



PRE-K and Wiggly children

FAMILY TAKE-IT-HOME for SEPTEMBER 10, 2017

Monthly Theme: WELCOME

Today we remind each other that it's important to notice how people are the same and different. Noticing, affirming and appreciating the differences between people *is* important instead of insisting everyone is the same. People feel more seen and heard when we allow them to identify themselves and love them as they are. That's how we learn to be friendly, caring, and peaceful people to everyone.

Unitarian Universalist Principles: # 2 Be Kind, #3 We are free to learn together

Possible activities onsite on Sunday morning: Puppets to illustrate the point, Mindfulness Meditation for stress of being new or open to change, Song: You have a friend at church (to the Farmer in the Dell tune) "Love is the Spirit of this church" heart craft

Story options: Read more to celebrate: [International Literacy Day](#) - Sept 08, [Grandparent's Day](#) - Sept 10

- It's OK to be Different by Todd Parr It's Okay to be Different is designed to enhance emotional development, celebrate multiculturalism and diversity, and promote character growth.

<https://www.youtube.com/watch?v=shYf3prwXJU>

"It's okay to need some help.

It's okay to be a different color.

It's okay to talk about your feelings."

- The Peace Book by Todd Parr - Perfect for the youngest readers, this book delivers a timely and timeless message about the importance of friendship, caring, and acceptance. <https://www.youtube.com/watch?v=xohl5m-EyYA>

"Peace is making new friends.

Peace is helping your neighbor.

Peace is a growing a garden.

Peace is being who you are."

- We're the Same, We're Different from Sesame St & Random House Books
- Bein' With You This Way by W. Nikola-Lisa - rap interactive... <https://www.youtube.com/watch?v=AxoYuxKkKBY>



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

MINDFULNESS FOR CHILDREN

Focus on breathing when in a stressful moment, such as worrying about a person who is new and different, or being a person who is new and different.



Five-finger starfish meditation: this breathing technique has kids holding up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

There's more at the website this was found... <https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/#young-children>