

Theme: Remembering Life's Gifts and Grace

Topic: Memory

UU Principal #1: Each and every person is important

UU Principal #3: We should accept one another and keep learning together

Message: Remembering the gifts and joys we share when we gather together (for a class, for a meal, for a celebration, for a project, for the day etc.)

Story/Video: Sun Bread by Eliza Kleven <https://youtu.be/9UkuJdlsRCc>

Discussion/Questions: remind the children the times that you as a family brought joy to another. Have them share the most recent time that they made someone smile.

Activity ideas for home: Find a simple recipe and make two different types of bread. Remind the children there are many different kinds of bread and many different kinds of people and families. Have them help you with the making and baking.

Meditation:

Invite the children to sit and listen to the sound of a bell, a gong, or singing bowl until it disappears. Say something like this:

“We let go of our busy things. We sit so still and remember life's gifts. Give each child a small piece of bread. Don't eat it yet! First close your eyes and smell it. Can you smell something? Now taste it. What can you taste? Now swallow it. Mmmm. We are mindful of life's gifts in our lives and in all the many other people's lives.