

2-3rd grade children
FAMILY TAKE-IT-HOME by Mary Collins Children's
Program Coordinator

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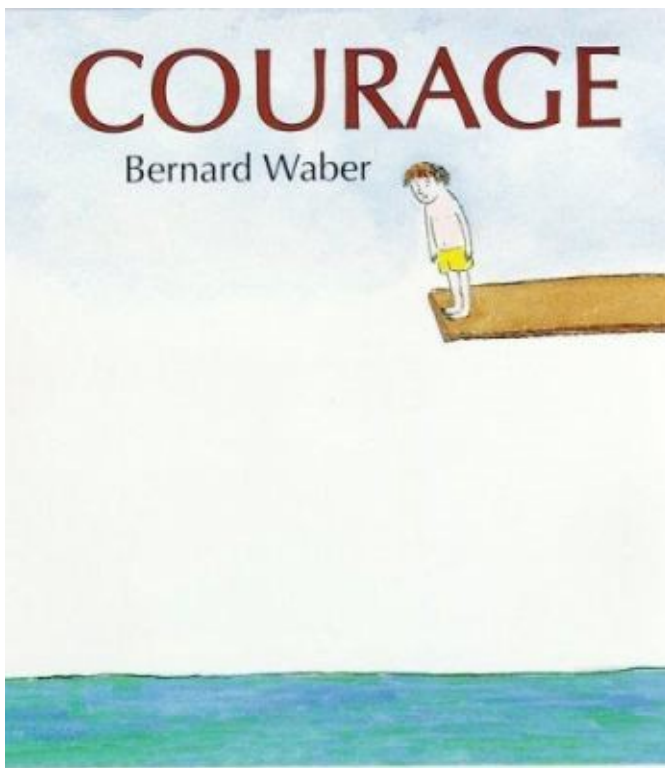
TOPIC: The MEANING OF COURAGE

Unitarian Universalist Principles:

3 Free to Learn Together

#6 Build a Fair & Peaceful World.

Activities on Sunday morning:



- **Mindfulness:** Walking Meditation

- **We practice lighting matches safely.**

- **Story: Courage by Bernard Waber**

https://www.amazon.com/gp/product/0618238557/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0618238557&linkCode=as2&tag=learnthroulit-20&linkId=FYPF5I3Y42SNDKIC

- **Courage Work out – Practice our "Stop it" or "Quit it" or "That's mean" with a strong body stance, good eye contact and strongest, deepest voice.**

TAKE IT HOME

- **Discuss what courage means to you (you might try this as a conversation starter- Video of [Children's ideas of what courage means to them](#) https://www.youtube.com/watch?time_continue=181&v=g6gIK-eXIDE**