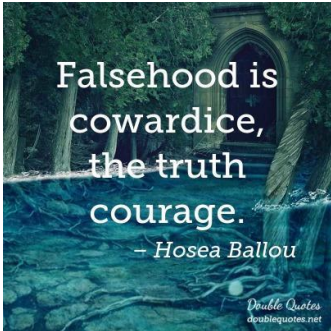


PRE-K-1st grade children

FAMILY TAKE-IT-HOME for MAY 20, 2018

(By Sandra Clements, Sunday Teacher, Unitarian Church in Westport, CT)

Topic: CREATIVITY, Our Faith. Merger Day (Unitarian Universalists history).



PLANNED ACTIVITIES ON SUNDAY MORNING:

The Story of Muddy Hosea Ballou from Tapestry of Faith, Faithful Journeys, Unconditional Love

Story: <https://www.uua.org/re/tapestry/children/journeys/session2/muddy-children>

Questions to ask: ask your child if they remember you loving them when they did something naughty or tell them a story when you did something they didn't like but they still loved you.

Message: Unconditional love is our Universalist history heritage.

UU Principle: #6 Build a fair and peaceful world.

ACTIVITY: Video

Sesame Street "Letter U" with Smokey Robinson

https://www.youtube.com/watch?v=ws_vnXup7so



Faith Formation activities you can do at home:

- **Mindfulness meditation as a family or a bedtime**

Invite a bell or gong. Invite those present to get comfortable and focus on their breathing. Use this time to connect with your inner self...In what ways have you experienced merging? Perhaps you have merged with nature in a beautiful forest, or on a lonely beach.... Perhaps you have merged with love and held another person in your arms...or merged into a symphony playing or another beautiful piece of music...merge your own fingers together (or invite them to join their fingers to the person sitting next to them if appropriate). Give that person a thank you smile and return your hands.