



2-3rd graders

DECEMBER 17, 2017

FAMILY TAKE-IT-HOME by Mary Collins Children's Program Coordinator

TOPIC: SEEDS of HOPE

Unitarian Universalist Principles

1 Each Person is Important, # 6 Build a Fair & Peaceful World

Today's Activities:

- **SERVICE** - Create Fruit Salad to give to Gillespie Center guests
- **MINDFULNESS** Blessings from Nature - hope for the web of life



Thank you for the sun so bright,
Thank you for the moon at night,
Thank you for the stars above
Thank you for the ones we love
Thank you for the food we eat
Thank you for your love so sweet.



Try this or one of these nature-based mealtime blessings from the Waldorf traditions found at:

<http://www.themagiconions.com/2016/04/5-favorite-waldorf-mealtime-blessing-verses.html>

- **STORY: The Rebirth of the Sun** By Starhawk in *Tapestry of Faith, Love Will Guide Us, Session 11*

<http://www.uua.org/re/tapestry/children/loveguide/session11/168878.shtml>

Tell this solstice story then you might ask the following questions:

- I wonder why hearing "thank you" gave the sun more and more energy? Do you suppose the sun really gets tired? What do you suppose would happen if it was always dark without sun? Always sunny, without darkness?
- I wonder how you feel when someone thanks you for something? I wonder why it is important to remember to say "thank you"? What gifts from nature are you grateful for?

- **WEB OF LIFE – toss yarn and name something- We are all connected**

Each person to say their name and then make up a connection in the web of life. It can be an animal, the sky, insect, bird, or any plant. For instance, one person says, "My name is Millie. I am an eagle." Millie tosses it. The catcher says, "My name is Jack. I am the sky holding in the air we breathe" and tosses it. The next person says, "My name is Otto. I am an otter breathing in the air." and so on.

