

BONUS #05

SAINT SUPERHERO WEEK

A Simple Parent Guide to Using This Book All Week Long

Thank you for reading Bedtime Stories of Catholic Saints with your child.

This short guide will help you turn the stories, charts, and printables into a simple “Saint Superhero Week” for your family.

You do not need to do everything perfectly.

Even one small step is already a beautiful gift to God.

WHY A “SAINT SUPERHERO WEEK”?

Children remember what they see, hear, and do.

This guide helps you weave together:

- **a short saint story at bedtime,**
- **a small daily mission,**
- **a tiny moment of prayer,**
- **and a simple way to track your child’s growth in virtue.**

The goal is not to make your child “act perfect”,
but to gently show them that holiness is possible in ordinary, everyday life.

HOW TO USE THIS PARENT GUIDE

During your Saint Superhero Week, you can use:

- The book – Bedtime Stories of Catholic Saints
- Virtue Chart – to mark hearts and track virtues
- Coloring Pages – quiet prayer time with a saint
- Bedtime Prayer Cards – short prayers before sleep
- Saint Superhero Mission Cards – daily challenges

You can follow this plan day by day, or adapt it to your family’s rhythm.

YOUR SAINT SUPERHERO WEEK

DAY 1 – KINDNESS & MERCY

Suggested saints: *St. Francis of Assisi, St. Martin de Porres, St. Nicholas*

1. Read or re-read one of these saints at bedtime.
2. Ask: "How did this saint show kindness or mercy?"
3. Let your child pick a Mission Card about kindness or helping others.
4. Before sleep, choose a Bedtime Prayer Card – Thank You / Helping Others and pray together.
5. Help your child color one heart on the Virtue Chart under "Kindness & Mercy" if they lived a small act of kindness.

DAY 2 – COURAGE & TRUST

Suggested saints: *St. Joan of Arc, St. Michael the Archangel, St. Patrick, St. Maximilian Kolbe*

1. Read one story that shows courage or trust in God.
2. Ask: "When did this saint feel afraid? How did they trust God?"
3. Choose a Mission Card that asks your child to be brave, honest, or to stand up for someone.
4. At bedtime, use a Bedtime Prayer – Courage or When I'm Worried.
5. Color a heart on the Virtue Chart under "Courage & Trust".

DAY 3 – FRIENDSHIP WITH JESUS

Suggested saints: *St. Thérèse of Lisieux, St. Padre Pio, St. John Paul II*

1. Read a story of a saint who loved to pray or stay close to Jesus.
2. Ask: "What did this saint do to stay close to Jesus?"
3. Pick a Mission Card about prayer or talking to Jesus in a simple way.
4. Invite your child to spend one quiet minute talking to Jesus in their own words.
5. Use a Bedtime Prayer – Friendship with Jesus and color a heart on "Friendship with Jesus".

DAY 4 – SERVING THE POOR & THE CHURCH

Suggested saints: *St. Mother Teresa of Calcutta, St. Gianna Beretta Molla, St. Anthony of Padua*

1. Read or recall a story about serving the poor, the sick, or those in need.
2. Ask: "Who did this saint care for? Who could we care for today?"
3. Let your child choose a Mission Card about helping, sharing, or caring for someone.
4. Offer a Bedtime Prayer – Helping Others / My Family for someone in need.
5. Color a heart under "Serving the Poor & the Church" on the Virtue Chart.

DAY 5 – JOY, HOPE & MISSION

Suggested saints: St. Dominic Savio, St. Cecilia, St. Kateri Tekakwitha, St. Clare of Assisi, St. Juan Diego, St. Carlo Acutis

1. Read a story about a joyful or hopeful saint.
2. Ask: "What made this saint's heart full of joy or hope?"
3. Pick a Mission Card that talks about joy, bringing light, or using gifts (like music or technology) for good.
4. Use a Bedtime Prayer – Joy & Hope / Saints by My Side.
5. Color a heart on "Joy, Hope & Mission" on the Virtue Chart.

DAY 6 – FAMILY MISSION DAY

1. As a family, choose one simple mission to do together:
2. visit someone lonely, call a relative, help a neighbor, or do a special chore at home.
3. Let your child pick any Mission Card that fits your family mission.
4. In the evening, talk briefly about how it felt to serve together.
5. Pray using a Bedtime Prayer – My Family / Helping Others.
6. Let each child color one heart in the virtue that fits best (kindness, serving, joy, etc.).

DAY 7 – GRATITUDE & REVIEW

1. Look at your Virtue Chart(s) for the week.
2. Ask your child:
 - "Which saint helped you the most this week?"
 - "Which virtue do you want to keep growing in?"
3. Choose one Coloring Page of a favorite saint and let your child color as a quiet form of prayer.
4. Use a Bedtime Prayer – Thank You / Thank You for Today's Saint.
5. End the week by thanking Jesus for every little step your child took with Him.

FOR BUSY FAMILIES

You do not need to use every printable every day.

Here are some simple options:

- Use only one saint story, one Mission Card, and one Prayer Card per week.
- Choose just one evening as your "Saint Superhero Night".
- Let your child fill in the Virtue Chart once a week instead of every day.

The most important thing is not to do everything, but to help your child discover that Jesus loves them and that they can walk the path of the saints, one small step at a time.