

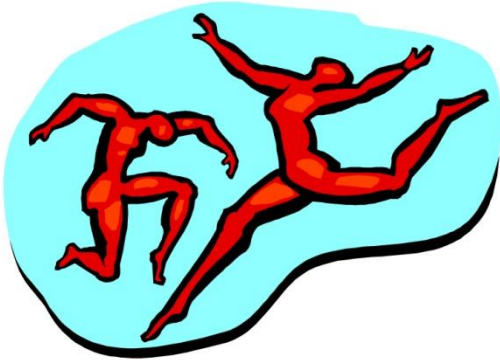
PRE-K-1st grade children

FAMILY TAKE-IT-HOME for OCTOBER 8, 2017

TOPIC: Courage & Heart: Be true to yourself

Unitarian Universalist Principle:

4 Search for what is true



Activities on Sunday morning:

- **Story:** A book about DANCING –everyone has their own music & song that make them want to dance. Everyone can dance.

- **Mindfulness: Dance Meditation** - swirl and twirl to different kinds of music

Justin Timberlake “Can’t stop the Feeling”

<https://www.youtube.com/watch?v=ruOK8uYEZWw>

- **Sunshine Activity (outside/movement)**

- I am Animal - HarryKindergarten Music

<https://www.youtube.com/watch?v=810zdOTJHTI>



TAKE IT HOME

- **Putumayo Kids CD Sampler** – music from many parts of the world – 28 minutes –

Dance puts you in the moment, expresses emotions and is a great stress reliever! Dance together at

home! <https://www.youtube.com/watch?v=9wcYr27AzSY&index=5&list=PLmPMK-4geLkwWKDBAqXwxdqQD-bXIDIZ4>

- **Service:** Invite someone to join you in a song or dance or nursery rhyme like Farmer in the Dell or Ring-Around-the-Rosie. It may just put a smile on their face.

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*