



Gather a paper plate, rice or cereal, tape, and decorating supplies. Decorate the two sides of the plate. You can use markers, crayons, stickers, string or anything fun you have around the house. You may want to put “FOCUS ON GOD” on the plate.

Then place the plate down with the decorated side toward the table. Place the rice or cereal on the plate and then fold the plate into a sandwich. Tape or staple it together. You can even put holes in it to decorate with string.

Then, every time you have to face a problem or something happens that you do not understand—get your instrument out. Sing a song to God with your instrument and help your heart focus on God and not the problem.

