Every mama could use a helper in their day. Mama Helpers from Cravings are meant to encourage you to include God, others, self, your home, and FUN! into your day.

Print, trim, and incorporate them into your everyday.

With Joy, Carey

#Mamahelpers

- God
- Others
- Self
- Home
- Fun

M

- Read Jonah 3:1-2
- Be calm.
- Sing and spin.
- Wipe down stove top.
- Blow bubbles.

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T

- Read Jonah 3:3-4
- High five.
- Laugh regularly.
- Clean out the cereal.
- Soak your feet.

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W

- Read Jonah 3:5
- Say "yes!".
- Put flowers on your shopping list.
- Clean one freezer shelf
- Eat breakfast for dinner.

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Th

- Read Jonah 3:6
- Show kindness.
- Sit down
- Sort kid books.
- Take 10 deep breaths.

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F

- Read Jonah 3:7-9
- Be welcoming.
- Enjoy a TV show.
- Fluff the couch pillows.
- Get a slurpie.

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Weekend

- Read Jonah 3:10
- Color a picture.
- Listen to disco.
- Do something you skipped.
- Hug 5 people.

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