

Theme: Remembering what really matters

Topic: Memory

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

Message: We look beyond our consumerist culture's love of money and stuff and work to remember what really matters. To counter the Black Friday and Holiday buying messages all around us, we share a conversation with the children about what really matters. What is the "real message" of the **Holiday Season**?

Story/Video: I'M Thankful Each Day!-- Stories for kids <https://youtu.be/JlodsXEvo4U>

Activity idea for home: Have the children make gratitude jar/box. Help them to find an empty jar or box. They can decorate it if they want to. Have them write down what they are grateful for and tell them they can add to it all year long. Whenever they are feeling blue or sad they can look into their gratitude jar/box and remember how fortunate they are.

Service: What really matters is showing our love. Invite the children to share hugs, words, or actions with the ones that they love. Remind them that is okay to show your friends and family that you love them.

Meditation

Offer a simple meditation: Invite the children to take a breath and let it out with a noise. Invite the children to take another breath and let it out with a different noise. Invite the children to take a third breath and let it out with no noise at all.

We breathe together into the silence.

When I breathe in, I breathe in peace

When I breathe out, I breathe out love.

Repeat several times.

May we remember to value what is important.