

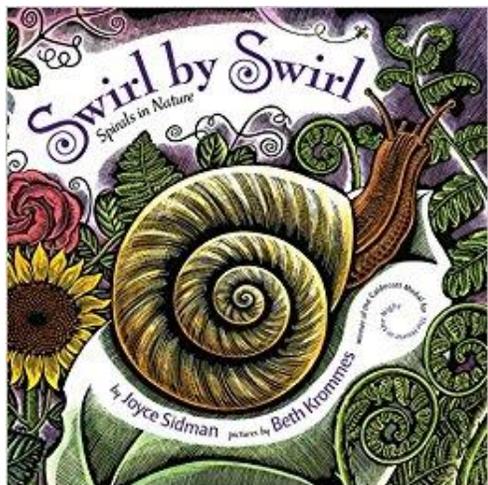
Monthly Theme: BALANCE Session Topic: Numbers in Nature

Unitarian Universalist Sources: Direct Experience of the Mystery some call God, Use of Reason

One of the ways to understand balance is to explore science and mathematics. We live in a mathematical universe. Math makes a hidden and deep balance in our universe. There are some beautiful and miraculous things which happen with balance!

For the youngest children, introduce the wonder of numbers.

*Activities on Sunday morning:* Movement & song number theme, observing spirals in shells and pinecones,



BOOK: Swirl by Swirl: Spirals in Nature by Joyce Sidman

A Caldecott medalist and a Newbery Honor-winning poet celebrate the beauty and value of spirals. What makes the tiny snail shell so beautiful? Why does that shape occur in nature over and over again--in rushing rivers, in a flower bud, even inside your ear?

With simplicity and grace, Joyce Sidman's poetry paired with Beth Krommes's scratchboard illustrations not only reveal the many spirals in nature--from fiddleheads to elephant tusks, from crashing waves to spiraling galaxies--but also celebrate the beauty and usefulness of this fascinating shape.

- **Have you noticed the spirals in Nature? How did you feel when you see beautiful things or notice patterns?** The Stars in the sky? Spiral Shell? An animal curled up? Beauty? Awe? Wonder? Patterns? Peaceful?

FAMILY TAKE-IT-HOME -Faith Formation Activities:

- **Balance Nature** "Sunshine"(connection with nature and our bodies) Make time to go outside...
  - Find a variety of sticks to balance on your finger or hand. Or how about balancing something on your nose like a seal?
  - How about using numbers to count how many trees you see? Or clouds?
  - Count the number of steps you take while marching down the sidewalk or how many times you can circle around a bush.
  - Try walking in a spiral.
  - Experience the awe and beauty of nature – Look for patterns and spirals
- **Service** (to others) options:
  - When shopping count items in cart? How much money does it cost to feed the family? Bring food items in the Foyer (The Unitarian Church in Westport sends food weekly to the Mercy Learning Center and CT Food Bank)
  - Count teaspoons or cups when cooking together. Consider cooking something for a person or family having a tough time.
  - Help a sibling stack, count or organize the silverware or toys after dinner.