

Intentional Inspirations

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September 26, 2015

Dear Friends,

It has been an interesting week here! We finished up the week and are now on a week break from homeschool. I can't believe we have been homeschooling for 6 weeks now! Wow! I look forward to the week off and spending time planning out the next 6-7 weeks.

One thing I did not anticipate was hurting my shoulder. I actually hurt it quite a while ago (don't ask how) and I thought it was getting better. Well, the last two weeks I have been in a lot of pain and finally went to the chiropractor to have him take a look. I have an MRI scheduled for Monday to look at my rotator cuff. I'm praying I don't have a tear that will require surgery!

Besides these little bumps in our week, it has been a good week. I hope you enjoy this week's newsletter! I really do enjoy putting these together for you and pray they bless you with ideas and encouragement.

Now let's dig into this week's Inspirations!

1. Don't forget to enter to win my old Trim Healthy Mama book!

As I mentioned in my last newsletter, since I no longer really need my old THM book, I am going to be giving it away to one of you! Here is the scoop: To enter the giveaway, [hop on over to this post](#) that I

created for my readers only. Enter this password to access the post:
trimhealthyfun

To enter the giveaway, just leave a comment on that post! The giveaway will end tonight at midnight, and I will draw the winner on Sunday. (Please note that I can only choose a winner from the US, as shipping costs are too much to ship overseas.)

I want to bless one of you with a book if you have been wanting to take a look at Trim Healthy Mama but couldn't afford to get a book. [Enter now!](#)

2. The 10 Best Things You're Not Doing For Your Homeschool (Free Ebook)

I have really been enjoying listening to Pam Barnhill's podcasts! Well, this week she announced an ebook she is giving away to her readers, *The 10 Best Things You're Not Doing For Your Homeschool*. I signed up already to receive the ebook and it is filled with tons of great ideas to begin using in your homeschool. [Click here to get this free ebook today!](#)

3. Do you need some memorization ideas for your homeschool?

Recently I've been doing more adjusting to our morning reading time at breakfast. This coming week is a planned week break from homeschool, so I am going to be looking more closely at any changes I want to make. One of the things I'd love to do more of is memorization. Pam has written a great post here with tons of great ideas for memorization -- and these go beyond just memorizing Scripture! [Click here to see her great list!](#)

4. Enter to win a complete What's In the Bible DVD set!

What's In the Bible is currently doing a giveaway for a complete set of the What's In the Bible DVDs! We have this complete set of DVDs that walk you through the whole Bible and they are excellent. [Click over here to enter to win today!](#) (Contest ends September 30, 2015.)

5. Try the "Looping" concept in your home and homeschool!

I recently heard about this concept on a podcast I was listening to. While I have never really called it "looping", I have done something similar in areas of our homeschool. But after hearing about it more, I began to see how awesome this would be to apply to all kinds of areas of our home and homeschool.

Looping is simply choosing a list of things to read/to do/to study, etc., and then working through the list one item at a time until you are done. Once you get to the bottom of the list, you start over. Let me give you some examples below on how you can use "looping" in several different ways in your home:

Read-Aloud Time - You decide that you want to cover history, science, and literature in your read-aloud times, but doing all three at once would be too much. So you decide to set them up on a looping schedule. First you make a list of all the books you want to read aloud for each subject. Then you use the looping feature by beginning with one subject, let's say history, and read the first book on the list. After your history-related book is completed you want to read a science book next, so you pick the first science book on the list. After that you choose a literature book on your list. To make things easier, you can merge your three lists into one long list, alternating history, science, and literature books. Then simply work through your list in order!

Private Reading Time - You can do something similar for your kids' private reading times. Decide on the type of books you want them to read (for example, fiction, non-fiction, biography, devotional, etc.) and then make a schedule for their reading. Make sure you include in the rotation a selection of your child's choice - just a fun book that they get to choose. This helps them to read a variety of books and not always be reading the same type of books all the time.

Deep Cleaning - Make a list of all the deep cleaning tasks that you usually try to get done each year. Instead of trying to set aside a one-

week period to get all your deep cleaning or spring cleaning tasks done, set aside some time once or twice a week to work on these deep cleaning projects. Just start with the first one and work for say 15-30 minutes at a time. When that project is done, mark it completed and begin working on the next task. Once you have completed your whole list (hopefully within a year's time), just start back at the beginning and do it all over again!

Morning Reading Time - I have been doing this at breakfast with the kids and it has really worked out well so far. I am still tweaking and adjusting and plan to add in a few more things, but overall I am very happy with how it is going. Choose some topics that you want to cover during this morning time. I have chosen currently to read a Bible story, a devotional book, and a fun chapter book. We read out of all three at breakfast. When we finish a devotional book or a chapter book, I just pick another one to begin. I also have been adding in some composer and artist books.

When we take our week break this week, I will be looking at this time and adding in some more books to the rotation. I am thinking I want to add in some fun science books, and some other neat devotional books I have. While our morning time has been going good, I think adding a little more variety will keep things interesting and fun!

Sending Cards - Make a list of family and friends that you want to send cards to on a somewhat regular basis. This would not be time-based cards like for birthdays or anniversaries, just notes of encouragement or gratitude for them. Once you have your list, add an item on your weekly to do list to send out a hand-written card to someone. Just go to your list and prepare and send a card to the first person on the list. Write the date next to the person's name so you know you sent a card already. The following week, simply go to the next person on the list and send them a card. This is a great way to remember to send notes of encouragement to those you care about, and to also make sure you don't forget anyone!

I hope you see how fun this can be when you apply the "looping"

concept to your home and homeschool. Why not give it a try!

6. What I am reading this week!

I continue to read through *A Forgotten Truth* and *A Gracious Space: Fall* in the evenings. I also continue to read through *A Confident Heart* each week and meet with a friend via Skype to discuss and pray. My reading times have been cut back a bit with the start of our homeschool, but I do try to schedule in a chapter or two each day and enjoy that!

[Click here](#) to see the links to these books and all the other books I am currently reading.

I hope you have enjoyed this issue of **Intentional Inspirations**. If you want to read previous issues, just click on the header at the top and it will take you to the Intentional Inspirations Archives!

Each Saturday I will continue to bring you valuable content that will help you live intentionally!

Have a wonderful weekend,

Sheri

You can also connect with me here:

www.SheriGraham.com

www.SheriGraham.com/intentionalplanner

www.12weekholidayplanner.com

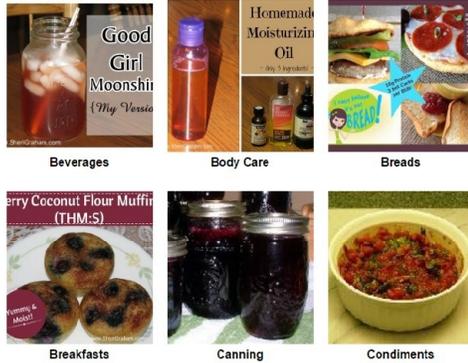
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Sheri's Recipe Index



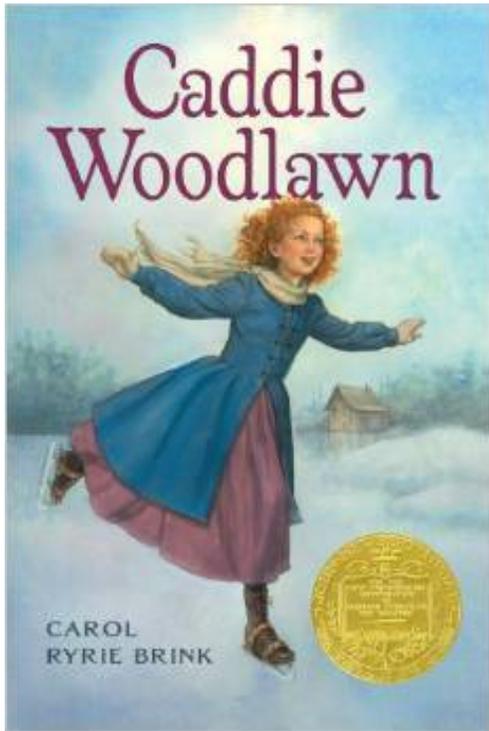
This week I gave my Recipe Index a make over! Now you can see all my recipes in a nicely formatted page -- this includes my Trim Healthy Mama friendly recipes too!

[\[Read post...\]](#)



Tonight as I sat here for some Bible reading time, I was feeling overwhelmed and defeated. Defeated in parenting and homeschooling. Can you relate? Read what the Lord is teaching me!

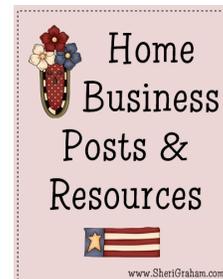
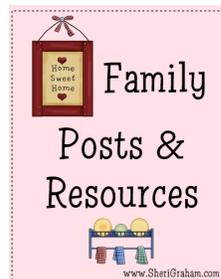
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A while back I read Caddie Woodlawn to the kids and we really enjoyed it! I had seen that there was a Caddie Woodlawn movie too, but decided to read the book first. I was excited to find it on Youtube too, so I am sharing it with you!

[Read post...]

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