

### Topic: Balance: Day and Night and the Spring Equinox

Activities on Sunday morning: Free Play, Circle time Story, Song & Movement, observation, glue and draw.

**STORY:** And Then It's Spring (Booklist Editor's Choice. Books for Youth (Awards) by Julie Fogliano (Author), Erin E. Stead (Illustrator) <http://amzn.to/2yDYSaR>

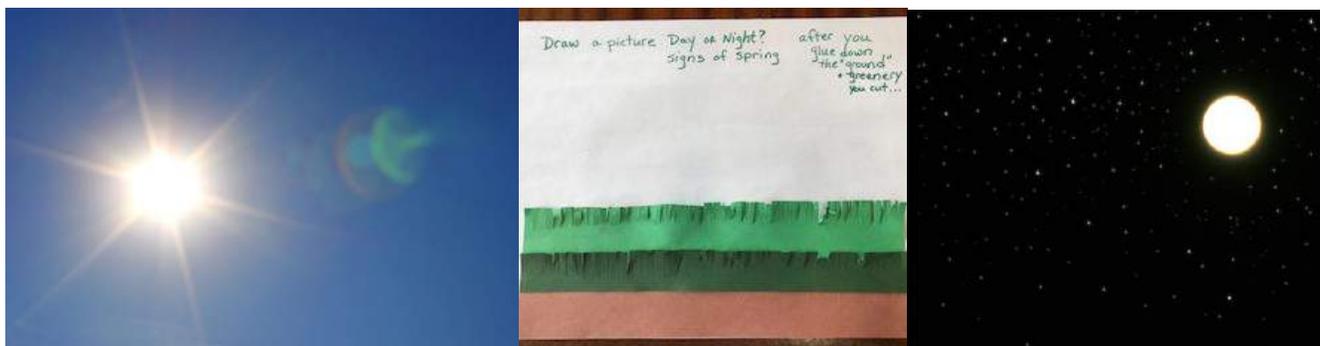
Following a snow-filled winter, a young boy and his dog decide that they've had enough of all that brown and resolve to plant a garden. They dig, they plant, they play, they wait . . . and wait . . . until at last, the brown becomes a more hopeful shade of brown, a sign that spring may finally be on its way.

**Video** <https://www.youtube.com/watch?v=4M5HnRYRUks>

### DISCUSSION QUESTIONS:

- What do you like to do in the day time that makes you peaceful inside?
- What do you like to do in the night time that makes you peaceful inside?
- What have you noticed outside lately? (*We had a lot of snow but have you noticed any green things poking up from the snow like crocuses & daffodils, more birds singing? How is the ground- hard or soft?*)

**Message:** Unitarian Universalist learn from direct experience with the Mystery some call God (that we can experience all around us in Spring time) AND Humanist Teachings and our use of reason (two of our six Sources - <https://www.uua.org/beliefs/what-we-believe/sources>



### FAMILY TAKE-IT-HOME -Faith Formation Activities:

“Sunshine”(connection with nature and our bodies)

- Find a see-saw and balance.
- Follow the leader and balance on curbs, logs, over grates in an obstacle course. Invite pets and enjoy them, as they bring us balance in our lives.
- Balance stones and rocks and create a cairn or sculpture.

Song & Movement together - On the First day of Spring SING - “Spring is Here”

<https://www.youtube.com/watch?v=DobrRgD5aOU>