

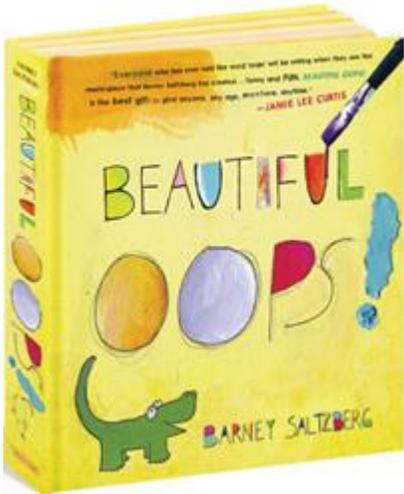
## PRE-K-1<sup>st</sup> grade children

FAMILY TAKE-IT-HOME for OCTOBER 15, 2017

TOPIC: **Courage & Letting Go**

**Unitarian Universalist Principle:**

# 3 Unitarian Universalist Principle # 3 We accept each other and help each other grow / We are free to learn together.



### Activities on Sunday morning:

- **MINDFULNESS** – listen to bell to stillness.
- In our **Wonder box** there 's a clothespin; it's the kind that snaps. Uh oh, it might pinch! We tried putting it on our sleeve and it didn't pinch us, it just sat there. When you try something you let go and have the courage to see what will happen. Sometimes that takes courage!
- **Story:** Beautiful Oops by Barney Saltzberg
- **Arts & Crafts:** Decorate Clothes pins
- **SUNSHINE Activity (outside/movement)** Twirl outside - we are free.
- **SERVICE** – Give a clothespin to another person, to remind them to let go and try something new. It might be for a parent or a friend.



## TAKE IT HOME

- **Talk about times you made a mistake and learned from it.**
- **Do some creative thing together – cooking or painting together** (it could be watercolors, or if you need to paint the house. Note it is okay to make mistakes and look at them to see what we might do next. Maybe you paint a tree or a stripe on the wall with that spattering or create a new dish to eat!

*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