DAD–DASH

MAKE THE DASH COUNT

FREE PRINTABLE · CARD SET

52-WEEK DAD CHALLENGE

One small, practical challenge a week to lead, love and serve your family on purpose, each paired with a verse.

> *"So teach us to number our days that we may get a heart of wisdom."*
>
> PSALM 90:12 · ESV

52 CHALLENGES
One small step for each week

A VERSE A WEEK
From the ESV, on every challenge

YEAR TRACKER
Check off every week you finish

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HOW IT WORKS

ONE WEEK. ONE CHALLENGE.

Big change in a family usually comes from small things done every week. Each card gives you one simple challenge and one verse to carry with you.

1
Print
Print pages 3 to 11 on card stock if you have it. Plain paper works too.

2
Cut
Cut along the dashed lines. Each page makes six cards.

3
Draw
Keep the cards in a jar or on the fridge. Pull one each Sunday.

4
Do it
Read the verse with your family, do the challenge and check it off.

Go in order or pick the card that fits your week. Missed one? No guilt. Just pick it back up. The two bonus cards are for challenges of your own.

Each card also has an **Ask** question. Read it out loud at dinner or in the car and let everyone answer, Dad included. Tape the week's card to the fridge so the whole family sees it, and on the back, jot down what happened or what your kids said. Those notes make a great look back at the end of the year.

Year tracker

- ☐ **01** Phone in the drawer
- ☐ **02** Name it out loud
- ☐ **03** Bedtime blessing
- ☐ **04** One-on-one
- ☐ **05** Own it
- ☐ **06** Proverbs at breakfast
- ☐ **07** Love their mom out loud
- ☐ **08** Faith on the road
- ☐ **09** Teach one skill
- ☐ **10** Say yes
- ☐ **11** Game night
- ☐ **12** Listen first
- ☐ **13** Check your tone
- ☐ **14** Catch them doing right
- ☐ **15** Ten quiet minutes
- ☐ **16** Family mission
- ☐ **17** Call a dad
- ☐ **18** Finish it together
- ☐ **19** Let them pray for you
- ☐ **20** Gratitude round
- ☐ **21** God came through
- ☐ **22** Get moving
- ☐ **23** Pray the worries
- ☐ **24** Keep a small promise
- ☐ **25** Serve someone
- ☐ **26** No-yelling week
- ☐ **27** Memorize it
- ☐ **28** Safe to tell
- ☐ **29** Kindness mission
- ☐ **30** Story time
- ☐ **31** Write it down
- ☐ **32** Count the weekends
- ☐ **33** Family shout-outs
- ☐ **34** Pray by name
- ☐ **35** Leave a note
- ☐ **36** Teach forgiveness
- ☐ **37** Work side by side
- ☐ **38** Kids' choice dinner
- ☐ **39** One clear rule
- ☐ **40** Give, save, spend
- ☐ **41** Daily "I love you"
- ☐ **42** Clean slate
- ☐ **43** Name stories
- ☐ **44** Grandparent story
- ☐ **45** Screen check
- ☐ **46** Thank-you card
- ☐ **47** Give together
- ☐ **48** Real rest
- ☐ **49** Tell a mistake
- ☐ **50** Pass it on
- ☐ **51** Delight out loud
- ☐ **52** Look back

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WEEK 01

Done

PHONE IN THE DRAWER

Put your phone away for the first 30 minutes after you walk in the door. Give your family your first and best attention.

ASK What is one thing you wish we did more of when we're all home together?

> *"...making the best use of the time, because the days are evil."*
> EPHESIANS 5:16 · ESV

WEEK 02

Done

NAME IT OUT LOUD

Tell each child one specific thing you're proud of in them. Praise who they are becoming, not just what they did.

ASK What is something you're proud of yourself for this week, and why?

> *"Gracious words are like a honeycomb, sweetness to the soul and health to the body."*
> PROVERBS 16:24 · ESV

WEEK 03

Done

BEDTIME BLESSING

Speak this blessing over each child at bedtime, one hand on their shoulder. Do it every night this week.

ASK What would you like me to pray for you about this week?

> *"The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace."*
> NUMBERS 6:24-26 · ESV

WEEK 04

Done

ONE-ON-ONE

Take one child on a 20-minute outing, just the two of you: a walk, a drive or a donut run. Rotate kids each week.

ASK If we had a whole afternoon, just the two of us, what would you want to do?

> *"Behold, children are a heritage from the LORD, the fruit of the womb a reward."*
> PSALM 127:3 · ESV

WEEK 05

Done

OWN IT

Apologize to one of your kids for something specific. Keep it simple: "I was wrong. I'm sorry. Will you forgive me?" No "but."

ASK Why do you think saying sorry can be hard, even for grown-ups?

> *"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."*
> JAMES 5:16 · ESV

WEEK 06

Done

PROVERBS AT BREAKFAST

Read part of a Proverbs chapter at breakfast. Pick the chapter that matches today's date, and ask what stood out.

ASK Which verse from today's chapter would make a good family motto, and why?

> *"Hear, O sons, a father's instruction, and be attentive, that you may gain insight"*
> PROVERBS 4:1 · ESV

WEEK 07

Done

LOVE THEIR MOM OUT LOUD

Do something kind for your wife where the kids can see it. If you co-parent, speak well of their mom in front of them.

ASK What is one way our family can show love to each other this week?

> *"Husbands, love your wives, and do not be harsh with them."*
> COLOSSIANS 3:19 · ESV

WEEK 08

Done

FAITH ON THE ROAD

On one car ride, turn off the radio and ask, "Where did you see God today?" Share your own answer too.

ASK What is one thing you want to thank God for from today?

> *"You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."*
> DEUTERONOMY 6:7 · ESV

WEEK 09

Done

TEACH ONE SKILL

Teach a life skill: check the oil, cook eggs, sew a button or do a load of laundry. Let them do it while you coach.

ASK What is one thing you want to learn to do by yourself this year?

> *"Train up a child in the way he should go; even when he is old he will not depart from it."*
> PROVERBS 22:6 · ESV

WEEK 10

Done

SAY YES

Say yes to one "Dad, can we...?" that you'd normally turn down. Then be all in.

ASK What is something fun you've always wanted us to try as a family?

> *"This is the day that the LORD has made; let us rejoice and be glad in it."*
> PSALM 118:24 · ESV

WEEK 11

Done

GAME NIGHT

Host a family game night. You bring the snacks, and you play to have fun, not just to win.

ASK What makes a game more fun: winning, or who you play with? Why?

> *"A joyful heart is good medicine, but a crushed spirit dries up the bones."*
> PROVERBS 17:22 · ESV

WEEK 12

Done

LISTEN FIRST

When a child tells you something, ask two follow-up questions before you give any advice.

ASK When you tell me something, what helps you feel really heard?

> *"...let every person be quick to hear, slow to speak, slow to anger"*
> JAMES 1:19 · ESV

WEEK 13

Done

CHECK YOUR TONE

Before you correct anyone this week, take one slow breath and lower your voice.

ASK How can you tell when someone is upset, even before they say anything?

> *"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord."*
> EPHESIANS 6:4 · ESV

WEEK 14

Done

CATCH THEM DOING RIGHT

For every correction, look for three good things to point out. Say them out loud.

ASK What is something good you saw someone in our family do today?

> *"Fathers, do not provoke your children, lest they become discouraged."*
> COLOSSIANS 3:21 · ESV

WEEK 15

Done

TEN QUIET MINUTES

Spend 10 minutes in silence and prayer before the house wakes up. No phone.

ASK Where is your favorite quiet place to think or pray?

> *"Be still, and know that I am God."*
> PSALM 46:10 · ESV

WEEK 16

Done

FAMILY MISSION

Write one sentence together about what your family stands for. Post it on the fridge.

ASK What words would you use to describe our family at its best?

> *"...as for me and my house, we will serve the LORD."*
> JOSHUA 24:15 · ESV

WEEK 17

Done

CALL A DAD

Call or text another dad and ask how he's really doing. Then listen.

ASK Who is a friend who always checks on you? How could you do that for someone?

> *"Iron sharpens iron, and one man sharpens another."*
> PROVERBS 27:17 · ESV

WEEK 18

Done

FINISH IT TOGETHER

Finish a project you've been putting off, with a kid as your helper.

ASK What is something you started that you'd like help finishing?

> *"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*
> GALATIANS 6:9 · ESV

WEEK 19

Done

LET THEM PRAY FOR YOU

Tell your kids about something you're facing and ask them to pray for you.

ASK What is something you'd like our family to pray about together?

> *"...but Jesus said, 'Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven.'"*
> MATTHEW 19:14 · ESV

WEEK 20

Done

GRATITUDE ROUND

At dinner, have everyone name three things they're thankful for today. You go first.

ASK What is something small that made you smile today?

> *"...give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*
> 1 THESSALONIANS 5:18 · ESV

WEEK 21

Done

GOD CAME THROUGH

Tell your kids a true story about a time God provided for you or your family.

ASK Can you think of a time God helped you or someone you know?

> *"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*
> PROVERBS 3:5-6 · ESV

WEEK 22

Done

GET MOVING

Spend 30 minutes being active together: a walk, a bike ride or shooting hoops.

ASK What is your favorite way to move: running, biking, dancing or something else?

> *"And Jesus increased in wisdom and in stature and in favor with God and man."*
> LUKE 2:52 · ESV

WEEK 23

Done

PRAY THE WORRIES

Ask each child what they're worried about, then pray about it together right then.

ASK What helps you feel calm when you start to worry?

> *"...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*
> PHILIPPIANS 4:6 · ESV

WEEK 24

Done

KEEP A SMALL PROMISE

Make one small promise to each child, then keep it, on time.

ASK Why does it matter when someone keeps their word, even on small things?

> *"The righteous who walks in his integrity—blessed are his children after him!"*
> PROVERBS 20:7 · ESV

WEEK 25

Done

SERVE SOMEONE

Serve someone together: rake a neighbor's leaves, bring a meal or write a card.

ASK Who do we know that could use some extra help or kindness right now?

"Little children, let us not love in word or talk but in deed and in truth."
1 JOHN 3:18 · ESV

WEEK 26

Done

NO-YELLING WEEK

Go the whole week without raising your voice. If you slip, apologize and start again.

ASK What helps you calm down when you feel like yelling?

"A soft answer turns away wrath, but a harsh word stirs up anger."
PROVERBS 15:1 · ESV

WEEK 27

Done

MEMORIZE IT

Memorize this verse as a family. Say it together at dinner each night.

ASK What do you think this verse means, in your own words?

"Your word is a lamp to my feet and a light to my path."
PSALM 119:105 · ESV

WEEK 28

Done

SAFE TO TELL

Ask, "Is there anything you've wanted to tell me?" Whatever they say, stay calm and thank them.

ASK What makes it easier to tell someone something hard?

"In the fear of the LORD one has strong confidence, and his children will have a refuge."
PROVERBS 14:26 · ESV

WEEK 29

Done

KINDNESS MISSION

Do one kind thing for a stranger with your kids, and let the kids choose what.

ASK How do you think it feels when a stranger is kind to you?

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."
MATTHEW 5:16 · ESV

WEEK 30

Done

STORY TIME

Look through old photos or videos with your kids and tell the stories behind them.

ASK What is your favorite family memory so far?

"For everything there is a season, and a time for every matter under heaven"
ECCLESIASTES 3:1 · ESV

WEEK 31

Done

WRITE IT DOWN

Write three family stories or values you want your grandkids to know someday.

ASK What is one family story you hope we never forget?

> *"A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous."*
> PROVERBS 13:22 · ESV

WEEK 32

Done

COUNT THE WEEKENDS

Work out roughly how many weekends are left before your oldest turns 18. Write the number where you'll see it.

ASK If we had one free Saturday, how would you want to spend it together?

> *"So teach us to number our days that we may get a heart of wisdom."*
> PSALM 90:12 · ESV

WEEK 33

Done

FAMILY SHOUT-OUTS

At dinner, each person says one thing they appreciate about someone else at the table.

ASK How does it feel when someone notices something good about you?

> *"Love one another with brotherly affection. Outdo one another in showing honor."*
> ROMANS 12:10 · ESV

WEEK 34

Done

PRAY BY NAME

Get up 15 minutes early and pray for each child by name.

ASK Is there anything you'd like me to pray about for you this week?

> *"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed."*
> MARK 1:35 · ESV

WEEK 35

Done

LEAVE A NOTE

Hide a short note for each child in a lunchbox, a backpack or under a pillow.

ASK What is the best note or message anyone has ever given you?

> *"Anxiety in a man's heart weighs him down, but a good word makes him glad."*
> PROVERBS 12:25 · ESV

WEEK 36

Done

TEACH FORGIVENESS

When siblings fight, walk them through "I'm sorry" and "I forgive you." Model it yourself.

ASK What makes it hard to forgive someone? What helps?

> *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."*
> EPHESIANS 4:32 · ESV

WEEK 37

Done

WORK SIDE BY SIDE

Do real work together in the yard, garage or kitchen. Give them a real job, then thank them.

ASK Which job around the house do you actually like doing?

"Whatever you do, work heartily, as for the Lord and not for men"
COLOSSIANS 3:23 · ESV

WEEK 38

Done

KIDS' CHOICE DINNER

Cook a meal together. The kids pick the menu and help make it.

ASK If you could plan one perfect family meal, what would be on the menu?

"Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!"
PSALM 34:8 · ESV

WEEK 39

Done

ONE CLEAR RULE

Pick one house rule. Calmly explain the reason and the consequence, then follow through.

ASK Which of our house rules do you think matters most, and why?

"Discipline your son, and he will give you rest; he will give delight to your heart."
PROVERBS 29:17 · ESV

WEEK 40

Done

GIVE, SAVE, SPEND

Set up three jars or envelopes labeled Give, Save and Spend. Talk about why giving comes first.

ASK If you were given ten dollars, how would you split it, and why?

"For where your treasure is, there your heart will be also."
MATTHEW 6:21 · ESV

WEEK 41

Done

DAILY "I LOVE YOU"

Hug each child and say "I love you" every day this week, whatever kind of day it was.

ASK How do you like people to show you they love you?

"As a father shows compassion to his children, so the LORD shows compassion to those who fear him."
PSALM 103:13 · ESV

WEEK 42

Done

CLEAN SLATE

After a hard day, tell your child, "Tomorrow is a fresh start." Then treat it like one.

ASK What helps you start fresh after a hard day?

"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."
LAMENTATIONS 3:22-23 · ESV

WEEK 43

Done

NAME STORIES

Tell each child why you chose their name, or share the story of your family name.

ASK If you could pick a nickname for yourself, what would it be and why?

"A good name is to be chosen rather than great riches, and favor is better than silver or gold."
PROVERBS 22:1 · ESV

WEEK 44

Done

GRANDPARENT STORY

Call or visit a grandparent or older friend with your kids. Ask them to share a story of God's faithfulness.

ASK What question would you like to ask a grandparent or older friend?

"One generation shall commend your works to another, and shall declare your mighty acts."
PSALM 145:4 · ESV

WEEK 45

Done

SCREEN CHECK

Look at what's on the family's devices together and agree on a simple screen plan.

ASK What is something on a screen that makes you feel good, and something that doesn't?

"I will not set before my eyes anything that is worthless."
PSALM 101:3 · ESV

WEEK 46

Done

THANK-YOU CARD

Help the kids make a thank-you card for their mom, or for a woman who cares for them.

ASK Who is someone who takes care of you that we should thank this week?

"Her children rise up and call her blessed; her husband also, and he praises her"
PROVERBS 31:28 · ESV

WEEK 47

Done

GIVE TOGETHER

Choose a need as a family and give to it: time, money or both.

ASK If our family could help with one need in the world, what would you pick?

"He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?"
MICAH 6:8 · ESV

WEEK 48

Done

REAL REST

Take a Sabbath afternoon: no chores, no screens, just rest and play together.

ASK What does a really restful day look like to you?

"Come to me, all who labor and are heavy laden, and I will give you rest."
MATTHEW 11:28 · ESV

WEEK 49

Done

TELL A MISTAKE

Tell your kids about a mistake you made at their age and what you learned from it.

ASK What is a mistake you learned something from?

> *"Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out."*
> PROVERBS 10:9 · ESV

WEEK 50

Done

PASS IT ON

Write a short letter to your kids about what God has done in your life. Seal it for later or read it to them.

ASK What is one thing you hope you'll remember about this year?

> *"We will not hide them from their children, but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done."*
> PSALM 78:4 · ESV

WEEK 51

Done

DELIGHT OUT LOUD

Tell each child, "I love being your dad," and give one reason why.

ASK What is something you love about being part of our family?

> *"The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."*
> ZEPHANIAH 3:17 · ESV

WEEK 52

Done

LOOK BACK

Flip back through this year's cards as a family. Pick your favorite and do it again.

ASK Which challenge this year was your favorite, and why?

> *"I have fought the good fight, I have finished the race, I have kept the faith."*
> 2 TIMOTHY 4:7 · ESV

BONUS

Done

YOUR OWN CHALLENGE

Write a challenge that fits your family.

Verse:

BONUS

Done

YOUR OWN CHALLENGE

Write a challenge that fits your family.

Verse: