

PRE-K-1st grade children

FAMILY TAKE-IT-HOME for March 4, 2018 (family sheet by Mary Collins,
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Monthly Theme: BALANCE Session Topic: The Colors of Holi

Unitarian Universalist Source: World Religions, UU Principle #2 Be Kind

Activities on Sunday morning: Movement & song with a Color theme, Dry Paint experiment (possible painting with the results or coloring)

INTRO to the celebration of Holi for PreK-1st children:

Holi, a traditional Hindu festival, celebrates the beginning of spring, new beginnings, as well as the triumph of good over evil. It is a joyful Hindu Festival of Colors that is celebrated over several days in early spring when the wheat is harvested in the fields.

It is a very old celebration that began in a place called India where it is mentioned in writings on stone, and in sculptures on the walls, of old temples.

People tell stories during just during Holi (similarly to the singing of Christmas Carols at Christmas time in the U.S.) One story is about Krishna and his beloved companion, Radha. Krishna liked to play tricks on Radha and her friends, the milkmaids (gopis). It is said that during Holi, Krishna liked to pour colored water on Radha and her friends.

The night before Holi, people light fires. In the middle of the fire, they place a large tree branch that represents a good person (from another story) After the fire is burning, they quickly remove the branch to "save" the person. They might also place something else in the fire and allow it to burn.

This represents how good always wins against evil. Everyone dresses in their best clothes for this event.



On the morning of Holi (this day is called Dhuleti), people dress in old, usually white, clothes and cover themselves and others in brightly colored paint. During this time, carts line the streets of northern India. The carts are filled with gulal (brightly colored powdered paints). The God Krishna is said to have used a pichkari (a brass syringe) to squirt the colored water on Radha. Children in India use many things from plastic bottles to water pistols for this fun and chaotic time. In the afternoon, the people go inside to wash off the colored paints and spend the rest of the day resting.

They eat Indian candies. One candy is called laddu and is made from split pea flour and sugar syrup.

adapted from <http://montessoritraining.blogspot.com/2009/03/celebrating-holi-festival-in-montessori.html>

DISCUSSION We share with each other and take turns. We have fun as well as do work. That is balance.

Some tricks are fun, like trick or treat or a magic trick, but sometimes tricks are not fun.

How do you know the difference so you can BE KIND (UU Principle #2)? Imagine if someone if it would happen to you? If you know someone well, like a brother or sister or friend, an unkind trick would be to hide a favorite bed time toy or animal. So UU's work to be kind instead and make different choices.

FAMILY TAKE-IT-HOME -Faith Formation Activities:

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.0000g5zbb8d8vfrqxwz1ohqm25b8g>

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 inhales and slow exhales 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.

