

PRE-K-5 children

FAMILY TAKE-IT-HOME for June 17, 2018

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

Topic: Blessing: The blessing of color

UU Principles: #1: Each person is important

SOME OF THE PLANNED ACTIVITIES ON SUNDAY MORNING:

Our theme for the month of June is "Blessing." We are thinking about what blessing means.

The blessing of color: The colors in a rainbow and of the different skin colors.

What colors are in the rainbow? Red, Orange, Yellow, Green, Blue, Indigo, and Violet (ROY G BIV).

There are many different colors all around us and they are **ALL** beautiful.

There are many different colors of skin and they are **ALL** beautiful!

- We believe that the beauty of all colors of skin is a blessing.
- We love that there is a rainbow in the sky and a rainbow of skin colors!

Questions

- Ask the children about why color is a special blessing in their life?
- Ask them if they have a favorite color or colors?

Video

We are all different: <https://www.youtube.com/watch?v=KJ1ygFknjYo>

Faith Formation activities you can do at home:

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

Offer the following simple Meditation.

May I be happy. May I be peaceful. May I be free.

May you be happy. May you be peaceful. May you be free.

May we be happy. May we be peaceful. May we be free.

This is what we wish for the people who we love.

Ring the bell to signal the end of the mindfulness.

