

*Eagle Forum of Alabama*

# AMERICA

## 250<sup>th</sup> Family Challenge

### Rediscovering Our Founding One Month at a Time

Prepare to celebrate America's 250<sup>th</sup> birthday with fun conversations & games around the dinner table.

Each month, we'll post a new *America 250 Family Challenge Activity Packet* on our "America 250" webpage (located under the "Issues" tab) with themes like:

- Liberty
- Free Speech
- Moral Character
- Sacrifice & Courage
- Civic Responsibility
- And more



America Turns 250  
Let's Celebrate  
Together!

# Eagle Forum of Alabama

# AMERICA

## 250<sup>th</sup> Family Challenge

**America's story is worth celebrating  
and it's even better when it's shared  
together as a family.**

As we approach the 250th anniversary of the Declaration of Independence, Eagle Forum of Alabama is launching the America 250 Family Challenge: a year-long, month-by-month journey to rediscover the ideas, courage, and convictions that shaped our nation and prepare our families to joyfully celebrate America's extraordinary heritage. This challenge is designed to strengthen families, spark meaningful conversations, and remind us why America's founding principles are not only worth celebrating, but they are also worth defending.

**Each month**, we'll post on our website, a downloadable, fun, meaningful activity packet designed to spark conversation, curiosity, and connection. These challenges are meant to be enjoyed around the dinner table, during homeschool time, or on a quiet evening together, no prep required and no pressure to do everything at once.

### **Every monthly packet will include:**

- A new theme highlighting a key founding principle
- A short reading with engaging discussion questions
- Hands-on games inspired by those colonial families once played
- A word search and coloring page for younger children and more!

**Our goal is simple: to help families rekindle their love for America, deepen their appreciation for the freedoms we enjoy, and pass these values on to the next generation in a way that feels natural, joyful, and memorable.**

### **MONTHLY THEMES**

- January: Principles of Liberty
- February: Character & Leadership
- March: Faith & Morality
- April: Family Legacy & Civic Duty
- May: Freedom of Speech & Faith
- June: The Cost of Freedom
- July: Declaration of Independence
- August: Local Government Matters
- September: The Constitution
- October: Civic Responsibility
- November: Gratitude For Liberty
- December: Passing The Torch

# January

# Principles of Liberty

## FAMILY CHALLENGE

### James Madison

*“The purpose of government is to protect the rights of the people.”*

(Debates in the Constitutional Convention)

### Samuel Adams

*“The natural liberty of man is to be free from any superior power on earth, and not to be under the will or legislative authority of man, but only to have the law of nature for his rule.”*

(The Rights of the Colonists: Report of the Committee of Correspondence, November 20, 1772.)

## ACTIVITY

Read the Preamble to the Declaration of Independence together.

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

## WHY THIS MATTERS

This statement makes clear that rights are given **by our Creator**, not by government. Government’s purpose is not to grant rights, but to secure and protect them.

## FAMILY DISCUSSION

According to the Founders, where do our rights come from? \_\_\_\_\_

Why is it important that government protects rights instead of controlling people?

\_\_\_\_\_

What freedoms are we thankful for today? \_\_\_\_\_

Why did the Founders think these ideas were worth risking their lives? \_\_\_\_\_

\_\_\_\_\_



**BONUS: Hang the Preamble on the fridge for the month**



# January

# Principles of Liberty

## FAMILY CHALLENGE

### January Prayer

**Excerpt From Washington's Circular Letter to the States (June 8, 1783)**

"I now make it my earnest prayer, that God would have you, and the State over which you preside, in His holy protection; that He would incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government; to entertain a brotherly affection and love for one another... and finally, that He would most graciously be pleased to dispose us all to do Justice, to love mercy, and to demean ourselves with that charity, humility, and pacific temper of mind, which were the characteristics of the Divine Author of our blessed religion."

**Kid-friendly explanation: George Washington prayed that God would protect our country and guide the hearts of its people.**

**This prayer reflects the Founders' belief that:**

- ★ God watches over nations
- ★ Liberty requires virtue and humility
- ★ Self-government depends on moral character
- ★ National success is tied to God's favor and guidance

# TRIVIA

1. What does the tablet in the Statue of Liberty's left hand represent?
2. Where is the Liberty Bell located?
3. Patrick Henry is remembered for his quote "Give me \_\_\_ or give me death."
4. Who is credited with writing the Declaration of Independence?
5. Who was the last of the Founding Fathers to be president?
6. According to the National Hot Dog & Sausage Council, roughly how many hot dogs are eaten on the 4th of July?

*Find the answers on the bottom of the word search page*

# Family GAMES

## CHARADES A Game Families Have Enjoyed for Generations

Games like charades were popular forms of family entertainment in the 1700s, especially in the evenings. Without modern technology, families relied on creativity, communication, and restraint to enjoy time together. Charades encourages self-discipline and thoughtful communication – qualities the Founders believed were essential for a free people.

### How to Play:

1. Write words or phrases on small pieces of paper.
2. Take turns acting out the word without speaking.
3. The rest of the family guesses what is being acted out.

## GRACES A Popular 18th-Century Skill Game

The game of Graces was popular in the 1700s and often played by children. It helped build coordination, focus, and self-control. The Founders believed that freedom depends on discipline, and games like Graces gave children a fun way to practice those skills.

### What You Need:

1. A hoop (or embroidery hoop)
2. Two wooden sticks or dowels or chopsticks (If you don't have these, you can toss and catch the hoop gently by hand.)

### How to Play:

1. One player tosses the hoop toward another using the sticks.
2. The other player catches the hoop on their sticks.
3. Players stand a few feet apart and gradually move farther back.

# WORD Search

## Kid's Puzzle

Liberty	Creator
Rights	Justice
Freedom	Government
People	Secure
Laws	Union
Ordain	Fairness

LIBERTYAMERICABN  
RIGHTSZFREEDOML  
PEOPLEYFJUSTICEK  
CREATORLAWSHBNS  
GOVERNMENTRTPEU  
UNIONMLYDSECURE  
FAIRNESSVORDAINQ  
HONESTYPROTECTV

LILJSJUSTICERDOI  
DZDEFENCEBJATVA  
CNFOUNDERSDZBG  
LIBERTYHZSNFDOIL  
FWETHEPEOPLEVHI  
SECUREFXDNMZRJL  
PRICREATORWPKDT  
OGUNATURALLAWK  
SBATRANQUILITYA  
TOZJXTKOMKMCK  
ERODIGZTYRWPVLI  
RDFRGJGHHLCIYOC  
IAGOVERNMENTUSI  
TIKHMJFREEDOMBL  
YNFKZSJHKDRSJT

## Teen Puzzle

WE THE PEOPLE  
NATURAL LAW  
CREATOR  
RIGHTS  
LIBERTY  
JUSTICE  
GOVERNMENT  
SECURE  
FREEDOM  
DEFENCE  
TRANQUILITY  
POSTERITY  
ORDAIN  
FOUNDERS

