

Activities on Sunday morning:

- Created group covenant (their promise to each other on helping the group and guests feel welcome.
- **Mindfulness:** This year we will practice mindfulness – here's some video's and then try it at home!

VIDEO - Children share feelings about mindfulness <https://www.youtube.com/watch?v=awo8jUxlm0c>

VIDEO - A quick intro to mindfulness <https://www.youtube.com/watch?v=mjfyuTTQFY>

NOW WE WILL TRY MINDFULNESS

- Please get into your 'mindful bodies' – still and quiet, sitting upright, eyes closed."
- "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone."
- Ring a "mindfulness bell," or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening. "Please raise your hand when you can no longer hear the sound."
- When most or all have raised their hands, you can say, "Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing." You can help students stay focused during the breathing with reminders like, "Just breathing in ... just breathing out ..." Ring the bell to end.



Linden Tree



Oak Tree Leaves

Leaves & flowers & acorns

- **Story: Story: Baucis and Philomon-** Greek story of welcoming the strangers who turn out to be the gods and receiving gifts for their radical hospitality. This loving and kind couple in the end of the story are transformed into intertwined Linden & Oak trees.
 - **AUDIO FILE (4:25 minutes)** link <http://etc.usf.edu/lit2go/68/fairy-tales-and-other-traditional-stories/5096/philemon-and-baucis/> (B-AWE-SIS & FILL-o-men)

TAKE IT HOME

- View and practice saying "Hello" in different languages this "Hello" Welcome Song Video - Lyrics and melody at <http://yollisclassblog.blogspot.com/2009/04/hello-song.html>
- **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