



FRANCIS — AND — FRIENDS



**KIDS'
WORKBOOK**

This workbook is a companion to the Following the Way® with Francis and Friends family faith and nature program. For more information please visit

www.francisandfriends.org

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Welcome to the Francis and Friends Clubhouse!

Hi Friends!

Welcome to the Francis and Friends Clubhouse. I'm Francis. Throughout our time together you will be joining me, my good friend, Clare, and the rest of our friends as we learn about loving God with all our Heart, Soul, Mind and Strength.

We are glad you are joining us. Let's go outside into God's amazing world to learn, play and have fun!

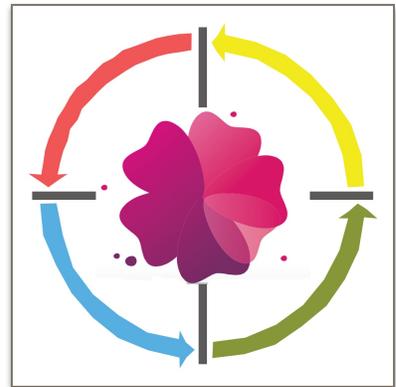
Your friend,

Francis



Introduction

God loves everything God has made



Video reflection

Danny, Olivia, Sally and Rich love to be outside. What is your favorite place outside?

Francis explains the Great Commandment and lists four different ways we can love God. Can you remember what all four are? (If not, read Mark 12:30 on the next page).

- 1.
- 2.
- 3.
- 4.

Francis also read his poem “The Canticle of the Creatures.” He talked about Brother Sun, Sister Moon, Brothers Wind and Air, Sister Water, Brother Fire, and Sister Earth. What is your favorite thing about nature? What makes it so special to you?



Introduction Worksheet



The Great Commandment reminds us that the most important thing we can do is love God with all our Heart, Soul, Mind and Strength. What are ways that you show your love for God and for others?

Our Scripture Verse today comes from Mark 12:30

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.”

On the next page you will find Francis’ canticle poem. Put it up in your room or by the mirror in your bathroom to remind you every day of how special our world is. On the following page is a place where you can write or draw your own canticle about things that are special to you. Put that up next to Francis’ canticle poem.



THE CANTICLE OF THE CREATURES

(earliest and simplest version)
by St. Francis of Assisi

Most High, all-powerful, all-good Lord,
All praise is Yours, all glory, honor and blessings.

To you alone, Most High, do they belong;
no mortal lips are worthy to pronounce Your Name.

We praise You, Lord, for all Your creatures,
especially for Brother Sun,
who is the day through whom You give us light.
And he is beautiful and radiant with great splendor,
of You Most High, he bears your likeness.

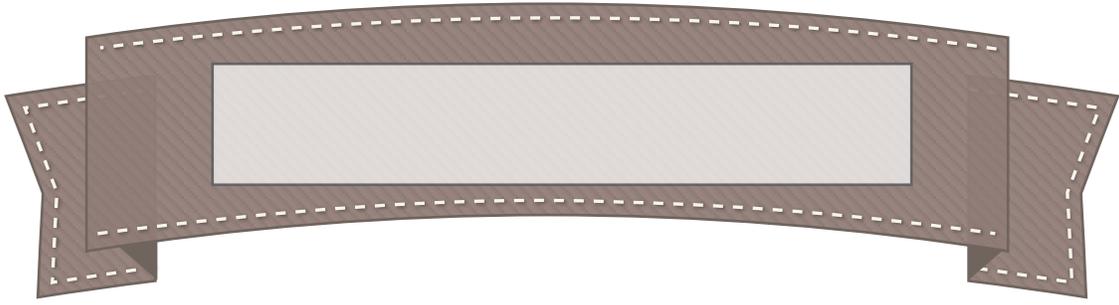
We praise You, Lord, for Sister Moon and the stars,
in the heavens you have made them bright, precious and fair.

We praise You, Lord, for Brothers Wind and Air,
fair and stormy, all weather's moods,
by which You cherish all that You have made.

We praise You, Lord, for Sister Water,
so useful, humble, precious and pure.

We praise You, Lord, for Brother Fire,
through whom You light the night.
He is beautiful, playful, robust, and strong.

We praise You, Lord, for Sister Earth,
who sustains us
with her fruits, colored flowers, and herbs.



by _____

Heart

We are called to help others



Video reflection

In our video today, Danny the Donkey is afraid of the dark. What are you afraid of?

In the cartoon, Francis learns to overcome his fears and care for others. Why do you think he was afraid? What changed his mind?

Olivia the Owl helps Danny to not be afraid. We can overcome our fears to help others too. Who is someone you know who needs your help?

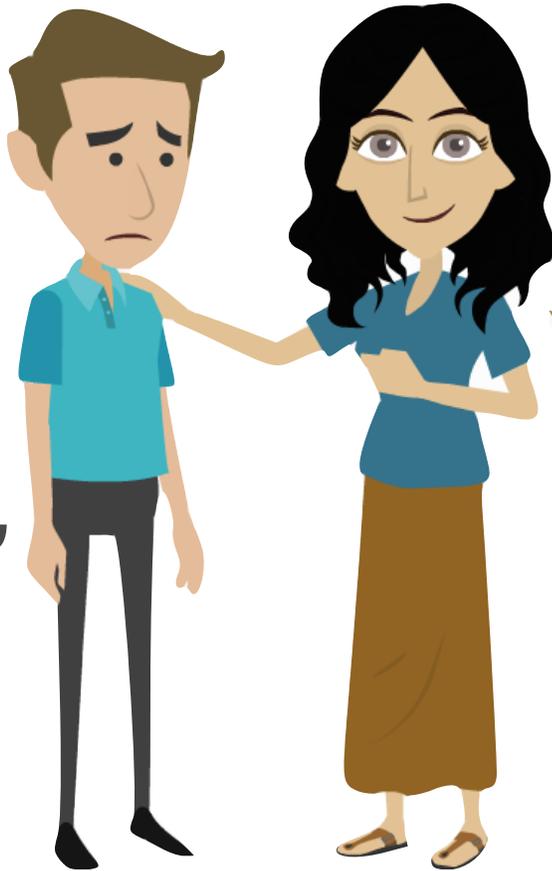
How can you help them?



Heart Worksheet



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Loving God with all our Heart is about doing things to help other people, especially those who need help the most.

Our Scripture Verse today comes from Mark 1:40-42

“A leper came to him begging him, and kneeling he said to him, ‘If you choose, you can make me clean.’ Moved with pity, Jesus stretched out his hand and touched him, and said to him, ‘I do choose. Be made clean!’ Immediately the leprosy left him, and he was made clean.”

On the next page, write about or draw a picture of a time when you were hurt or sick and someone helped you feel better.

How will you help someone else this week?

Soul

We are called to live as members of one family



Video reflection

Why do you think Sally the Squirrel didn't want to share the same tree with Olivia the Owl?

Have you ever had something you didn't want to share with someone else?
What happened?



Francis helps the people of Gubbio make peace and share with the wolf. Why do you think the wolf decided to become friends with people?



Olivia and Sally decide to share with each other. What is something you have that you could share with someone?

Soul Worksheet



Loving God with all our Soul is about having good, loving, healthy relationship with God, with others, and with ourself.

Our Scripture Verse today comes from Matthew 22:39
"You shall love your neighbor as yourself."

On the next page, create your own friendship tree. You could create a tree that lists your parents, grandparents, and other family members. Or you might choose to create a tree filled with friends and other special people in your life.

Take time this week to pray for each of these people.

MY FRIENDSHIP TREE

List the special people in your life.

A large green circular tree canopy with two brown trunks. The canopy is divided into five horizontal rows of white rectangular boxes for writing names. The trunks are also white rectangular boxes for writing names.

Row 1: [] []

Row 2: [] [] []

Row 3: [] [] []

Row 4: [] [] []

Row 5: [] []

Trunk 1: []

Trunk 2: []

Bottom: [Your name]

Mind

We are called to live in God's kingdom



Video reflection

Danny the Donkey didn't want to help take care of the barnyard. Why don't you think he wanted to help?

Have you ever had to help with something you didn't want to do?

Francis helps a boy have compassion on the doves he intends to sell to greedy men. How can you help someone deal with bullies?

Danny realizes that we all have our own special and honored place in creation. How can you show more respect and care for others?



Mind Worksheet



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Loving God with all our Mind is about seeing the world as one family and appreciating how we all are in this together!

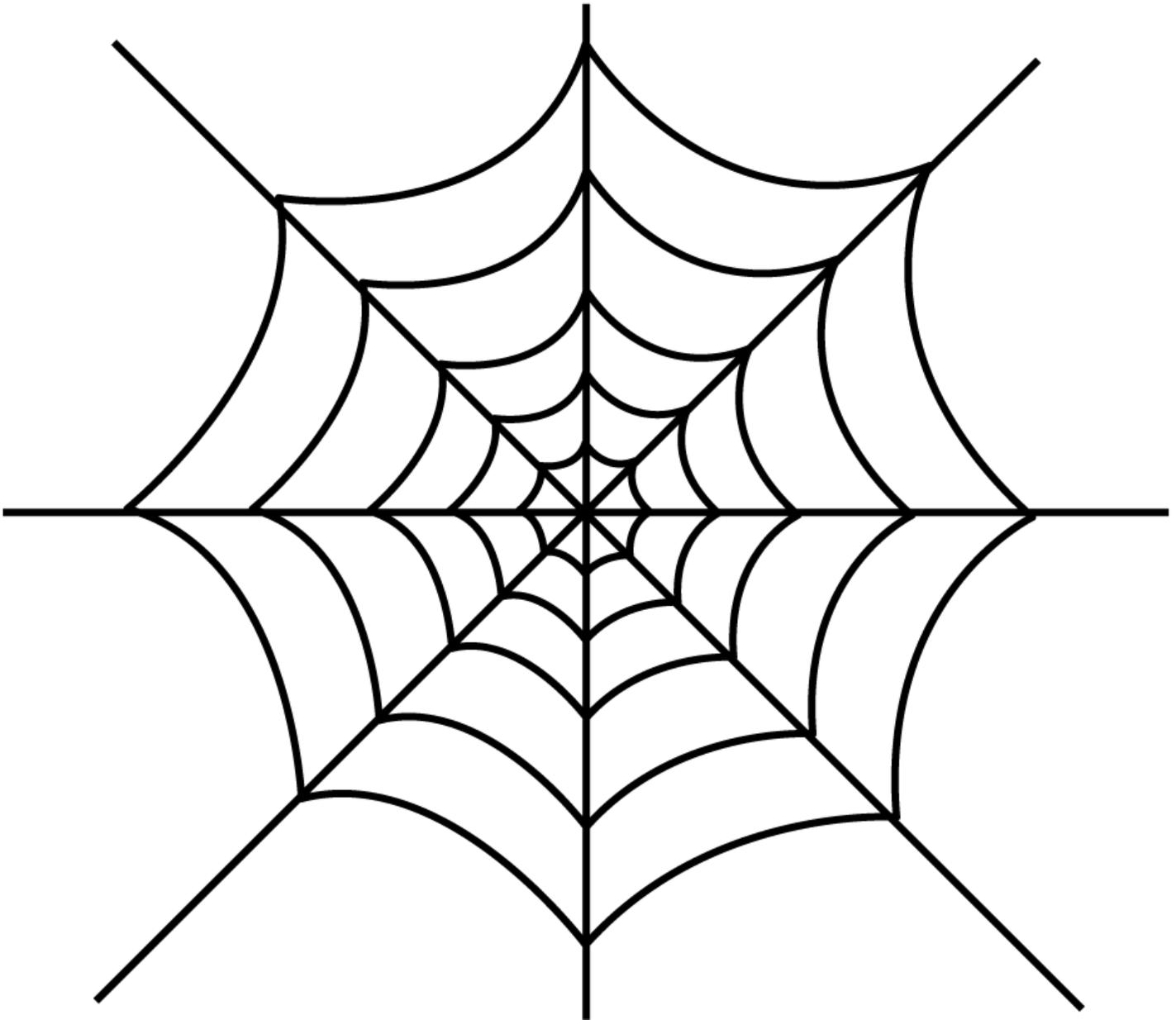
Our Scripture Verse today comes from Luke 18:15-17

“People were bringing even infants to him that he might touch them; and when the disciples saw it, they sternly ordered them not to do it. But Jesus called for them and said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.’”

Inside the web on the next page, write names of some animals and things they need to survive. Can you begin to see how everything is connected and important in God’s world?

My Web of Creation

Write names of animals and all the things they need to survive.



Strength

We are called to live simply and joyfully



Video reflection

Sally is storing up nuts for the winter and is worried she doesn't have enough. Is there anything you worry you may not have enough of? How does that make you feel?

Francis and Clare decided they didn't need a bunch of "stuff" to be happy. They found happiness in simple, everyday things. What is something you already have that you can learn to enjoy more?

Sally realized she didn't need to worry after all. There were plenty of nuts to get her family through the winter. What is something you worry about that you could choose to not worry about? Remember to give thanks for what you do have instead of focus on wanting things you don't have.



Strength Worksheet



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Loving God with all
our Strength is
about living with joy,
simplicity, presence
and physical well-
being.

Our Scripture Verse today comes from Matthew 6:34

“So do not worry about tomorrow, for tomorrow will bring worries of its own.
Today’s trouble is enough for today.”

On the next page, write about or draw a picture of a person or place that brings you joy.

The next time you get to spend time with that person or at that place, be sure to say a prayer of thanks for this blessing.

A Special Offer



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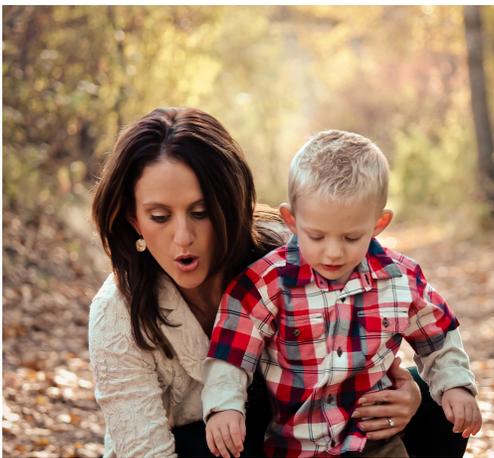


Want to watch the videos and cartoons again and find more activities you can do together as a family?

You can with a Francis and Friends Family Membership! It never expires and gives you access to over 30 fun activities you can do together as a family.

To learn more about our Family Membership, visit:

www.francisandfriends.org



Special Discount: 25% off the purchase of a Family Membership so you can continue the fun at home. Just enter coupon code: *FrancisFamily79* at checkout.

sale