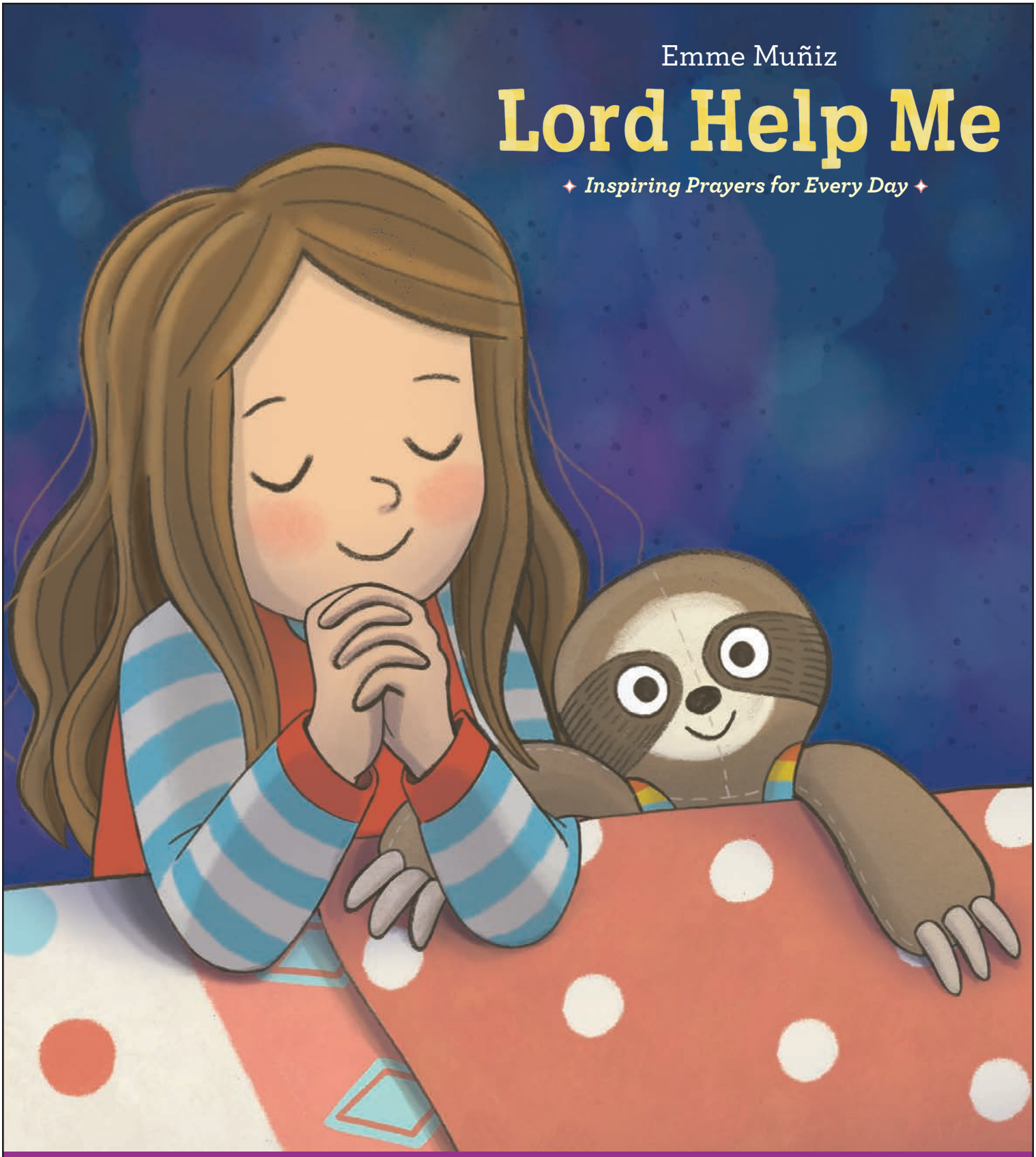
Emme Muñiz

Lord Help Me

Inspiring Prayers for Every Day



ACTIVITIES

Dear Reader,

We all have moments when we can use a little help. Some are small, like waking up for school or getting along with a sibling. Others are big, like helping to save the planet and all its creatures—especially sloths! But asking God for help always brings us the strength to get through anything.

The power of prayer comes to life in this inspirational picture book written by twelve-year-old singer Emme Muñiz, daughter of superstar entertainers Jennifer Lopez and Marc Anthony. Emme shares her own daily prayers to offer families a way to embrace the peace and power of everyday faith.

With these activities, celebrate the power of prayer (and learn about some sloths!) and find your faith in the little moments of each day!

Your Friends,
Random House Children's Books

RANDOM HOUSE CHILDREN'S BOOKS

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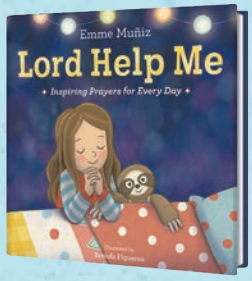
Time for Prayer

When you pray, you need to focus! Sometimes that can be hard when you're in a loud place or around other people.

With the help of an adult, cut out along the dotted line. When you want to go somewhere to pray, hang this on the doorknob so no one disturbs you!



DO NOT DISTURB.
I am praying.

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Prayer Postcard

There are many heroes in our country helping others. In big or small ways, they're doing so much to keep you and the people you love safe.

Is there a hero in your life that you're thankful for or want to keep in your prayers? Let them know how much they mean to you by filling out the postcard below! With the help of an adult, cut out the postcard along the dotted line. Fold it along the solid line and tape or glue it together.

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FOLD

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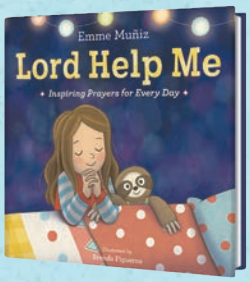

What Do You Pray For?

Sometimes the world can be overwhelming! There are lots of things, big and small, you can pray for. It's helpful to come up with a list! Fill out the list below to help organize your thoughts for everyday prayer.

_____'s List of Prayers

For my family and friends, I pray . . .

_____

_____

_____

For my community, I pray . . .

_____

_____

_____

For the world, I pray . . .

_____

_____

_____

For myself, I pray . . .

_____

_____

_____

My prayers have been answered because . . .

_____

_____

_____

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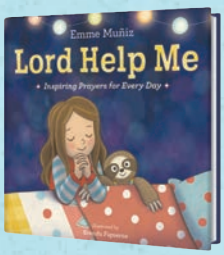

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My Gratitude Journal

Sometimes, when something bad happens, it is difficult to feel happy or even content. Whenever you need to lift your spirit, write down the things you are grateful for. Then challenge yourself to give daily thanks for one thing by drawing it below. When something goes wrong during the day—you forgot your homework at home or a friend is upset with you—reflect about the good things, people, and places in your life that make you feel thankful. Save this list so you can return to it whenever you need to.

For example, I am grateful for summer sunshine.

One thing I am grateful for is . . .

_____

_____

_____

_____

_____

_____

_____

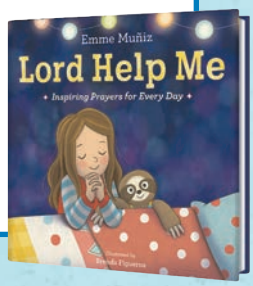
_____

_____

_____

_____

One thing I am thankful for is . . .



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Learn About Sloths

What would you like to know about sloths? With the help of an adult, check out books about sloths from the library or research them online. Fill out the bubbles below using the information you find. Add some other interesting facts about sloths to the blank bubbles.

Sloths like to eat

_____

_____

The two types of sloths are called

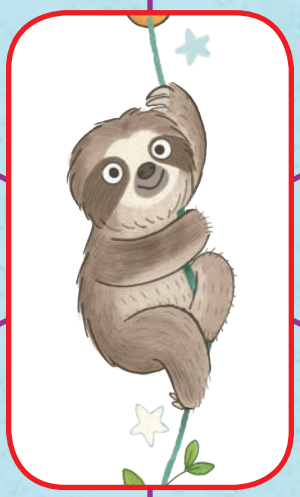
_____ and

_____

Sloths can be found in the jungles of

_____

_____



Sloths are endangered animals and are threatened by

_____

_____

_____

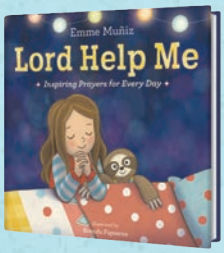
_____

_____

_____

_____

_____



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Save the Sloths

Sloths need lush forests and high trees to live in.
Draw a green forest full of trees for the sloth below,
as well as other sloth friends for him to hang out with!

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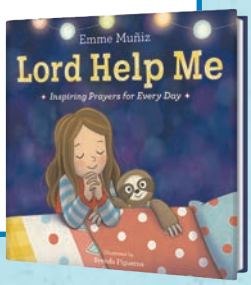

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Word Search

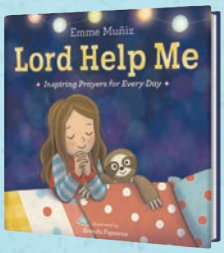
See if you can find the words listed below!

Prayer	Sloths	Love
Lord	Family	Blessed

S	L	O	T	H	S	L
L	F	P	W	V	X	O
Y	A	R	A	Q	D	V
V	M	A	Y	P	Y	E
L	I	Y	L	O	R	D
B	L	E	S	S	E	D
Z	Y	R	T	T	Q	C

Answer

S	L	O	T	H	S	L
L	F	P	W	V	X	O
Y	A	R	A	Q	D	V
V	M	A	Y	P	Y	E
L	I	Y	L	O	R	D
B	L	E	S	S	E	D
Z	Y	R	T	T	Q	C



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