



4-5th graders

FEBRUARY 4, 2018

• **FAMILY TAKE-IT-HOME** by Mary Collins Children’s Program Coordinator and

Soul Matter’s Theme of the Month:

PERSEVERANCE

UU Principle # 3 We are Free to Learn Together

Sunday Activities:

- Sharing a poem and inviting children to share their stories of Perseverance.
- **MINDFULNESS MOVEMENT : Tai Chi** - follow along with this slow and steady martial art. <https://www.youtube.com/watch?v=cEOS2zoyQw4>
- **PERSEVERANCE JENGA** From an idea by Joy Berry during the 2016 LREDA Fall Con Jenga is a block game that starts with a tower of blocks. In this version, the blocks will be prepared with words pertaining to perseverance written or taped to on each block Each participant play Jenga and is invited read the word on the block which they pull out, creating a word poem on Perseverance >>>>>>

FAMILY TAKE-IT-HOME Additional Faith Formation Ideas

- **SHARE A FAMILY STORY** – Have a Family member who lived through a war? Or hard times? What helped them persevere?
- **HANDS ON PERSEVERANCE – LEARN A SKILL** – teach each other or learn something new from a YouTube video: Cooking? Knitting? Building with wood or a complicated Lego design? Fixing a toilet? Painting a room?
- **Do the Mindfulness Movement above together** (It will take 11 minutes to learn a 5 minute Tai Chi practice)!

- Persistence
- Staying power
- The long haul
- Determination
- Patience
- Stick to it
- Faith
- Grit
- Stubbornness
- Change
- I think I Can
- Dedication
- Endurance
- Moxie
- Spunk
- Stamina
- Backbone
- Drive
- Guts
- Pluck
- Purposeful
- Effort
- Concentration



Families come together -children and teens invited for...

Family Ministry Night: Come for worship and a short program together. Meet other families.

Tuesday, Feb. 6th from 7:00 -8:00 pm will include:

- **Part 1: Worship** with Mary Collins, Children’s Program Coordinator and Rev. John that will include: video music, opportunity for joys & sorrows, reading with short story & Rev. John’s thoughts, small group break out question pondering, rock and sand mandala and other open table activities.
- **Part 2:** Now planning for next year’s PreK-12th grade programming and curricula. **Give YOUR feedback and ideas for faith development opportunities!**

Additional Family Ministry Night Dates (First Tuesdays of the month):

March 6, May 1 from 7:00-8:00pm,
April 3 Potluck and worship 6:30-8:00pm