

GRACE & HEARTH

Family Rhythm Starter Kit

G&H

BETA EDITION

Printable rhythms for calmer family weeks

This beta Starter Kit gives you a simple set of weekly planners, devotion cards, screen-free activity cards, routine charts, scripture reference art, and quiet basket prompts.

Start small: print one weekly planner, choose one devotion card, and place three activity cards somewhere your family will see them.

WEEKLY PLANNERS

Four simple weekly reset pages



WEEK 1

WEEK 2

WEEK 3

WEEK 4

Each week: meals, prayer, make-it-easier task, and three screen-free anchors.

DEVOTION CARDS

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12 read, ask, pray, act prompts**KINDNESS****Luke 10:25-37**

Ask: who needs kindness today? Pray: help us notice.

COURAGE**Joshua 1:9**

Ask: where do we need courage? Act: do one brave small thing.

GRATITUDE**Psalms 100**

Ask: what good gift did we notice? Act: add to a gratitude jar.

FORGIVENESS**Matthew 18:21-22**

Ask: what makes forgiving hard? Pray: soften our hearts.

PEACE**John 14:27**

Ask: where does our home need peace? Act: lower one conflict.

GENEROSITY**2 Corinthians 9:7**

Ask: what can we share? Act: give one useful thing.

TRUTH**Ephesians 4:25**

Ask: why does truth build trust? Act: tell the truth kindly.

SERVICE**Mark 10:45**

Ask: how can we help at home? Act: do one hidden chore.

PATIENCE**Galatians 5:22-23**

Ask: when is waiting hard? Act: practice a slow breath.

PRAYER**Philippians 4:6-7**

Ask: what can we bring to God? Pray: one sentence each.

WISDOM**James 1:5**

Ask: where do we need wisdom? Act: ask before reacting.

LOVE**1 Corinthians 13**

Ask: what does love do? Act: choose one loving action.

SCREEN-FREE ACTIVITY CARDS

30 low-prep ideas

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Living-room picnic

Ages 2-12, 20 min. Blanket, snack, read-aloud.

Nature color hunt

Ages 3-10, 15 min. Find five colors outside.

Make-a-card table

Ages 4-12, 20 min. Encourage someone.

Quiet build town

Ages 3-12, 30 min. Blocks or boxes.

Gratitude jar

Ages 4-12, 10 min. Add one good thing.

Porch reading

Ages 2-12, 20 min. Book and cozy spot.

Sticker story

Ages 2-8, 15 min. Stickers and paper.

Kitchen helper

Ages 4-12, 20 min. Wash, stir, or sort.

Prayer walk

Ages 4-12, 15 min. Pray for homes you pass.

Library basket

Ages 2-12, 25 min. Everyone picks a book.

Sidewalk town

Ages 3-12, 30 min. Chalk roads and houses.

Puzzle relay

Ages 5-12, 20 min. Team puzzle sprint.

Blanket fort reading

Ages 3-10, 30 min. Fort plus books.

Water paint

Ages 2-7, 15 min. Brush and water outside.

Memory tray

Ages 5-12, 15 min. Look, cover, remember.

Neighbor note

Ages 4-12, 20 min. Draw or write kindness.

Sorting station

Ages 2-8, 15 min. Sort buttons, socks, blocks.

Family charades

Ages 4-12, 20 min. Act out chores or animals.

Audio story draw

Ages 3-12, 25 min. Listen and draw.

Cloud watch

Ages 2-12, 10 min. Name shapes outside.

Family recipe card

Ages 6-12, 25 min. Copy a favorite meal.

Toy rotation shop

Ages 4-10, 20 min. Choose five toys to feature.

Verse reference art

Ages 5-12, 20 min. Draw from a reference.

Paper chain countdown

Ages 4-12, 20 min. Make a week chain.

Backyard obstacle course

Ages 3-12, 25 min. Jump, crawl, balance.

Quiet basket reset

Ages 5-12, 15 min. Restock the basket.

Family interview

Ages 6-12, 20 min. Ask three questions.

Room rescue

Ages 4-12, 10 min. Rescue one small zone.

Tea and read-aloud

Ages 2-12, 20 min. Warm drink, one chapter.

Sunday sunset

Ages 2-12, 10 min. Notice and give thanks.

ROUTINE CHARTS

Four visible family rhythms



MORNING

- 1 Clothes

- 2 Breakfast

- 3 Teeth

- 4 Prayer

BEDTIME

- 1 Pajamas

- 2 Books

- 3 Prayer

- 4 Lights out

AFTER SCHOOL

- 1 Snack

- 2 Backpack

- 3 Outside or quiet basket

- 4 Homework

SCREEN BOUNDARY

- BEFORE** Chores and outside time

- DURING** Timer visible

- AFTER** Device home

- INSTEAD** Activity card

SCRIPTURE REFERENCE ART

10 printable reference cards

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Joshua 1:9

Courage for the week

Psalms 100

Gratitude at home

Philippians 4:6-7

Prayer before worry

Galatians 5:22-23

Fruit of the Spirit

Matthew 5:16

Light in ordinary places

Colossians 3:23

Work with love

Romans 12:10

Honor one another

Proverbs 3:5-6

Trust and direction

1 John 4:19

Loved first

Micah 6:8

Do justice, love mercy

Scripture cards use references so your family can read from the Bible translation you already use.

QUIET BASKET

Starter setup checklist

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ADD THESE FIRST

Children's Bible, crayons, blank cards, sticker sheets, puzzle book, library book, small notebook.

KEEP IT EASY

Use one basket kids can reach. Rotate items weekly. Keep messy supplies somewhere else unless you want a project.

LOW-ENERGY VERSION

One book, one paper stack, one pack of crayons, one activity card. That is enough for this week.

30-DAY CHALLENGE

Use the weekly planner each Sunday. Try three activity cards per week. Use one devotion card twice.