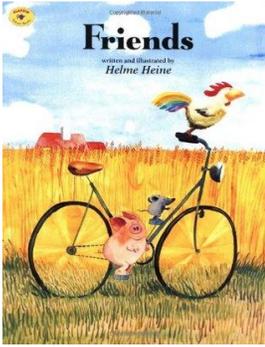


PRE-K-1st grade children FAMILY TAKE-IT-HOME for NOVEMBER 5, 2017

TOPIC: **The Meaning of Abundance: Community of Friends and Family**

Unitarian Universalist Principles: # 2 Be Kind, # 6 Build a fair and peaceful World

Activities on Sunday morning:



STORY: **Friends** by Helme Heine - a Rooster, a Mouse, and a Pig are the best of friends. They ride their bike together, play games together, and even do their chores together. They remind each other that **Good Friends stick together and are kind to each other. They decide things together, so it's fair for everyone.** But when night falls and it's time to go to bed, they learn that sometimes friends have to be apart. But that's okay, because true friends always find each other, even if it's just in their dreams. We can think of ways to remember and see each other again.

MINDFULNESS: Let's listen to all of the sounds around us as we are very quiet together. Now, reach out and hold the hand of the person sitting next to you. Turn and look at them and smile. That is being a friend. **We have an abundance of love when we are**

surrounded by our family & friends who help us and care for us.

SONG: Love, Love, Love (tune: 3 Blind Mice)

Love, love, love,
love, love, love
See how it grows,
See how it grows.
I love my friends and they love me.
We love each other that's plain to see.
There's plenty for a big family.
Love, love, love, love, love, love.

MAKE – LITTLE FRIENDS – if we feel lonesome or worried about something we can choose to tell someone in our family, or tell these little friends and put them under our pillow at night and may find that things will seem better in the morning!



TAKE IT HOME:

- **Sunshine Activity (outside/movement) The Abundance**
Go outside and look for abundance in nature. When you find it, do a little dance, the abundance! Is there an abundance of leaves? an abundance of trees? an abundance of sunshine? or an abundance of rain clouds?
- **Service: We are rich in family and friends. Tell someone you love them.**
- **Watch a short video or read the book together - Little Elliot Big City by Mike Curato** A polka dotted elephant overcomes obstacles by finding a friend and working together.
<https://www.youtube.com/watch?v=hFw6D35rk5o>

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