

**FAMILY TAKE-IT-HOME** by Mary Collins Children's Program Coordinator  
**Soul Matter Theme of the Month: BALANCE**

**Session Topic: BALANCE - Spring Equinox & Environment**

**Unitarian Universalist Sources: Teaching from World Religions & UU Principle # 7**

**Planned Sunday on-site Activities:**

- Short Video about the Equinox
- Greek Story of Demeter & Persephone. This is an old "Porquoi" Or "Why?" tale that answers a child's question: Why do we have winter? In this age appropriate adaptation, we share the earth based perspective of appreciating the wonders *under* the ground as well as above (and the balance of dark and light, life and death) as well as the power of growing up and into who you are (Kore, daughter of Demeter and maiden of spring, becomes Persephone, Queen of her own realm).
- "Where's my child?" Game
- Ecosystem Dramatic play - to illustrate when there are either too few or too many trees, birds, squirrels, illustrating the interconnected nature of the ecosystem
- Positive and Negative Art



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

- Pete Seeger sings the song he wrote "Turn, Turn, Turn"  
<https://www.youtube.com/watch?v=GbPI91kTFro&list=RDGbPI91kTFro&t=134>

*Conflicted about the "time to kill" part? Hear Pete Seeger discuss "Turn, Turn, Turn" with Daniel Sheehy - about understanding about the song*

<https://www.youtube.com/watch?v=-4wYiShPEyo>

- **Share your wonder, awe and memories of noticing spring coming around again.** Remembering the cycle of seasons helps us have perspective when winter lingers.
- **Share a Gratitude prayer or grace** - below from <https://seculargratitude.wordpress.com>

*Let me be willing to see the big picture in all things, act in accordance with my best, most ethical self, and grant the benefit of the doubt to all those I meet. - Abby Willowroot*