

PRE-K-5 children

FAMILY TAKE-IT-HOME for June 3, 2018

(By Sandra Clements, Sunday, Children's Program Coordinator, Unitarian Church in Westport, CT)

Topic: Blessing: Beauty in nature and beauty in each one of us

UU Principles: #1: Each person is important #7: We care for our planet Earth.

PLANNED ACTIVITIES ON SUNDAY MORNING:

- **Story: How Do Flowers Grow From Seeds, Educational Video for kids**

<https://youtu.be/Avrbtt7izP4>

Questions to ask: Have you ever planted a seed? What is your favorite flower? Does anyone in your family have a garden?

- **POSSIBLE ACTIVITY: Talk with your children about gardening and planting seeds. If possible plant some seeds together and share with them the uniqueness of each flower and the uniqueness of each individual.**

Faith Formation activities you can do at home:

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

Have children close eyes and listen as you recite:

We are thankful for the flowers and each other, for our capacity to say "I am."

And we are glad for all that becomes more than what it was when it began, more than what is now.

