

## FAMILY TAKE-IT-HOME

by Mary Collins, Children's Program Coordinator

Soul Matter Theme of the Month: BALANCE

Session Topic: Balance of Good and Evil – Holi (Hindu)

Unitarian Universalist Source: World Religions

UU Principle #6 Build a Fair & Peaceful World



### *Planned Sunday on-site Activities:*

- ❖ **Video on Holi** [https://www.youtube.com/watch?v=R1hs5FO\\_Oqk&feature=youtu.be](https://www.youtube.com/watch?v=R1hs5FO_Oqk&feature=youtu.be)
- ❖ **Music & Movement to HOLI INSTRUMENTAL || D-Minor ||** (move with colorful scarves) <https://www.youtube.com/watch?v=Lm2ZyvSht6g>
- ❖ **Story The Heartless King, a story of balance from India** – The King, who doesn't consider others, has a guest, a hunter with an unusual dog, who barks thunderously, even after several platters of meat. The dog barks when there is injustice in the land. The King's advisors suggest they need to feed all the hungry people in the land. Finally, the King commands all the people in the palace to load carts with food from the royal storehouses and gardens. A long line of carts leaves the palace – for days and days – until one day the dog lies down quietly by the King's feet. Everyone in the land is fed. There is peace in the palace. The dog stays for a little longer, and barks to remind the king when he overlooks injustice when it pops up until finally the day came the king was aware and did the right thing. Then the dog moved on to another land.
- ❖ **Game – Watchdogs for Justice** – compare situations – are they just? Bark if they are not
- ❖ **Social Justice Stretching**
  - Reach down to get power from the grassroots (touch your toes)
  - Reach UP to the sky for inspiration (reach your arms into the air)
  - Stomp out injustice (stomp feet on the floor)
  - Move in the winds of change (with arms out to your side, twist your torso from left to right)
  - (repeat with a faster pace and repeat until you can't go any faster)

### *FAMILY TAKE-IT-HOME Additional Faith Formation for you:*

**Guided Meditation: The Color Balloon of Balance** From 3 Kid-Friendly Meditations Your Children will Love.

<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000g5zbbbrd8vfrqxwz1ohqm25b8g>

This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated.

- Relax your body and begin to take deep inhaleds and slow exhaleds through the nose.
- Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Expand your belly as much as you can.
- Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.  
(Encourage your kids to feel their entire body relax each time they exhale, each time air is slowly being released from the balloon. You can even make a "hissing" noise to encourage them to slow down the exhale even more, "Like letting air out of the balloon.")
- Continue for several minutes.

If the child you're teaching is younger, you can add a little more detail and fun to the exercise to keep them engaged. Young kids, especially under the age of 6, love the extra movement when they're learning to bring awareness to their breath. Encourage them to stand up in a relaxed way and follow these steps:

Ask them to think of their favorite color and picture a giant balloon of that color in their mind.

Then have them take a slow, deep inhale through the nose, filling up their tummies with air as if trying to blow up a giant [their favorite color] balloon.

As an option, you can also have them stretch their arms open and overhead to represent expansion and the big balloon. When their balloon is totally full, have them hold their breath at the top, and then you can "pop the balloon" for them (gesture finger to belly) and they can fall down as they exhale. This one will likely elicit giggles and awareness of their breath.

