



PRE-K-1st grade children

FAMILY TAKE-IT-HOME for FEBRUARY 4, 2018

(family sheet by Mary Collins, Children's Coordinator, Unitarian Church in Westport, CT)

Soul Matter's Monthly Theme: PERSEVERANCE

Session Topic: "Slow and Steady Wins the Race"

Activities on Sunday morning:

MINDFULNESS – Let's close our eyes and sit quietly. Listen to the bell... Now let's imagine an animal that shows perseverance. Imagine we are a slow and steady turtle taking one slow step at a time. We can be steady and slow, steady and slow. Breathe in and out. Feel how comfortable is it not to be rushed, to go along without having to be fast. Take a deep breath and feel the turtle energy in side of you...

STORY: The Tortoise and the Hare (there are a variety of books about this Aesop Fable but we showed this

Video: <https://www.youtube.com/watch?v=SUngzUtFr7Q>



AFTER story DISCUSSION QUESTIONS

- What could the other animals have said to Hare when he was making fun of Tortoise?
- **Slow and steady wins the race** – can you think of other times you might say that?
(When you are learning how to do something you haven't done before like pouring water into a cup. Some people also use this saying to remind themselves to keep going, even when they find something very hard, like building fair and peaceful world around us by our kind actions)
- **UU PRINCIPLES # 2 Be Kind, #6 Build a Fair and Peaceful World**

FAMILY TAKE-IT-HOME -Faith Formation Activities:

- **Connect to nature** and perseverance by looking at a real tortoise. Where might you find some?
- **Service** Make a turtle snack for someone in your family. Make a turtle snack using a circular cracker, like Ritz or a Rice Cracker. Use a sticky food, like frosting, sunflower seed butter, or thick hummus, and place a dab on the circular cracker. Use pretzels to make the legs and tail of a turtle.
- **Fun helps us to persevere. Have fun at bath time with this FINGER PLAY "TINY TIM"**
<https://www.youtube.com/watch?v=YCPSIEfE9Qs>



Families come together with their children 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