

PRE-K-1st grade children

FAMILY TAKE-IT-HOME for JANUARY 14, 2017 (family sheet by Mary Collins,
Children's Coordinator, Unitarian Church in Westport, CT)

Monthly Theme: INTENTION Session Topic: Fail Again, Fail Better - from Soul Matters
UU Principle # 3 We are free to learn together

Activities on Sunday morning:



- **WONDER BOX** – torn paper puppet explains: We all make mistakes, even when we try really hard not to. It is part of life. It hurts. Then we learn and try again
- **MINDFULNESS** -Breathe in and out while silently saying the reminder, “It’s OK to make mistakes.”
- **STORY** *The Dot* by Peter H. Reynolds - It is hard to feel like a failure, or that you can’t paint. Try and try again. Failing is part of life.

Video: <https://www.youtube.com/watch?v=t5mGeR4AQdM>

Book: <http://amzn.to/2kLSkoC>

- **SONG** - The Dot Song Motions Song with Emily Arrow + DOT ART

https://www.youtube.com/watch?v=r_l43cxDQ-o

FAMILY TAKE-IT-HOME -Faith Formation Activities:

- **“Sunshine”(connection with nature and our bodies) Game, to play outdoors or indoors. Ring Around the Rosie.** <https://www.youtube.com/watch?v=k2KMnpD46jl>

SAY: We all fall down! And then, we get back up, return to our intention, and try it again. Falling down and making mistakes is a part of the game and a part of life.

- **Service** - Invite others to join in your game of *Ring Around the Rosie*. Provide chairs for adults who may not be able to get up off the ground!

- **READ BOOKS OR LOOK AT VIDEO’S ABOUT MAKING MISTAKES:**

It’s OK to Make Mistakes use *this one (parent’s Handout)* By Todd Parr *It’s Okay to Make Mistakes* embraces life’s happy accidents, the mistakes and mess-ups that can lead to self-discovery. Book: <http://amzn.to/2ynZuES>

Video: <https://www.youtube.com/watch?v=mqp5kvnKg5k>

Ruby Bridges Goes to School: My True Story (Scholastic Reader, Level 2) by Ruby Bridges (Author) Even our country can make mistakes, and try to fix them.

<http://amzn.to/2xlz0yQ>

Beautiful Oops by Barney Salzborg An award winning, best-selling, one-of-a-kind interactive book, *Beautiful Oops!* shows all ages how every mistake is an opportunity to make something beautiful. The pages demonstrate the magical transformation from blunder to wonder. Even though written for children, it has inspired a movement for all ages. Book: <https://www.amazon.com/Beautiful-Oops-Barney-Salzborg/dp/076115728X> Video with Song: <https://www.youtube.com/watch?v=2fZjMYdQjGM>

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are proof
that you are
TRYING