

- **FAMILY TAKE-IT-HOME** by Mary Collins Children's Program Coordinator
- Soul Matter Theme of the Month: INTENTION
- Session Topic: Doing the best we can,

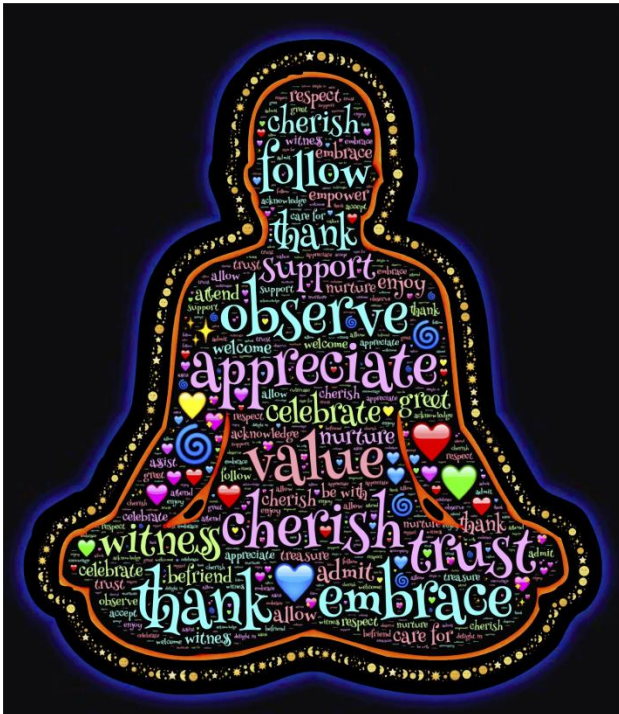
UU Principles: # 3 We are Free to Learn Together, #6 Build a Fair & Peaceful World

Sunday on-site Activities:

❖ **Role Play -Daily Choices Help Us Grow in our Intentions**

From Tapestry of Faith, Love Surrounds Us, Peaceful Choices

<https://www.uua.org/re/tapestry/children/lovesurrounds/session13/170301.shtml>



❖ **MINDFULNESS: METTA Meditation**

<https://www.mettainstitute.org/mettameditation.html>

To make good choices it's really helpful to practice loving-kindness meditation.

Sit in a comfortable and relaxed manner. Take two or three deep breaths with slow, long and complete exhalations. Let go of any concerns or preoccupations. For a few minutes, feel or imagine the breath moving through the center of your chest - in the area of your heart.

Metta is first practiced toward oneself, since we often have difficulty loving others without first loving ourselves. Sitting quietly, mentally or say out loud, slowly and steadily, the following phrases: (breath in, and out between each phrase)

- May I be happy... May I be well... May I be safe... May I be peaceful and at ease...
- May you be happy... May you be well... May you be safe... May you be peaceful and at ease...
- May we be happy... May we be well... May we be safe... May we be peaceful and at ease... ..

FAMILY TAKE-IT-HOME Additional Faith Formation ideas

- **Parents & Children draw what they imagine the phrases above look like. Repeat at a different time.**
 - Does it change from day to day, week to week? Does your age matter?
 - You might also do this at bed time and tell each other what it might look like.
- **Practice the Mindfulness above or play Song: May I Be Happy** with Betsy Rose (about a minute or two – The Metta Meditation as a song!
https://www.youtube.com/watch?v=RU_Vj0kytFo