

2-3<sup>rd</sup> grade children

SEPTEMBER 17, 2017

FAMILY TAKE-IT-HOME by Mary Collins Children's Program Coordinator

TOPIC: The MEANING OF WELCOME

Unitarian Universalist Principles:

# 1 Each person is important, # 2 Be Kind



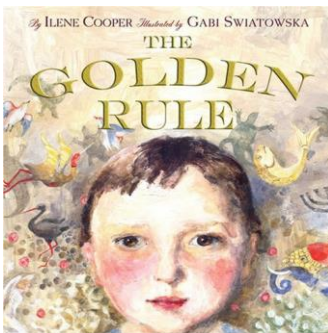
Activities on Sunday morning:

- Created group covenant (their promise to each other on helping the group and guests feel welcome.
- **Sunshine:** Welcome Mat Movement & a game to recognize faces & feelings.
- **Service:** make a card for new visitors
- **Mindfulness:** Mindfulness is an act of hospitality or welcome. It is a way to treat ourselves and others with love and kindness no matter what we are feeling or thinking. We tried this brief time of Mindfulness.
  - Breathe IN, Breathe OUT (3x) imagine sitting with yourself as if you were your own best friend. Or hugging yourself as you would hug another person you love. (It's okay to let your thoughts and feelings come and move on. It takes practice to do this!)
  - SAY TO YOURSELF

May I be safe. May I be free from suffering, May I be peaceful.

(when thinking of another person) May YOU be safe, May YOU be free from suffering, May YOU be peaceful.

May ALL be safe, May ALL be free from suffering, May ALL be peaceful



- **Story:** The Golden Rule by Ilene Cooper  
YOU TUBE VIDEO (6:20 mins) : <https://www.youtube.com/watch?v=spN3ON6Xq0g>

Most people know the **GOLDEN Rule**:

“Treat others as **you** wish to be treated.” What if people really *followed* it? A grandfather explains its power to his grandson.

We talked also about the **PLATINUM RULE**: to “Treat others as **they** wish to be treated,” which many consider to be a more sensitive version of the Golden Rule. To do so, we must learn to view the world as others see it, and to embrace our differences while admiring the strengths in others.

## TAKE IT HOME

- **Family discussion:** talk about the difference between the **GOLDEN Rule** and the **PLATINUM Rule** and what specifically it looks like to you.
- **Service:** Consider how you might make someone to feel welcome in your family, circle of friends, neighbors? Can you teach someone something you know how to do? Or spend time with them? Put it on your calendar today.

*Our session components strive to be experiential. In other words, each session is designed to engage children in three fundamental spiritual experiences; what we call “the three S’s.” We see the “three S’s” as an antidote and alternative to competitive, media-saturated & materialistic culture.*

**Silence** = meditation, listening, mindfulness.

**Service** = leadership, helping others

**Sunshine** = connection with nature and our bodies through outdoor activities or movement