

# SPIRITUAL CHECK IN

## Kindergarten

### OBJECTIVE

Help your child begin a lifelong habit of talking with you—and with God—about how they're feeling, what they're thinking, and how they see God working in their lives.

### WHAT TO KNOW

Kindergarteners may not yet have all the words to express their emotions or spiritual thoughts, but they are already experiencing God in very real ways. They feel joy, guilt, wonder, confusion, and fear—and they're looking to you to help them understand what those feelings mean and how to bring them to God.

This is the perfect age to begin forming a rhythm of spiritual check-ins. These regular moments help your child feel seen and safe. They don't have to be long or formal—just a few minutes to connect heart-to-heart, talk about life, and invite God into the conversation.

Your child is already learning how to process life by watching you. When you model openness with your own thoughts or prayers, your child will learn that it's okay to ask questions and talk to God about anything. These simple conversations build a strong foundation of faith.

### TRUTH FROM THE BIBLE

*You have searched me, Lord, and you know me.* Psalm 139:1 NIV

This reminds your child that God sees their whole heart—every thought, feeling, and moment—and cares deeply about it.

*You will seek me and find me when you seek me with all your heart.* Jeremiah 29:13 NIV

God promises to be present when we genuinely look for Him, encouraging your child to seek Him often.

*Do not be anxious about anything, but in every situation ... present your requests to God.*

Philippians 4:6 NIV

This verse teaches that prayer is our response to worry—God wants us to bring everything to Him.

*Pray continually.* 1 Thessalonians 5:17 NIV

God invites us to carry a conversation with Him throughout the day, not just at bedtime.



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## TALK ABOUT IT

- What made you happy today?
- Did anything make you feel sad or worried?
- Did you think about God today?
- Did you talk to God today?
- Do you have any questions about God or Jesus?
- Is there someone you want to pray for?

Let your child know that it's okay to ask questions and that God loves hearing from them. Remind them that talking to God is like talking to a friend who always listens.

## LIVE IT OUT

Make a simple "Heart Check" chart together. Draw or print a large heart and divide it into four sections: happy, sad, thankful, and prayer. Let your child use crayons, stickers, or drawings to fill in each section during your check-in. This helps them name emotions, express gratitude, and talk with God in a hands-on way.

As you go through the chart, talk together about what they shared. Ask gentle follow-up questions like why something made them sad or what they're thankful for. These conversations give your child space to be honest and help them feel safe bringing their whole heart to God.

You can reuse the chart daily or weekly, depending on what works best for your family. Keep it somewhere visible—on the fridge, a bulletin board, or next to their bed—as a reminder that God cares about everything they feel and think. Making it part of your routine helps your child connect their emotions to their faith in a simple, lasting way.

## PRAY TOGETHER

Let prayer be playful, sincere, and warm. Pray aloud together using simple language, and encourage your child to add their own words if they want.

"Dear God, thank You for listening to me. Help me talk to You every day and know You love me no matter what. Please help me when I'm sad or scared, and thank You for the good things You give me. Amen."

