

Topic: EMBODIMENT of MOVEMENT & FAITH

Our Body is our home. Our bodies are how we feel and experience the world. All bodies are different and all bodies are good. Different bodies teach different people unique things. How we feel and think is connected to how our bodies feel. Today we are going to use our bodies to express and create fun and joy! Unitarian Universalist believe in celebrating the beauty and joy in the world.

- Principle 1: We believe that each and every person is important.
- Principle 2: Be Kind
- Principle 3: We are Free to Learn Together

STORY [Amazing Grace](#)

- Are you kind to your body? *Eat & sleep & rest, take care of yourself?*
- Have you ever had someone tell you that you couldn't do something? Why? *(Maybe for safety, or if you are not tall enough to reach, but hopefully it's not because of something you can't change like your gender(if you are boy or girl or something in between) or what color you are. This happens in the world and when it does it is hurtful. Remember our Principles 1, 2, 3*
- Which of the stories or characters in stories do you like to imagine being?

ACTIVITY: Dance to VIDEO: [You've got a Body \(with Ne-Yo\)](#)

TAKE-IT-HOME

- Sing along & move prayerfully to – [Spirit of Life](https://www.youtube.com/watch?v=EcFZ32EHexY) <https://www.youtube.com/watch?v=EcFZ32EHexY>
- And this video will make you smile [BE KIND](https://www.youtube.com/watch?v=mJhZ64BvvFU) <https://www.youtube.com/watch?v=mJhZ64BvvFU>



