

week 3 *july 20-24*

love yourself

weekly schedule

Monday	
	Chaplain's Message
	Day 1 Journal Prompt
	Have a dance party
Tuesday	
	Chaplain's Message
	Celebrate Those You Love Activity
Wednesday	
	Chaplain's Message
	Day 3 Journal Prompt
	Do some yoga
Thursday	
	Chaplain's Message
	Celebrate Those You Love Activity
3 p.m.	Tie-dye Your Shirt
Friday	
	Chaplain's Message
	Day 5 Journal Prompt
7 p.m.	Week 3 Campfire



✿ bonus activity ✿

Do some yoga! Yoga is a great activity for calming the mind and caring for the body. If you have never done yoga before, check out Yoga with Adriene on YouTube for instructional videos.

week 3 grace

Doxology

To the tune of Rock

Around the Clock

1, 2, 3 o'clock, 4 o'clock
rock (clap)
5, 6, 7 o'clock, 8 o'clock
rock (clap)
9, 10, 11 o'clock, 12 o'clock
rock (clap)
We're gonna rock (clap)
around (clap) the clock
(clap) tonight.
Praise God from whom
all blessings flow
Praise God all creatures
here below
Praise God above ye
heavenly host
Creator Christ and Holy
Ghost
Amen amen amen
amen amen

