

# **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?**

## **Stewardship Week 3**

- **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!!!

## Stewardship Week 3

### 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

## Stewardship Week 3

- Poster board or butcher paper for Pin the Muscle game.
- Stepping stool or stairs aa (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

## Stewardship Week 3

*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

## Stewardship Week 3

**Y** *Circus Baby*

*Close Your Eyes*

*Syd Hoff's Joke Book*

**M** *Mr. Popper's Penguins*

**O** *Charlie and the Chocolate Factory*

# Writing Assignment

## Stewardship Week 3

- **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

## Stewardship Week 3

### 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

Stewardship Week 3

Food Processed By:

additives

natural

artificial

preservatives

refined

processed

# True Teaching

## Stewardship Week 3

- 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

## Stewardship Week 3

### 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)

## Stewardship Week 3

### 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)

## Stewardship Week 3

### 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**

## **Stewardship Week 3**

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

# Focus of the Week

## Stewardship Week 3

- 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

## Stewardship Week 3

- 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

Stewardship Week 3

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

## Stewardship Week 3

- 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

## Stewardship Week 3

- 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**

**Stewardship Week 3**

**None!**

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Thanks,  
Wade and Jessica Hulcy