

K-6th Grade Life Earthcare

Power Points for Teachers:

- God is all good and active in everything, everywhere.
- I create my experiences by what I choose to think and what I feel and believe.
- I do my best by living the Truth I know. I make a difference!

Pre-session Activities (10:45 -11:05am):

Name Tag Station – Let the children make their own name tags when they come into the room.

Mindful Coloring Pages

Supplies:

- Coloring pages
- Crayons/Markers
- Plants for circle time/ large cups for watering

10:05 AM Welcome children and invite into a circle
(Lead teacher please position in front of the tv screen)

Begin with a joy song ***Head Shoulder Knees & Toes.***

<https://www.youtube.com/watch?v=h4eueDYPTlq>

Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as they deeply breathe. To center in breath, have a deep breath, then do the same thing again and have them sigh it out really heavy where they can hear themselves, the next breath have them laugh it out and then one last time where it is calm.
- **Opening Prayer: (Facilitator)** As we take a deep breath, We place our right hand over our heart and breathe deeply three times (slowly and loudly breathe deeply modeling for children). We feel the air moving in and out and We know that this breath of life is always within us, is always a part of us. God is like the breath, always with us, always around us, always within us. As we take another deep breath we that we are each an expression of God. We are whole and perfect just as we are. We breathe deeply again, feel God moving in and through us and we are grateful. AMEN.
- **Light the Christ Candle:** Ask one of the children to light then Christ candle. Remind the students that we light the Christ candle to remind each of us that we have the power to live a life of love like Jesus!
- **Who is Jesus for us in Unity?** Ask one of the children to share who Jesus is. Remind the children Jesus is our way-shower, the great master of love. The candle reminds us that we are the light as Jesus was the light. (If there is conversation redirect and remind we focus on how Jesus lived, not on how he died.)
- **Affirmation:** I love life. Life is of Spirit and it is wonderful. (have the children say this)

- **Heart Agreements:** ask each child to take one of the heart agreements and share what it means. Then sing the song together.

Gentle Hands,
Open Hearts,
Walking Feet,
Listening ears,
Kind Words

- **Love Offering:** Divine Love, Blesses and multiples, all that I have, all that I give and all that I receive. And I am joy-filled and grateful. (*FYI: the children may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc. Ask the children to share what they are placing in the basket.*)
- **Watering of plants:** Giving back to the plants which create the air we breathe. (all children should have a chance to place their hands on the water cups)

Storytime and Discussion: Life

Life is about imagining. When we imagine big knowing everything is possible we practice life. As we practice life we care for our Earth.

Lets listen to this story and discover how the Little Green Dragon by Mari Privett Ulmer imagined big and through his living and exploring he was able to be happy just being him

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Talk with the children about being themselves and how they by expressing big as wonderful them they help our planet.

Creative Experience: Play charades and act out animals or activities and let your friends guess what you are doing. This is a game of life, we animate with joy our experience.

YOGA Stretch

<https://www.bing.com/videos/search?q=every+little+cell+kids+yogs&&view=detail&mid=01F319F2DB4169437ADA01F319F2DB4169437ADA&&FORM=VDRVRV>

Meditation: Ask the children all to lay down with her their heads facing the center of the alter. Then ask then to close their eyes and soften their bodies. I invite you to close your outer eyes. Take 3 deep centering breaths. Imagine that you are a lotus candle. (pause/breathe) Someone walks toward you and lights your wick. (pause/breathe) You are now giving out a small glow of orange light. (pause/breathe) Slowly, your whole body becomes an orange color. (pause/breathe) Feel yourself giving out warm orange light. (pause/breathe) Someone lifts you up and places you on the shrine table. (pause/breathe) Your warm orange light is like the brightness of wisdom.

(pause/breathe) You are now shining brightly, as bright as you can be.
(pause/breathe) Your light symbolizes the Divine. (pause/breathe) You are the bright orange light. (pause/breathe) Feel yourself expanding, your light going out further and further, until it shines through the entire room, then further until it shines through the whole country, and still further until it covers the whole world.
(pause/breathe) You are as big as the whole world and your light shines out in every direction. (pause/breathe) Your light of wisdom is touching all of space.
(pause/breathe) Continue giving out orange light in every direction. Feel your light, connecting to all that is. (allow a minute of silence) As you reenter the space continue to feel the warmth and the connection of the lotus candle, you are the bright orange light which is the change in the world.

Closing Prayer - All week long we will smile and know God is at work. We are all blessings and we are all important in this world! Thank you God, AMEN!!!