

May 21, 2017 -PARENT TAKE-IT-HOME handout

Pre-K & Wiggly Children

Topic: EMBODIMENT of NATURE



To embody nature is to put yourself in nature and be fully aware of all the wonder around you. When you go outside and use all your senses to feel nature, you can embody nature. Nature embodies the spirit of life that surrounds us and that we are a part of. When you spend time outside it can both relax you and give your spirit energy.

Unitarian Universalists believe in caring for our planet Earth, the home we share with all living things (**Principle # 7**) Today we celebrate our connection with nature. We are creatures on planet Earth just like the animals and plants we share with the land and water with. We embody nature.

STORY The Secret of Saying Thanks by Douglas Wood

DISCUSSION QUESTIONS:

- What was the secret? (*being grateful - for all the earth and our fellow creatures*)
- What do you feel the most grateful for about the earth and Why?
- if you were another thing in nature, what would you be and why?

ACTIVITY: Nature walk and Land Art



TAKE-IT-HOME

- Create a spiral or mandala of natural objects after reading this: <http://artfulparent.com/2010/01/richard-shilling-on-land-art-for-kids.html>
more examples of Land Art <https://www.pinterest.com/pin/2181499800911903/>
- Create a prayer of thanksgiving for the earth (a mealtime grace? or dance?)
- Invite each person in your family one day to **Take a photo or make a drawing of something each noticed and appreciated in nature that day** and at the end of the day share it with each other.