

Theme: Trust

Topic: Trusting each other

UU Principal# 2: All people should be treated fairly and kindly.

Message: We make promises to help each other. **Spiritual Focus:** The Spirituality trusting each other as we make and keep promises.

Story/Video: <https://youtu.be/a9jMaOtPbLc>

Keep Your Word - A story of a wood cutter who becomes rich but fails to keep his promises to help the poor - How does he find out that he must keep his word? Folk tales are the wisdom of ages of experience. They can be fairy tales, legends, myths, tall tales and trickster tales...they impart culture, intelligence, ethics and camaraderie to children. The Indian folk tales in this collection are a captivating blend of morals and humor.

Activity 1: I Doubt It Card Game

Video: <https://www.youtube.com/watch?v=Hw5p8oB9EoA>

<https://entertainment.howstuffworks.com/how-to-play-i-doubt-it.htm>

Here's a game in which bluffing is actually encouraged and necessary.

Object: To be the first player to get rid of all your cards.

The cards: A regular 52-card deck is used for two to five players. Two packs of 52 cards are used for six or more players.

Activity 2:

- Daily Promises
 - We can make daily promises to ourselves and others.
 - Take a moment and think about something you'd like to promise yourself. Maybe you'd like to promise that you will be kind to yourself today. Maybe you'd like to promise that you will get enough exercise today or be nice to your sibling. Whatever your promise, just keep it to a single day at a time.
 - Make your promise to yourself.
 - Tonight, before bed, see how you did keeping your promise.
 - Was it hard? Did you fulfill it? How does that feel.

If you break your promise that is ok, you can try again tomorrow

