



2-3<sup>rd</sup> graders

JANUARY 14, 2018

- **FAMILY TAKE-IT-HOME** by Mary Collins Children's Program Coordinator
- **Soul Matter Theme of the Month: INTENTION**
- **Session Topic: Fail Again, Fail Better,**
- **UU Principle # 3 We are Free to Learn Together**



### *Sunday Activities:*

- **REFLECTION on Mistakes & Intention**
- **STORY:** Beautiful Oops by Barney Salzborg. Even though this book is for young children, all ages have learned from it. Video with Song (1:21 minutes):  
<https://www.youtube.com/watch?v=2fZjMYdQjGM>
- **DANCE VIDEO:** "We Gonna Make Mistakes" (3<sup>rd</sup> gr. Class variation of song "Shake It Off" by Taylor Swift –stand and move to it! (3:59 minutes)  
<https://www.youtube.com/watch?v=E4-Hve9RKtg>
- **GAME** - Over Under Intention Game – passing items under, over, under... just like intentions, sometimes we make it, sometimes we don't, we exceed our intentions or we miss the mark.
- **MINDFULNESS** - Take Five Breathing to return to Intention - (from [http://www.teachpeaceofmind.com/site/wp-content/uploads/2016/05/POM\\_lesson6.pdf](http://www.teachpeaceofmind.com/site/wp-content/uploads/2016/05/POM_lesson6.pdf))  
Sometimes when people are in competitive or tough situations and they feel stressed out. Here is a mindfulness activity that is a good life tool.

### *FAMILY TAKE-IT-HOME Additional Faith Formation ideas*

- **Mistakes Ritual** - What do you do when you make mistakes and want to make up? Many faiths have a ritual. UU's don't - YET. Create one because we all make mistakes and need a way to return to our intentions. What can your family create? Use these steps as a general guideline and come up with their own family ritual.
  - A mistake hurts and reminds us we are failing. How do we return to our intentions?
  - Opening words. Tell the story about the mistake.
  - Meditation. Imagine what it would be like if it got better..
  - Action Plan. Make a plan. Do something to help make it better.
  - Express Gratitude. Song, poem, art. Give thanks and gratitude for what you do have.
  - Music. Set aside anger to be free from its poison.
  - Celebrate a return to Intention. Permission to heal.
- **BOOK to READ: Steps and Stones: An Ah's Anger Story** by Gail Silver (Author), Christiane Kromer (Illustrator). <https://www.amazon.com/Steps-Stones-Anhs-Anger-Story/dp/1935209876>  
When Anh's friends leave and he feels left out at school, his anger shows up to keep him company. Anh the protagonist of Gail Silver's previous book Anh's Anger, is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. By counting his steps and coordinating them with his breathing Anh is able to slow down and take his anger for a peaceful and magically transformative walk. **Age Range:** 4 - 8 years  
**Grade Level:** Preschool – 3rd grade
- **Practice the Mindfulness "Take Five Breathing to Return to Intention" exercise above together or listen to the story and song videos**

