."

Offenbach's "Cancan."

Wagner's "Ride of Valkyries."

Teaching Drama

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- Do not hesitate to say:
 - “I can't hear you.”
 - “A ring master doesn't talk like that. Where is your ring master voice.”
 - “If you do not know your lines you are going to be embarrassed.”
 - “Exaggerate your actions or no one will think this is funny.”
- Block out all your child's actions and practice them over and over.

Suggestions for Dad

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- Talk about circus acts and help the kids select acts for their performance.
- Help the kids add up the calories consumed at dinner one night.
- Do Harvard Step Test with the kids.
- Play "Pin the Muscle on the Body."
- Help plan and construct the obstacle course. (Help, not do!)

Field Trips

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None!

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Thanks,
Wade and Jessica Hulcy