

PRE-K-1st grade children FAMILY TAKE-IT-HOME for SEPTEMBER 24, 2017

TOPIC: WELCOMING HARD TIMES

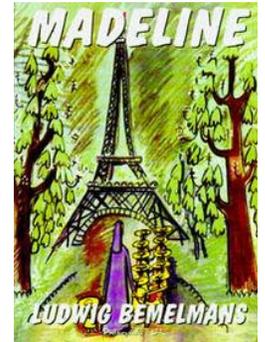
Unitarian Universalist Principles: # 1 Each Person is Important , #2 Be Kind

Being sick, is a chance to be kind to ourselves, and when others are not well we can also feel good about telling and showing them in thoughtful actions why they are important

Activities on Sunday morning:

- **Story: Madeline by Ludwig Bemelmans**

Madeline story is set in the country of France and we will meet a family of a group of girls living together and being taken care of by a Catholic nun, Miss Clavel. We know she is a nun by how she is dressed. This is how nun's dressed a long time ago (1939) and she uses an early telephone Number that they used letters and numbers to make a call ... let's hear the story now. <https://www.youtube.com/watch?v=uFaKBDYYJgw>



- **Mindfulness:** Place a Band-Aid around your finger just pretend. Gaze at your finger and say welcome to the healing. Hello, healing. Thank you for helping me. Cradle your finger and give it your love and a little kiss. Close your eyes and cradle your finger in the quiet.



- **Service:** Fill an envelope with band aids give to someone who may need them, in the foyer, at the playground...
- **If sunny - Sunshine Activities (outside/movement)** Say welcome, sun and walk in sunlight. Then it gets hard and hot, so we go into the shade and say welcome, shade. Then it gets hard and chilly, so we go into the sun and say welcome, sun again. We need sun and shade both. Walk around some more and feel the heat and coolness, the sun and shade.
If not – Band-aid art option: <http://www.littledreamers.com/bandaaid-art/>

TAKE IT HOME

- **Service:** Make soup together for someone who isn't feeling well or for someone you know who needs a little love – a basic soup of stock and cut up veggies (give children soft veggies to cut like zucchini, tomatoes, peppers)
- **Band-aid art at home - Trace whole body** <https://www.gryphonhouse.com/activities/band-aid-art>

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