



# *Soul Matters*

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What does it mean to be a  
people of BALANCE?

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# Welcome

Welcome to the Soul Matters RE Packet for March's theme of "What Does it Mean to be a People of Balance?"

This month, we offer four lenses through which to view balance.

First, we explore being a people of balance through the lens of justice making - including fairness, Lady Justice, and the balance of good and evil in the Hindu celebration of Holi (The Festival of Colors).

Second, we offer an approach to balance through the lens of science and math. We live in a mathematical universe. Math helps us see and understand the hidden and deep balance in our universe. There are some beautiful and miraculous things which happen in our world with balance! For the youngest children, we introduce the wonder of numbers. For the older children, explore the wonder of Fibonacci numbers, fractals and Pi. This is especially relevant since Pi starts with 3.14 and March 14 (3/14) is designated as National Pi Day. There are also rich connections with mathematics, science and Unitarian Universalism. Science and reason is one of the sources of our living tradition. What if God is an equation, [some ask](#)? Delve into the mysteries of mathematics this month as growing shoots spiral out of the ground.

The third lens is that of nature cycles, with session three centering around the Spring equinox, when day and night are balanced. Celebrate our twirling, tilting planet through the lens of our 5th source of science, as well as our 6th source of earth-centered religions, which celebrate the equinox in wonderful ways.

The final session engages the balance through the lens of life and death, beginnings and endings. Too often, we offer "sunny Sunday School" and miss opportunities to open conversations about life and death, one of the most basic reasons for the existence of religion. If we are to be a people of balance, then we need to begin conversations about the big topic of life and death. Children begin understanding the concept of death in faith formation at about age 4 or 5 years. We do them a disservice as their religious community if we avoid the topic. When reflecting on the topic of life and death, consider your minister or lay leaders as resources. It is important for children to meet them and know that their minister or leader is there to comfort and support them as they struggle to understand the cycle of life and death, just like everyone else.

Note that we have changed the structure of Add Ons and Leader Resources in the packet to help you find even more ways to create a program which is uniquely yours. These resources include information about the Zoom Labs and the Pinterest Page.

As always, we are grateful for your love of children and family ministries. As we begin the Spring season planning, we hope that there will be balance in your own lives.

*Katie, on behalf of the entire Soul Matters Team*

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# Calendar Connections

*Click on the name on each event for more information or inspiration.*

## Interfaith:

- [Lent](#) (Christian) - Feb.14 - March 29
- [Holi](#) (Hindu) - March 3 (more [here](#) and [here](#))
- [Ostara](#)/ Spring or the Vernal Equinox (Wicca/Pagan) - March 21 (more [here](#))
- [Palm Sunday](#) (Christian) - March 25
- [The Annunciation](#) (Christian) - March 25
- [Maundy Thursday](#)/Holy Thursday (Christian) - March 29
- [Good Friday](#) - (Christian) March 30
- [Passover](#) (Jewish) - March 30 - April 7 (more [here](#))
- [Magha Puja](#) Day (Buddhist) - March 31

## Unitarian Universalist:

- [James Reeb](#) dies (1965) - March 11 (more [here](#) and [here](#).)
- [Susan B. Anthony](#)'s Death - March 13
- [Climate Justice](#) Month - March 22 to April 22
- [Viola Liuzzo](#) dies (1965) - March 25

## National & Cultural:

- [Women's History Month](#)
- Irish American Heritage Month
- Season for Nonviolence - Jan. 30 - April 4
- Dred Scott Case - March 6 (1857)
- [International Women's Day](#) - March 8
- Daylight Savings Begins - March 11
- [St. Patrick's Day](#) - March 17
- [World Water Day](#) - March 22
- Archbishop [Oscar Romero](#) dies - March 24 (1980)
- [Selma–Montgomery march](#) - March 21-25 (1965)

## For Fun and On the Fringe:

- [National Day of Unplugging](#) - first Friday of March / Mar. 2
- [Pi Day](#) - March 14
- Everything You Think is Wrong [Day](#) - March 15
- [Tolkien Reading Day](#) - March 25

# Stories for all Ages

## Life in the Balance

*Time for All Ages WorshipWeb By Martha Dallas*

<http://www.uua.org/worship/words/story/life-balance>

You'll need a variety of sticks, branches, and other pieces of wood, most with some length to them. Try to have a variety of sizes and shapes. You can add wooden dowels of various lengths, if you like, but branches are better since it takes a little time for a child to find the balancing point on an irregularly-shaped branch. Having a few chunkier pieces adds to the exercise, since these are much harder to balance, but may attract children who want a challenge!

Separately with the kids, consider showing the TED performance of the Balance Goddess.

<https://www.youtube.com/watch?v=ELROG7uppps>

## Parachuting Cats to the Rescue, a true story

*From Tapestry of Faith, Moral Tales, Treading Softly on the earth*

<https://www.uua.org/re/tapestry/children/tales/session10/123495.shtml>

What happens when nature gets out of balance? Make a toy parachute to launch at the end of the story.

<https://www.youtube.com/watch?v=wjhox79tXk4>

## The Tree in the Ancient Forest

*From Tapestry of Faith, Circle of Trees, Come into the Circle*

<https://www.uua.org/re/tapestry/multigenerational/trees/workshop1/the-tree>

In the tradition of "The House that Jack Built," use this text as a prose poem for the equinox and build on the balance of nature as illustrated by a tree. Consider using a variety of voices for each segment.

## Homeless Pi

*by Calvin Smith*

<http://www.teachpi.org/stories/yours/homeless-pi/>

Can Pi find a home in the number line - a story of balance and acceptance, good for National Pi Day, mathematical pi = 3.14, so March 14th (3-14) is Pi Day! Do you have a mathematician or a physicist who could offer this on a flipchart or chalkboard? Celebrate balance through Science and Reason, one of our sources of our UU Living Tradition.

## "God's Hat" in Bucketful of Dreams; Contemporary Parables for All Ages

*by Christopher Buice*

[https://books.google.com/books/about/A\\_Bucketful\\_of\\_Dreams.html?id=MQycy9P8zBMC](https://books.google.com/books/about/A_Bucketful_of_Dreams.html?id=MQycy9P8zBMC)

Available online at the address above! Once upon a time there was a village with a road that ran straight through the center of town. God shows up and walks right down it... and she was beautiful and wearing a hat. Later the villagers fight about what color the hat was. The story illustrates how divided people can become when perceptions become unbalanced. The twist at the end is great. Suggested by Leah Purcell, Albany, NY.

# Song for All Ages

*Hymns and songs that can be used as a Story for All Ages.  
Here's a way to invite the music people into multigenerational worship.  
Ask them to offer the Song for All Ages with you or instead of  
the minister, lay leader or religious educator.*

## **From You I Receive STLT #402**

This simple song, about the balance of giving and receiving, is one of our most sung tunes as Unitarian Universalists. It is so simple, we don't think of the song as having a composer. We often sing it with hand motions:

UU Hand motions

*From Tapestry of Faith, Gather the Spirit, Gather in Thanks*

<https://www.uua.org/re/tapestry/multigenerational/gather/workshop7/149648.shtml>

First phrase ("From you I receive"): First partner holds hands out, palms up; second partner holds hands out, palms down, and places them over first partner's hands.

Second phrase ("to you I give"): Partners reverse their hands.

Third phrase ("together we share,"): Partners take each other's hands.

Fourth phrase ("and from this we live."): the partners hug themselves or each other, whichever seems more appropriate for your group

Several folks think it is an anonymous song, author unknown, but it is not. It was written by 2 brothers who are Jewish rabbis, Nathan and Joseph Segal and there is a sad story as well as an uplifting story behind it.

"First, the heartbreak: the Segal brothers are rabbis – singing rabbis, in fact – who trace their lineage as singing rabbis back 12 generations. They performed a spiritual and often humorous show for decades, until a car accident in Jamaica in 1988 left Joseph critically injured; eight years after the accident, it was news that he would join his brother Nathan at the congregation Nathan served. Since then, it appears Nathan has continued his work as a spiritual leader, healer, and musician – sadly, nothing on his website says anything about Joseph other than providing MP3s of the songs they recorded together. In fact, along with those recordings, there is just one video of them together from a concert they did in Woodstock in the late 1960s.

But it was from watching a clip from that where I learned we aren't singing the song correctly. Listening to the MP3 reveals the same. Now I suspect the hymnal commission didn't have benefit of these recordings at the time and learned the song by rote, but it's interesting that not only do we have a different version, but apparently Nathan himself sang it differently over time, based on a later solo recording. from "Notes from the Far Fringe" Rev. Kimberly Debus <http://farfringe.com/stlt402-from-you-i-receive/>

Listen to Rabbi Nathan singing:

[http://rabbinate.com/music\\_songs/MUSICFILES/shabbasshulmelodies/18fromyou.mp3](http://rabbinate.com/music_songs/MUSICFILES/shabbasshulmelodies/18fromyou.mp3)

And here is the uplifting part of the story. Rabbi Nathan is a joyous man, with a large vision of what he is here to do in his life. Nathan Segal is a 21st century Renaissance man... His interests are as eclectic as his



personality, from biblical studies and ancient history to space travel, science and technology. Here is what he says about himself:

His Statement of Purpose:

To serve my Creator. To entertain, inspire, heal, enliven and enlighten, to be an instrument of prayer and praise, song, celebration, healing, consolation, and transformation.

I want to live in a 'spiritual neighborhood'. A place where caring and sharing, loving and holiness bless each day. I want to have more 'fun' and play more and dance and sing and delight in this most awesome garden of our Creator's Creation. All that we have is given unto us by Grace. Let us embrace and give thanks. I want to hear more laughter, joy-us song, giggles, prayer and praise. Not just on Sabbath and holy days. But every day. I want to hold the babies, play and cavort with the children, passion with my peers and compassion with my elders. I want to give and receive more healing touch and affection. I want to help tend the gardens that bring forth the food, that nurture our humanity in awareness of Divinity. I want to share more silent spaces with myself and others...Listening..Caring..Loving..Sharing. Away from a medicated society...embracing a meditative extended family. Away from fear based encounter. Towards loving communion. Far away from scarcity mentality...living in infinite abundance and holy love. Yes yes. We are blessed. Blessed. Communion – come union together.

<http://natan.net/community>

Perhaps the accident to his brother made him realize that life is a gift. For whatever reason, Rabbi Nathan is a open-hearted person, and we are thankful he gave us his song.

# Book Recommendations

## **Mirette on the High Wire**

*by Emily Arnold McCully (Author)*

<https://www.amazon.com/Mirette-High-Emily-Arnold-McCully/dp/0698114434>

One day, a mysterious stranger arrives at a boarding house of the widow Gateau—a sad-faced stranger, who keeps to himself. When the widow's daughter, Mirette, discovers him crossing the courtyard on air, she begs him to teach her how he does it. But Mirette doesn't know that the stranger was once the Great Bellini—master wire-walker. Or that Bellini has been stopped by a terrible fear. And it is she who must teach him courage once again. Readers walk over the rooftops of nineteenth-century Paris and into an elegant, beautiful world of acrobats, jugglers, mimes, actors, and one gallant, resourceful little girl.

## **Desmond and the Very Mean Word**

*by Desmond Tutu (Author), A.G .Ford )Illustrator)*

<http://amzn.to/2kte3hZ>

Based on a true story from Archbishop Desmond Tutu's childhood in South Africa, Desmond and the Very Mean Word reveals balance between the power of words and the secret of forgiveness. When Desmond takes his new bicycle out for a ride through his neighborhood, his pride and joy turn to hurt and anger when a group of boys shout a very mean word at him. He first responds by shouting an insult, but soon discovers that fighting back with mean words doesn't make him feel any better. With the help of kindly Father Trevor, Desmond comes to understand his conflicted feelings and see that all people deserve compassion, whether or not they say they are sorry. Brought to vivid life in A. G. Ford's energetic illustrations, this heartfelt, relatable story conveys timeless wisdom about how to handle bullying and angry feelings, while seeing the good in everyone.

## **The Other Side**

*by Jacqueline Woodson (Author), E .B .Lewis )Illustrator(*

<https://www.amazon.com/Other-Side-Jacqueline-Woodson/dp/0399231161>

Clover's mom says it isn't safe to cross the fence that segregates their African-American side of town from the white side where Anna lives. But the two girls strike up a friendship, and get around the grown-ups' rules by sitting on top of the fence together. Suggested by Leah Purcell, Albany, NY



# Sessions

## Session 1 Balance and Justice (Holi Options)

### Young Children (P - K)

#### Wonder Box

*Place inside: a box of crayons*

What is in the wonder box? It is a box of crayons! The crayons are all colors. We can use colors for balance. A black crayon balances the white crayon. They are opposite colors. A red crayon looks hot, and can balance a cool crayon of blue. A yellow crayon looks like the sun, and a silver crayon looks like the moon. A green crayon looks like leaves and a brown crayon looks like soil. Colors balance each other. Our theme is Balance.

We want to balance taking turns and being fair with each other, too. Can I give all the crayons to one of you and not give any to anybody else? No, we share with each other and take turns. That is balance.

#### Story

##### Goldilocks and the Three Bears

*There are a variety of books about this folktale. This one is illustrated by Jan Brett.*

Book: <https://www.amazon.com/Goldilocks-Three-Bears-Jan-Brett/dp/039922033X>

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

Balance for Goldilocks means “not too hot,” “not too cold” “just right.” What other things did she balance? The chair and the bed.

##### The Day the Crayons Quit

*by Drew Daywalt (Author), Oliver Jeffers (Illustrator)*

<http://amzn.to/2AzUUSn>

Poor Duncan just wants to color. But when he opens his box of crayons, he finds only letters, all saying the same thing: His crayons have had enough! They quit! Beige Crayon is tired of playing second fiddle to Brown Crayon. Black wants to be used for more than just outlining. Blue needs a break from coloring all those bodies of water. And Orange and Yellow are no longer speaking—each believes he is the true color of the sun.

## Mindfulness

### Guided Meditation: The Color Balloon of Balance

From 3 Kid-Friendly Meditations Your Children will Love. <https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000q5zbb8d8vfrqxwz1ohqm25b8q>

This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated.

Relax your body and begin to take deep inhales and slow exhales through the nose.

Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon.

Expand your belly as much as you can.

Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.

Encourage your kids to feel their entire body relax each time they exhale, each time air is slowly being released from the balloon. You can even make a "hissing" noise to encourage them to slow down the exhale even more, "Like letting air out of the balloon."

Continue for several minutes.

If the child you're teaching is younger, you can add a little more detail and fun to the exercise to keep them engaged. Young kids, especially under the age of 6, love the extra movement when they're learning to bring awareness to their breath. Encourage them to stand up in a relaxed way and follow these steps:

Ask them to think of their favorite color and picture a giant balloon of that color in their mind.

Then have them take a slow, deep inhale through the nose, filling up their tummies with air as if trying to blow up a giant [their favorite color] balloon. As an option, you can also have them stretch their arms open and overhead to represent expansion and the big balloon.

When their balloon is totally full, have them hold their breath at the top, and then you can "pop the balloon" for them (gesture finger to belly) and they can fall down as they exhale.

This one will likely elicit giggles and awareness of their breath.

## Fingerplays about Colors

<https://teachingmama.org/10-preschool-songs-colors>

## Movement and Song

### Balance Follow the Leader

Invite the children to follow you around the room with their arms out wide. Lean to the right and balance, lean to the left and balance. Can they balance on one foot? Can they hop? Can they balance and walk like a goose? Can they balance with elephant arms?

### Elephants Balancing

<https://www.youtube.com/watch?v=YMyepkWavmU&list=PLjilygNCbNwdHvu5uERn1hTZ1ePSBl2d4&index=1>

Invite the children to join each other as elephants balancing on a piece of string on the floor.

## **Science**

Locate or build a scale.

<https://picklebums.com/weighing-and-balancing-how-to-make-a-simple-balance/>

<http://redtri.com/weigh-to-go-9-diy-balance-scales/>

Invite the children to try balancing different items from around the room. Does a truck balance the teddy?

## **Arts and Crafts**

Color with those crayons from the wonder box and the story!

## **Role Play**

### **Taking Turns**

Invite the children to show how they can take turns and share with a toy. Can they each give the teddy a hug and then pass it on so everyone can share? Can they take turns taking a drink from the water fountain? Can they take turns with the crayons?

## **“Sunshine”(connection with nature and our bodies)**

### **Balancing Walk**

Is there a see saw in your playground? There’s a great place for experimenting with balance! If not, play follow the leader and find places to balance. Or walk with a long stick to balance, such as a broom. Can they carry something long and balance it?

## **Service**

Can they use the broom and show how they can take turns sweeping the sidewalk for the congregation?

## **Elementary Aged Children (1 - 5th)**

### **Reflections**

Prop: brightly colored scarf, bright colors of tempera paint powder on a plate, other colorful prop.

The theme this month is “How are we a people of Balance?” Balance means....what do you think? Even on both sides... today, we can reflect on balance and justice, as in the balance of good and evil. There is Hindu festival called Holi, the Festival of Colors, that is taking place in India right now. One of the things it celebrates is the balance of good and evil.

Show the video [https://www.youtube.com/watch?v=R1hs5FO\\_Oqk&feature=youtu.be](https://www.youtube.com/watch?v=R1hs5FO_Oqk&feature=youtu.be)

The colored powder - or gulal - thrown during the festival come from the legend of Krishna, whose skin was dark blue. Worried he wouldn't be accepted by his love Radha, he mischievously colored her face to make her like himself. Today, anyone at Holi is fair game to be covered in the perfumed powder as a celebration of Krishna and Radha's love, regardless of age or social status. The powder also signifies the coming of spring and all the new colors it brings to nature.

<http://www.telegraph.co.uk/technology/0/holi-festival-celebrated-throwing-coloured-powder/>

### **Story**

**The Heartless King, a story of balance from India**

*From Tapestry of Faith, Moral Tales, Justice for All.*

<https://www.uua.org/re/tapestry/children/tales/session13/123637.shtml>

Invite the children to bark!

### **Mindfulness**

**Guided Meditation: The Color Balloon of Balance**

*From 3 Kid-Friendly Meditations Your Children will Love.* <https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000q5zbb8d8vfrqxwz1ohqm25b8g>

This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated.

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Continue for several minutes.

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When their balloon is totally full, have them hold their breath at the top, and then you can “pop the balloon” for them (gesture finger to belly) and they can fall down as they exhale. This one will likely elicit giggles and awareness of their breath.

## **Craft Activity**

Mandalas are meditative projects to balance the spirit.

### **Polar Paper**

<https://www.google.com/search?tbm=isch&q=polar+paper&cad=h>

Choose a graph paper to build your own mandala. Easier ones with fewer lines will be more appropriate for younger children.

### **Printable Mandalas**

[http://www.hellokids.com/r\\_699/coloring-pages/mandala-coloring-pages/mandalas-for-beginners](http://www.hellokids.com/r_699/coloring-pages/mandala-coloring-pages/mandalas-for-beginners)

Or generate pre-drawn mandalas to color.

### **Holi Faces**

Decorate your face with face paint or makeup for Holi. To celebrate balance, can you make your face paint balanced on both sides?

## **Photos**

Justice is portrayed as a lady sculpture in front of courthouses, with a balance scale in one hand.

### **Lady Justice Sculptures**

[https://en.wikipedia.org/wiki/Lady\\_Justice](https://en.wikipedia.org/wiki/Lady_Justice)

Check out the variety of sculptures of Lady Justice.

Why is she usually blindfolded (Justice is blind.)

Why does she hold scales? (Justice must be balanced)

## **Science**

Locate or build a scale. Or invite someone to act as Lady Justice and **be** the balance.

<https://picklebums.com/weighing-and-balancing-how-to-make-a-simple-balance/>

<http://redtri.com/weigh-to-go-9-diy-balance-scales/>

Invite the children to try balancing different items from around the room.

## **Games**

### **Colors (for Holi, The Hindu Festival of Colors)**

From Deep Fun <https://www.uua.org/youth/library/adults-ministry/deepfun/45594.shtml>

Parameters: 5 to 15 people

Tell everyone to silently decide on a color. One at a time, have each person go to the middle of the circle and silently (or with non-verbal noise) act like that color. When each person finishes and sits back down in the circle, the group can guess which color they were conveying.

### **The Barking Dog Game**

*From Tapestry of Faith, Moral Tales, Justice for All*

<https://www.uua.org/re/tapestry/children/tales/session13/123623.shtml>

Bark when fairness is out of balance.

## **Balancing Toys**

### **Balancing Bird**

<http://amzn.to/2ytUZVO>

A toy bird that balances on a fingertip. Good for illustrating balance. Pass the bird around.

### **Fidget Spinner**

<http://bit.ly/2B1yoTa>

A stress and balancing toy currently popular in stores. Would make a good toy as a metaphor for balancing. Or as a “talking stone” for joys and concerns. Suggested by Lynnlee Lee, Topeka, KS

## **“Sunshine”(connection with nature and our bodies)**

Balancing Foam Noodles

<https://www.youtube.com/watch?v=GwzH-gpKOPw>

## **Service**

Practice balancing by serving as waiters and waitresses at coffee hour and balance coffee cups on trays.

## Session 2

### Balance, Science and Math

#### (Pi Day option)

Note to Leaders: One of the ways to understand balance is to explore science and mathematics. We live in a mathematical universe. Math makes a hidden and deep balance in our universe. There are some beautiful and miraculous things which happen with balance!

For the youngest children, introduce the wonder of numbers. For the older children, explore the wonder of Fibonacci numbers, fractals and Pi, especially since Pi starts with 3.14, March 14, designated as National Pi Day.

#### Young Children (P - K)

##### Wonder Box

*Place inside: any number, on a block, a birthday candle number*

I wonder what is in the box... (pull out the number) Here is a number! It is the number 4. How many of you are 4? We count ages in years. But what about babies? We count their age in months until they are about 1 or 2 years old. A baby might be a month old, or 3 months or 6 months. Numbers are very important. They help us balance. Numbers are one way to balance - we can count blocks and put them in stacks to make them equal. We can count children and divide into groups.

##### Story

###### Swirl by Swirl: Spirals in Nature

*by Joyce Sidman (Author), Beth Krommes (Illustrator)*

<http://amzn.to/2iWtGiv>

A Caldecott medalist and a Newbery Honor-winning poet celebrate the beauty and value of spirals. What makes the tiny snail shell so beautiful? Why does that shape occur in nature over and over again—in rushing rivers, in a flower bud, even inside your ear?

###### Chicka Chicka 1, 2, 3

*by Bill Martin Jr. (Author), Michael Sampson (Author), Lois Ehlert (Illustrator)*

<http://amzn.to/2BrJbIY>

##### Balancing Act

*by Ellen Stoll Walsh (Author, Illustrator)*

<http://amzn.to/2B3ML9F>

Two mice make a teeter-totter. They're balancing just fine, but then along comes a frog. Can they make room for one more friend on their teeter-totter? What about two? What about more? But then a big bird comes along and wants to play too.

##### Mindfulness

Say something like this:

Ring the bell. We put our hands on our hearts and feel the beating. Can you feel it? We breathe in love and breathe out peace. That keeps us in balance.

Offer the following simple Metta Meditation.

May I be happy. May I be peaceful. May I be filled with love.

May you be happy. May you be peaceful. May you be filled with love.

May we be happy. May we be peaceful. May we be filled with love.



## **Songs**

### **Love Grows One by One**

*By Carol Johnson*

<https://www.youtube.com/watch?v=hhpWQZ4oqRE>

Chorus only

### **The Ants Go Marching**

<https://www.youtube.com/watch?v=Pjw2A3QU8Qg>

The ants go marching one by one (hold up one finger)  
Hoorah! Hoorah!  
The ants go marching one by one,  
Hoorah! Hoorah!  
The ants go marching one by one,  
The little one stops to suck his thumb (pretend to suck thumb)  
And they all go marching down to the ground to get out of the rain.

The ants go marching two by two (hold up two fingers)  
Hoorah! Hoorah!  
The ants go marching two by two,  
Hoorah! Hoorah!  
The ants go marching two by two,  
The little one stops to tie his shoe (pretend to tie shoe)  
And they all go marching down to the ground to get out of the rain.

Three by Three - scratch her knee  
Four by Four - shut the door  
Five by Five - take a dive  
Six by Six - pick up sticks  
Seven by Seven - to wave to Kevin  
Eight by Eight - throw a plate  
Nine by Nine - stay behind  
Ten by Ten - start again or this is the end!

### **The Wonder of Numbers**

*To the tune of Ring Around the Rosie, totally invented by Katie who takes sole responsibility.*

The wonder of numbers  
Wonder of numbers  
1,2,3,4  
We all fall down!

Variations: Repeat and sing "5,6,7,8"; suggest "We all twirl around!"

## **Fingerplays**

### **One Potato**

One potato, two potato,  
Three potato, four,  
Five potato, six potato,  
Seven potato, more!

### **One Two Tie my Shoe**

1,2 Tie my shoe  
3,4 Shut the door  
5,6 Pick up sticks  
7,8 Lay them straight  
9, 10 A big fat hen.  
Let's get up and count again!

## **Game**

Play "Hotter/Colder"

<https://www.thegamegal.com/2012/03/31/hot-or-cold/>

## **"Sunshine"(connection with nature and our bodies)**

### **Balance Nature**

If you are able to go outside, find a variety of sticks to balance on your finger or hand. Or how about balancing something on your nose like a seal? How about using numbers to count how many trees you see? Or clouds? Or how many times you can circle around a bush. Count the number of steps you take while marching down the sidewalk. Try walking in a spiral.

### **Service (to others)**

Stack the hymnals with the ushers, if they need help, or help collect the trash in the sanctuary. Visit the people counting the offering money and count with them!

Stack, count and organize the blocks, or other toys.

## **Elementary Aged Children (1 - 5th)**

### **Leader Background for Balance, Science and Math**

*Check out these sites if you'd like some additional information.*

Fractals	<a href="http://fractalfoundation.org/resources/what-are-fractals/">http://fractalfoundation.org/resources/what-are-fractals/</a>
Fibonacci numbers	<a href="https://plus.maths.org/content/life-and-numbers-fibonacci">https://plus.maths.org/content/life-and-numbers-fibonacci</a>
Gyroscopes	<a href="http://www.inside4tech.com/self-balancing-technology-explained/">http://www.inside4tech.com/self-balancing-technology-explained/</a>
	<a href="http://www.gyroscopes.org/uses.asp">http://www.gyroscopes.org/uses.asp</a>
Pi	<a href="http://www.piday.org/learn-about-pi/">http://www.piday.org/learn-about-pi/</a>

## Reflection Questions on Balance

*Props: a pine cone, flower, or other example of spirals in nature, a top or gyroscope*

One of the ways to understand balance is to explore science and mathematics. We live in a mathematical universe. Math makes a hidden and deep balance in our universe. There are some beautiful and miraculous things which happen with balance!

First, fractals:

Here's a video of Fractals - A fractal is a never ending pattern that repeats itself at different scales.

This property is called "Self-Similarity." Fractals are extremely complex, sometimes infinitely complex - meaning you can zoom in and find the same shapes forever. Amazingly, fractals are extremely simple to make. A fractal is made by repeating a simple process again and again.

[https://www.youtube.com/watch?time\\_continue=29&v=NdUGIVI-UM](https://www.youtube.com/watch?time_continue=29&v=NdUGIVI-UM)

Next, Fibonacci numbers:

Fibonacci numbers are spirals in nature. You can see them in a pinecone, in a pineapple, in a flower.

Show the video about spirals:

<https://www.youtube.com/watch?v=ahXIMUkSXX0>

As suggested by Lynnlee Lee, Topeka, KS

And, Pi

Mathematical pi starts with the numbers 3.14, so March 14th (3-14) is Pi Day!

[https://www.youtube.com/watch?time\\_continue=54&v=uV3O-MIMznl](https://www.youtube.com/watch?time_continue=54&v=uV3O-MIMznl)

Finally, Gyroscopes:

Essentially, a gyroscope is a top combined with a pair of gimbals. The secret behind the gyroscope always being in balance is in its free axis rotation. Basically, the gyroscope is a spinning wheel, or a disk, which has completely free axis of rotation and it is able to assume any random orientation. Because the axis is free, no amount of tilting or moving can affect its balance. The front wheel of a bicycle acts like a gyroscope. As suggested by Bob Meiss, Livermore, CA

<https://www.youtube.com/watch?v=mT3vfSQePcs>

Cycling is a skill that takes balance. Check out this cute cycling robot.

Fractals, Fibonacci numbers, Pi and gyroscopes are all amazing and beautiful ways of understanding balance. One of the sources of our Unitarian Universalism is Science and Reason. In our religion, we are encouraged to be curious and use science, and reason to understand the meaning of life, and to understand balance.

## Story

### Growing Patterns: Fibonacci Numbers in Nature

*by Sarah C. Campbell (Author), Richard P. Campbell (Photographer)*

<http://amzn.to/2Bso7Iz>

The biggest mathematical mystery in nature—Fibonacci numbers! Named after a famous mathematician, the number pattern is simple: 1, 1, 2, 3, 5, 8, 13. . . . Each number in the sequence comes from adding the two numbers before it. What's the mystery? The pattern crops up in the most unexpected places. You'll find it in the disk of a sunflower, the skin of a pineapple, and the spiral of a nautilus shell. No one knows how nature came up with the sequence.

## **Sir Cumference and the Dragon of Pi (A Math Adventure)**

by Cindy Neuschwander (Author), Wayne Geehan (Illustrator)

<http://amzn.to/2C4w0un>

Join Radius on his quest through the castle to solve a riddle that will reveal the cure. It lies in discovering the magic number that is the same for all circles.

## **Video**

225 Digits of Pi - An Irrational Auralization

[https://www.youtube.com/watch?time\\_continue=3&v=p7KkSvVcfgk](https://www.youtube.com/watch?time_continue=3&v=p7KkSvVcfgk)

A Brooklyn High School Composed a song for Pi Day

[https://www.youtube.com/watch?time\\_continue=22&v=ay\\_r5JacD9Y](https://www.youtube.com/watch?time_continue=22&v=ay_r5JacD9Y)

## **Mindfulness**

Invite the participants to move into a comfortable position. Here is a Song from Pi, where each number was assigned a note in the A minor scale. Relax and imagine you are floating in a mathematical universe of Pi.

Ring the bell and listen until the sound can't be heard.

[https://www.youtube.com/watch?time\\_continue=19&v=wM-x3pUcdeo](https://www.youtube.com/watch?time_continue=19&v=wM-x3pUcdeo) (3 min.)

Ring the bell. Breathe in and out for several seconds.

Invite the bell and return.

## **Game**

### **Sierpinski Triangle Fractal**

<http://fractalfoundation.org/fractivities/FractalPacks-EducatorsGuide.pdf>

Color and combine a triangle fractal template individually and with the group. Pg. 17-19

## **Arts and Crafts**

### **Make a Parachute**

Celebrate the science of the circle!

<https://www.youtube.com/watch?v=wjhox79tXk4>

This activity goes with the Story for All Ages "Parachuting Cats." It would be ideal to either follow up the story for all ages with this and/or tell the story with the children again.

<https://www.uua.org/re/tapestry/children/tales/session10/123495.shtml>

### **Pi Spiral Tattoo**

<http://amzn.to/2o5r8Tp>

45 removable 1.5' x 1.5' tattoos with the numbers of PI!

### **Art with Tops**

Create tops out of old CD's with a marker stuck through their center hole! As suggested by Lynnie Lee, Topeka, KS

## **“Sunshine”(connection with nature and our bodies)**

Go outside and take a Mathematics Walk. What evidence can you find for the hidden and deep mathematical order of our world? The placement of branches on a tree in a spiral? The shape of a tree, ever branching like a fractal? An emerging bud in a Fibonacci spiral? What do you see in balance? Sky and earth? What circles do you see - evidence of Pi?

## **Service**

Take some chalk and write out “Happy Pi Day” along with as many of the numbers as you can stand.

Digits of Pi

First 100 digits

3.1415926535 8979323846 2643383279 5028841971 6939937510 5820974944 5923078164

0628620899 8628034825 3421170679 ...

First 1000 digits

3.1415926535 8979323846 2643383279 5028841971 6939937510 5820974944 5923078164

0628620899 8628034825 3421170679 8214808651 3282306647 0938446095 5058223172 5359408128

4811174502 8410270193 8521105559 6446229489 5493038196 4428810975 6659334461 2847564823

3786783165 2712019091 4564856692 3460348610 4543266482 1339360726 0249141273 7245870066

0631558817 4881520920 9628292540 9171536436 7892590360 0113305305 4882046652 1384146951

9415116094 3305727036 5759591953 0921861173 8193261179 3105118548 0744623799 6274956735

1885752724 8912279381 8301194912 9833673362 4406566430 8602139494 6395224737 1907021798

6094370277 0539217176 2931767523 8467481846 7669405132 0005681271 4526356082 7785771342

7577896091 7363717872 1468440901 2249534301 4654958537 1050792279 6892589235 4201995611

2129021960 8640344181 5981362977 4771309960 5187072113 4999999837 2978049951 0597317328

1609631859 5024459455 3469083026 4252230825 3344685035 2619311881 7101000313 7838752886

5875332083 8142061717 7669147303 5982534904 2875546873 1159562863 8823537875 9375195778

1857780532 1712268066 1300192787 6611195909 2164201989

## Session 3

### Balance and Seasons (Equinox option)

#### Young Children (P - K)

##### Wonder Box

*Place inside: Sun and Moon/Star*

What is in the wonder box? A Sun and Star. They stand for Night and Day. What do we do when it becomes night? We go to sleep. What do we do when the sun comes up? We wake up. Night and Day balance each other. This month, there is a certain day when Night is exactly equal, and balanced with Day. They are the same size. It is called the Equinox, because night and day are equal, the same size.

##### Story

###### Night Monkey Day Monkey

*by Julia Donaldson*

Video: [https://www.youtube.com/watch?time\\_continue=21&v=FSIq\\_23hVNk](https://www.youtube.com/watch?time_continue=21&v=FSIq_23hVNk)

Book: <http://amzn.to/2Brzp9l>

Night Monkey and Day Monkey's worlds are as different as night and day! What one fears, the other one loves, what one understands, only confuses the other. But in learning about each other's opposite worlds and laughing at their own misunderstandings, they learn to be the best of friends.

##### Spring for Sophie

*by Yael Werber (Author), Jen Hill (Illustrator)*

<http://amzn.to/2Az1mZG>

From snowy days to gray skies, a little girl watches and waits and wonders, will spring ever come? And then one day... Sophie listens and watches for the signs of spring. Day after day, the same snow is frozen outside her window and the skies above are as gray as the day before. And then Sophie thinks will spring ever come and how will I know it is here?

##### And Then It's Spring (Booklist Editor's Choice. Books for Youth (Awards))

*by Julie Fogliano (Author), Erin E. Stead (Illustrator)*

<http://amzn.to/2yDYSaR>

Video <https://www.youtube.com/watch?v=4M5HnRYRUks>

Following a snow-filled winter, a young boy and his dog decide that they've had enough of all that brown and resolve to plant a garden. They dig, they plant, they play, they wait . . . and wait . . . until at last, the brown becomes a more hopeful shade of brown, a sign that spring may finally be on its way.

##### Mindfulness

###### Guided Relaxation Practice

*From 3 Kid-Friendly Meditations Your Children Will Love*

<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000g5zbb8d8vfrqwxwz1ohqm25b8g>

Guide the children to feel the balance within their bodies with these steps:

Sit down or lie down comfortably and close your eyes. You can use pillows or blankets to make yourself

as comfortable as you can be.

Take a few deep, cleansing breaths as you begin to relax.

Bring all of your attention to your right foot, noticing how it feels. Squeeze the right foot, making a fist with your entire right foot and all five toes; tense and squeeze it tightly. Hold this tension for two deep breaths.

Then release all tension in the right foot suddenly. Relax it completely and notice the tension release.

You may feel a tingling sensation in the foot.

Take a deep breath, and then move on...

Move your attention to your left foot. Same instructions as for the right foot.

Move slowly up and around the body, squeezing one body part at a time to create tension, immediately followed by the contrasting sensation of release and ease. Follow each part with a deep, cleansing breath. Here's a sample progression you can follow:

Right foot, left foot

Right ankle and calf, left ankle and calf

Right knee, left knee

Right thigh, left thigh

All feet and legs

Hips

Butt

Belly

Entire lower body, from tummy down

Chest and heart

Right arm, left arm

Right hand, left hand

Shoulders

Neck

Face

Whole body at once (do this one twice)

When you're finished guiding your child through the relaxation technique, make sure they spend at least a few minutes in quiet, encouraging them to keep their breathing slow and steady.

## **Videos**

### **Spring is Here**

<https://www.youtube.com/watch?v=DobrRgD5aOU>

## **Fingerplays and Songs**

### **Five Green and Speckled Frogs**

<http://laptimesongs.com/five-green-and-speckled-frogs/>

Create a pond: Lay a blue blanket down and have little ones jump onto it pretending it is the pond that the speckled frogs jump into.

### **Six Little Ducks**

Six little ducks that I once knew, (hold up six fingers)

Tall ones, short ones, fair ones too (hold a hand high, then hold it down low)

But the one little duck with the feathers on his back (hold up one finger)

He led the other with a quack quack quack (put hands under arms and flap once for each quack)



Quack quack quack  
Quack quack quack  
He led the others with a quack quack quack

Down to the river they would go (walk two fingers forward)  
Wobble wobble wobble wobble to and fro (wriggle bottom side to side)  
But the one little duck with the feathers on his back (hold up one finger)  
He led the other with a quack quack quack (put hands under arms and flap once for each quack)  
Quack quack quack  
Quack quack quack  
He led the others with a quack quack quack

Home from the river they would go (walk two fingers forward)  
Wobble wobble wobble wobble to and fro (wriggle bottom side to side)  
But the one little duck with the feathers on his back (hold up one finger)  
He led the others with a quack quack quack (put hands under arms and flap once for each quack)  
Quack quack quack  
Quack quack quack  
He led the others with a quack quack quack

## **Movement**

### **Balancing Ball**

Invite the children to pretend to be a ball. Roll up and put your arms around your folded legs. Can you lift up your feet and balance on your bottom? Can you rock back and forth? Can you roll and roll all around? Can you roll into a pile of balls? Can you roll apart? Can you make yourself a bigger ball? Can you make yourself a teeny ball?

### **Be a Duck**

Now pretend to be that one little duck with the feathers on his back. Make your arms into wings and stay folded up. Put your waddle-y feet on the ground. Can you wobble to and fro? Can you quack? Can you flap your wings? Can you waddle around? Can you waddle to the river? Can you waddle home? (Sing the song)

### **“Sunshine”(connection with nature and our bodies)**

Find a see-saw and balance.

Follow the leader and balance on curbs, logs, over grates in an obstacle course.

Invite pets and enjoy them, as they bring us balance in our lives, as suggested by Linnie Lee, Topeka, KS

Balance stones and rocks and create a cairn or sculpture.

## **Service**

Make a spring centerpiece for the coffee hour.

## **Elementary Aged Children (1 - 5th)**

### **Reflections**

Props: Oreo Cookies

Our theme this month is “what does it mean to be a people of balance?” and there is an astronomical event that takes place in March which has everything to do with balance - the Spring Equinox. Equinox comes from ancient Latin meaning equal night. That’s what happens - day and night are equal length. Just like these Oreo cookies - equal white and black parts. The Equinox is also the first day of Spring. The other Equinox is in autumn when days and nights are equal again. Bring out another Oreo. In between, are the solstices. The Winter Solstice is when the night is longest, so we have to remove part of the day (eat some of the white filling). The Summer Solstice is when the day is longest, so somehow we have to eat part of the night without eating the day filling. Give it a try.

Then invite the group to proclaim an astronomical event and demonstrate it with their own Oreo!

### **Story**

#### **Spring Equinox**

*by Ellen Jackson (Author)*

<https://www.amazon.com/Spring-Equinox-Ellen-Jackson/dp/0761316442>

#### **Equinoxes with National Geographic (watch to 1:58)**

<https://www.youtube.com/watch?v=kaG6PTVrFP4>

### **Video**

TED dance: Balance Goddess

<https://www.youtube.com/watch?v=ELROG7uppps>

Lara Jacobs was born into an artistic family. At the tender age of six she began performing and touring as a trapeze artist with her parents' theatre, Rigolo Nouveau Cirque. When she was just 16 Lara ventured to New York City and enrolled at the prestigious Alvin Ailey Dance Centre. She later took her love of dance to Istanbul where she trained in dervish dance, a traditional Islamic dance also known as Sufi whirling which consists of spinning one's body in repetitive circles. With this new talent, she began performing a solo fire burning skirt routine for Rigolo Nouveau Cirque, numerous galas worldwide, as well as, the famous German circus, Circus Roncalli.

In 2010 Lara was asked to audition for the role of Balance Goddess in Cirque de Soleil's Amaluna. The unique act has the Balance Goddess creating a world in equilibrium with a mobile made of thirteen palm leaf ribs. The routine is carried out to a spare soundtrack emphasized only by the sound of her breathing. Her movements are slow, deliberate and almost meditative as she concentrates all her attention on building this structure, reminding us of the fragile nature of harmony.

#### **Turn, Turn, Turn by the Byrds, song composed by Pete Seeger**

<https://www.youtube.com/watch?v=WB6jhbtDUZE>

Read Ecclesiastes 3:1-8 from which UU Pete Seeger took his words.

<https://www.biblegateway.com/passage/?search=Ecclesiastes%203:1-8>

## **Mindfulness**

### **Guided Relaxation Practice for balance**

*From 3 Kid-Friendly Meditations Your Children Will Love*

<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000g5zbb8vfrqxwz1ohqm25b8g>

Guide the children to feel the balance within their bodies with these steps:

Sit down or lie down comfortably and close your eyes. You can use pillows or blankets to make yourself as comfortable as you can be.

Take a few deep, cleansing breaths as you begin to relax.

Bring all of your attention to your right foot, noticing how it feels. Squeeze the right foot, making a fist with your entire right foot and all five toes; tense and squeeze it tightly. Hold this tension for two deep breaths.

Then release all tension in the right foot suddenly. Relax it completely and notice the tension release.

You may feel a tingling sensation in the foot.

Take a deep breath, and then move on...

Move your attention to your left foot. Same instructions as for the right foot.

Move slowly up and around the body, squeezing one body part at a time to create tension, immediately followed by the contrasting sensation of release and ease. Follow each part with a deep, cleansing breath. Here's a sample progression you can follow:

Right foot, left foot

Right ankle and calf, left ankle and calf

Right knee, left knee

Right thigh, left thigh

All feet and legs

Hips

Butt

Belly

Entire lower body, from tummy down

Chest and heart

Right arm, left arm

Right hand, left hand

Shoulders

Neck

Face

Whole body at once (do this one twice)

When you're finished guiding your child through the relaxation technique, make sure they spend at least a few minutes in quiet, encouraging them to keep their breathing slow and steady.

## **Skit**

### **Ecosystem Role Play**

*From Tapestry of Faith, World of Wonders, Balance in Our Ecosystem*

<https://www.uua.org/re/tapestry/children/wonder/session4/276440.shtml>

Be a tree, a bird, a squirrel in a forest. What happens if there are too many?

## **Craft Activity**

### **Rock Balancing**

<https://rhythmsofplay.com/rock-balancing-stone-stacking-art-steam-activity/>

Do you have rock mulch which would provide rocks to balance? Children play with these anyway. Create some rock cairns for the pagan holiday on the Equinox.

## **Games**

### **Move It! Balance Games**

*From Tapestry of Faith, Faithful Journeys, Finding Balance*

<https://www.uua.org/re/tapestry/children/journeys/session5/132311.shtml>

### **Lap Sit Balance Game**

*From Tapestry of Faith, Moral Tales*

<https://www.uua.org/re/tapestry/children/tales/session10/activity-2>

### **Balancing Things/Center of Gravity**

Find the balance point of pencils, a box, a stick, a chair, a cup, and other everyday objects you find around the room. In most objects it is not clear where the center of gravity is. If an object has a strange shape then you cannot know by looking at it where the center of gravity is. If an object has a uniform shape, like a pencil, or a square, then the center of mass is easy to determine. It's in the center of the object. But for objects with non-uniform shapes this is not known ahead of time. To find the center of gravity for these objects you need to use trial and error. You must try balancing the object on different points until you find the point where the object is perfectly balanced, and doesn't fall over. This point, once found, is the center of gravity.

## **Food**

### **Equinox Yin/Yang Cookies for Balance**

<https://hubpages.com/holidays/Spring-Equinox-YinYang-Cookies-for-Balance>

Enjoy these balance cookies!

### **“Sunshine”(connection with nature and our bodies)**

Go outside and twirl around until they lose their balance, if you have a safe spot. How do you restore your balance? Spin the opposite way? Ask for help from friends? Fall down? How much better does it feel to restore your balance by being caught by your friends? Suggested by Bob Meiss, Livermore, CA

## **Service**

### **Coffee Hour Centerpiece**

Create a dish of Oreos for coffee hour and make a sign wishing everyone Happy Equinox of equal darkness and light.

## Session 4

### Balance of Life and Death (Palm Sunday Options)

Note to Leaders: This session is about beginnings and endings. Our life becomes precious to us when we realize that everyone will die eventually. The balance of life and death happens in the stars. Stars are born in the spiral arms of galaxies and die, when supernovas explode. Leaves are born in the spring, when they pop out of their buds, and die in the fall when they dry up and fall off. Death serves to make room for new things, and to continue the circle of life and death which is the balance we live with.

#### Young Children (P - K)

##### **Wonder Box**

*Place inside: a spoon*

What is in the Wonder Box today? A spoon! One thing we can do with a spoon is a little game of balancing. It's hard, because there is no clue about how to balance a spoon. It falls off one way and then the other. But eventually, we can keep trying and make it balance on our finger just right. If we move it, we lose the balance. If we jiggle it, it falls. If we lose our concentration, it falls. It is easy to lose the balance.

Bring out spoons for everyone and give it a try.

Lots of things are balanced. There is night and day, there is sky and ground, there is child and grownup, there is hot and cold, there is birth and death. Yes, even birth and death are balanced. Babies are born, and old people die. There are beginnings and there are endings.

##### **Story**

**Lifetimes: The Beautiful Way to Explain Death to Children**

by Bryan Mellonie (Author), Robert Ingpen (Author)

<http://amzn.to/2jWJACh>

Video: <https://www.youtube.com/watch?v=zwwGBVa1j9A>

Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

##### **The Goodbye Book**

by Todd Parr (Author, Illustrator)

<http://amzn.to/2BfxL8A>

##### **Mindfulness**

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. We invite the sound of the bell. We listen until the sound is gone. We breathe in and breath in peace. We feel peaceful. We breathe out and feel love. Breathe in, feel peace. Breathe out, love." Sit with me for a few more breaths.

Ring the bell to signal an end to the mindfulness.

## **Songs and Movement**

These common rhymes can be enjoyed innocently. But “we all fall down” can be a gentle reminder of how everyone passes away. And yes, many know it is about the Plague, and the children still love it. For “Row Your Boat” we sing “Life is but a dream” and that is the closest we get to the paradox of life and death with the preschoolers.

Ring around the rosie  
Pocket full of posies  
Ashes, ashes we all fall down.

Row, row, row your boat  
Gently down the stream  
Merrily, merrily, merrily, merrily  
Life is but a dream.

## **Video**

### **A pumpkin’s life (3 min.)**

<https://www.youtube.com/watch?v=xuUm6ygAhPI>

Bluegrass tune. Can the children guess what it will be?

## **Movement (connection with nature and our bodies)**

### **Move like a Growing Seed**

Invite children to move like a seed that is sprouting, then like a flower that is growing up. Then like a flower that is folding up and wilting back down, then like a flower becoming part of the soil. Then, like a seed again, in the never ending cycle of life.

### **Can You Plant a Bean Dance?**

<https://www.youtube.com/watch?v=LCKEdDEr82k>

### **I’m a Little Acorn Dance**

<https://www.youtube.com/watch?v=Kbg63mxl1NY>

## **Arts and Crafts**

Bean and Seed Art Collages with glue.  
Bean and Seed Tactile Play in a tray.

## **Sunshine (connection to Nature and our Bodies)**

Go outside and look for evidence of the balance of life and death. What has died? (winter weeds, flowers). What is growing? (new grass, new sprouts from seeds).

## **Service**

Make cards to welcome new babies into your congregation!

## **Elementary Aged Children (1 - 5th)**

### **Reflections**

Props: *a spoon*

One thing we can do with a spoon is a little game of balancing. It's hard, because there is no clue about how to balance a spoon. It falls off one way and then the other. But eventually, we can keep trying and make it balance on our finger just right. If we move it, we lose the balance. If we jiggle it, it falls. If we lose our concentration, it falls. It is easy to lose the balance. Life is like balancing a spoon. We have few clues about how to live our lives, our lives are in the balance of life and death. As UU's we don't know what happens after we die, but we try to balance death with living a good life here and now. Sometimes we fall off and lose our balance, sometimes we are in balance.

Our life is precious to us when we realize that everyone will die eventually. The balance of life and death happens in the stars. Stars are born in the spiral arms of galaxies and die, when supernovas explode. Leaves are born in the spring, when they pop out of their buds, and die in the fall when they dry up and fall off. Death serves to make room for new things, and to continue the circle of life and death which is the balance we live with.

Bring out spoons for everyone and give it a try.

### **Story**

#### **Why Death is like the Banana Tree**

*Based on a folktale from Madagascar. From Tapestry of Faith, Love will Guide Us, Love is Eternal.*

<https://www.uua.org/re/tapestry/children/loveguide/session6/168654.shtml>

Long, long ago when God made the first man and the first woman and prepared to put them on the Earth, God asked them if they would rather die like the moon or like the banana tree.

#### **Cry, Heart, But Never Break**

*by Glenn Ringtved (Author), Charlotte Pardi (Illustrator), Robert Moulthrop (Translator)*

<http://amzn.to/2j2AeuZ>

Aware their grandmother is gravely ill, four siblings make a pact to keep death from taking her away. But Death does arrive all the same, as it must. He comes gently, naturally. And he comes with enough time to share a story with the children that helps them to realize the value of loss to life and the importance of being able to say goodbye.

#### **Meet Jesus**

*Author: Lynn Tuttle Gunney Illustrated By: Jane Conteh-Morgan*

<https://www.uuabookstore.org/Meet-Jesus-P17599.aspx>

Read this if you are offering Palm Sunday. The story of Jesus told in a simple way. In the story of Jesus as told in the Bible, Palm Sunday takes place 1 week before his death. Even in this week, there is a balance of the exuberance of Jesus' arrival in Jerusalem with the sorrow of his execution.

#### **And It Is Good**

From Janeen Grohsmeyer in Tapestry of Faith, World of Wonder

<https://www.uua.org/re/tapestry/children/wonder/session7/and-it-is-good>

The cycle of life in nature.



## **Mindfulness**

### **Waves are Water Meditation**

Invite the children to get comfortable. Invite the sound of the bell. Play the sound of waves:

<https://www.youtube.com/watch?v=5PyLgaqvYhA>

Read the words of Thich Nhat Hanh on Waves

<https://www.facebook.com/Thich.Nhat.Hanh.Quotes/posts/266414296745481>

## **Video**

**Circle of Life sung by the Lion King cast and the London's Gay Men Chorus**

<https://www.youtube.com/watch?v=Zl1cEWetJw4>

## **Skit**

**Kisa Gotami and the Mustard Seed**

<http://www.buddhanet.net/e-learning/buddhism/bs-s03a.htm>

Invite the children to act out the story for each other.

## **“Sunshine”(connection with nature and our bodies)/ Movement**

MOVEMENT: A BALANCING ACT

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/mirette-highwire-extension-activities/>

Read the following quote

In ten tries she balanced on one foot for a few seconds. In a day, she managed three steps without wavering. Finally, after a week of many, many falls, she walked the length of the wire.

—FROM Mirette on the High Wire

Then ask: “What do you think helped Mirette keep her balance?” Invite the children to investigate their ideas by making a tightrope in the classroom. Place a length of masking tape on the floor or tape down several yardsticks end to end. Let children walk toe to heel from one end to the other, balancing objects on their heads, hopping, skipping, and so on. Explore the concept of balance further by trying these tightrope tests.

Walk toe to heel with your arms out to your side.

Walk toe to heel with a book in one hand, held out to the side, while your other arm is at your side.

Walk toe to heel holding a book in both hands above your head.

Walk toe to heel holding a book in both hands below your waist, close to your body.

Which was easiest? (The last way lowers your body's center of gravity and makes it easier to stay balanced.)

## **Games**

### **Predator/Prey**

From Tapestry of Faith, World of Wonder, Balance in our Ecosystem

<https://www.uua.org/re/tapestry/children/wonder/session4/276439.shtml>

Leah Purcell, Soul Matters member, suggests adding two roles to this game, of “death” and “decay,” symbolized by an adult wearing a cape with fallen leaves, and another adult wearing a cape with the rays of the sun on it.

### **Service**

As Palm Sunday begins Easter Week, many congregations notice an uptick in visitors. Volunteer to help the Welcome Table and greet newcomers. Offer a tour of the facility and your favorite places. Adopt a visiting child and help them learn names.

# Chapel

*Here's a format for a Children's Chapel or Circle Time. Mix and match the components to fit your program. We recommend some type of ritual that is the same most every Sunday, to create comfort and memories even with discontinuous attendance. Post the words on the wall so that guests and newcomers can join in. When you offer Multigenerational services, offer these same words as a whole community of children, youth and adults.*

## Welcome Centerpiece

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water). A black and white cloth, several items for balance - a scale, a gyroscope.

## Entering

Invite the singing bowl. (Ring the bowl)

"To this quiet place of beauty, we come from busy things  
Pausing for a moment for the thoughts that quiet brings."

## Music with Hand Motions

Play the video to set the mood for the Chapel.

### From You I Receive

<https://www.youtube.com/watch?v=k7a0Lei2OCA>

First phrase ("From you I receive"): First partner holds hands out, palms up; second partner holds hands out, palms down, and places them over first partner's hands.

Second phrase ("to you I give"): Partners reverse their hands.

Third phrase ("together we share,"): Partners take each other's hands.

Fourth phrase ("and from this we live."): the partners hug themselves or each other, whichever seems more appropriate for your group

## Chalice Lighting

"We light this chalice for the warmth of love, the light of truth and the energy of action." (or your own congregation's words)

## Offering (optional)

"We drop our coins in. We get back pride, to help other people feels good inside."

## Sharing of Joys and Concerns

"We listen to each other, it is a holy act

To share our joys and sorrows, with grace it flows on back."

You may always say, "Pass."

If you wish to share, say your name, then light a candle or drop a rock in the water for your joy or concern.

"For all the joys and concerns which remain unspoken, we light this candle/add this rock."

## **Meditation on Balance**

Move into a comfortable position and close your eyes if you are comfortable.

Relax your toes, your calves, your knees, your hips, your torso, your shoulders. Feel the tension in your fingers and hands be released. Feel your elbows and biceps relax. Take a deep breath and feel your lungs move deeply and slowly. Move your tongue from the top of your mouth, relax your jaw, and ears, and eyebrows.

Imagine yourself perfectly balanced in the air. From the top of your head, you are gently balanced in the air, with each arm, each leg providing the balance for your body. When you raise a finger, you feel your body tip, oh so gently, until you raise a finger on the opposite hand. When you raise an elbow, you feel your body tip, oh so gently until you raise the elbow on the other side of your body. Imagine this gentle tipping and return to balance as you move from left to right, right to left with different parts of your body.

Remain in this place of Balance for ten breaths. Then I will invite the bell.

Ring the bell.

Return slowly to this room, to your body, open your eyes when you are ready. Feel the energy of Balance with you this month!

## **Story, optional**

Use one of the recommended stories/songs For All Ages, or a book from the book recommendations.

## **Songs, redux**

### **Extinguishing the Chalice**

We gather the warmth of love, the light of truth,

and the energy of action into our hearts

Back into the world of do and say

Carry it forward into the dawning day.

Go Now in Peace, Amen.

*Move your arms to express the actions: gather using a cupping motion from the flame of the chalice to your heart, spread that outward again.*

# Youth and Young Adult

Here are a variety of components for use in your Middle School/Sr High/Young Adult Groups. In addition, check out:

- the Stories for All Ages section
- this month's Soul Matters Small Group Packet (after all, isn't Youth Group a Small Group Ministry?!)
- an adult worship service on "Being A People of Balance"

## Reflections

### Math and Science on Balance

One of the ways to understand balance is to explore science and mathematics. There are some beautiful and miraculous things which happen with balance! One of the questions to ask yourself - What if god/God is an equation?

First, fractals:

Here's a video of Fractals - A fractal is a never-ending pattern. Fractals are infinitely complex patterns that are self-similar across different scales. They balance out. They are created by repeating a simple process over and over in an ongoing feedback loop. Abstract fractals – such as the Mandelbrot Set – can be generated by a computer calculating a simple equation over and over.

[https://www.youtube.com/watch?time\\_continue=29&v=NdUGIVI-UM](https://www.youtube.com/watch?time_continue=29&v=NdUGIVI-UM)

Next, Fibonacci numbers:

Fibonacci numbers are spirals in nature. You can see them in a pinecone, in a pineapple, in a flower.

Here's a video about spirals:

<https://www.youtube.com/watch?v=ahXIMUKSXX0>

And, Brooklyn High School for Pi Day

[https://www.youtube.com/watch?time\\_continue=22&v=ay\\_r5JacD9Y](https://www.youtube.com/watch?time_continue=22&v=ay_r5JacD9Y)

What Pi Sounds Like

[https://www.youtube.com/watch?time\\_continue=13&v=wK7tq7LON8E](https://www.youtube.com/watch?time_continue=13&v=wK7tq7LON8E)

Finally, Gyroscopes:

Essentially, a gyroscope is a top combined with a pair of gimbals. The secret behind the gyroscope always being in balance is in its free axis rotation. Basically, the gyroscope is a spinning wheel, or a disk, which has completely free axis of rotation and it is able to assume any random orientation. Because the axis is free, no amount of tilting or moving can affect its balance. The front wheel of a bicycle acts like a gyroscope.

<https://www.youtube.com/watch?v=mT3vfSQePcs>

Cycling is a skill that takes balance. Check out this cute cycling robot.

Fractals, Fibonacci numbers, Pi and gyroscopes are all amazing and beautiful ways of understanding balance. One of the sources of our Unitarian Universalism is Science and Reason. In our religion, we are encouraged to be curious and use science, and reason to understand the meaning of life, and to understand balance.

## Background for Balance, Science and Math

*Check out these sites if you'd like some additional information.*

Fractals <http://fractalfoundation.org/resources/what-are-fractals/>

Fibonacci numbers <https://plus.maths.org/content/life-and-numbers-fibonacci>

Gyroscope <http://www.inside4tech.com/self-balancing-technology-explained/>

## Balance Lost - blog on Parker Palmer's five Habits of the Heart

*Critical to sustaining democracy, one of our UU principles. The balance of individual and community.*

<http://www.theworldcafe.com/tag/parker-palmer/>

The idea of "a more perfect union," in the Preamble to the Constitution of the United States has always rested on the principle of balance...balance of power among the three branches of the Federal Government, between the Federal Government and the States, between freedom, individual rights, interdependence and mutual responsibility...

In the last few years our attention has been focused on the importance of "religious freedom," the "right to bear arms," the "rights of natural born citizens vs. those of immigrants," the "rights of free enterprise."

What has been lost in the furious debate about these freedoms, one of the founding tenets of our democracy, is that one person's freedom cannot be expressed at the expense of another person.

Amidst all this noise, there are a growing number of quiet (and not so quiet) hopeful voices. And among these quiet (and not so quiet) voices is Parker Palmer, who has been listening, speaking and writing for years about the importance of balance and the living tension embedded in any sense of balance. His latest book, *Healing the Heart of Democracy*, offers for our consideration, five "Habits of the Heart," that in his words, "...are critical to sustaining a democracy."

An understanding that we are all in this together,  
An appreciation of the value of "otherness,"  
An ability to hold tension in life-giving ways,  
A sense of personal voice and agency,  
A capacity to create community.

How do these 5 Habits of the Heart parallel the Principles of Unitarian Universalism? How do UU's maintain the balance of individual and community?

## Story - The Wandering Teacher

*From Tapestry of Faith, Spirit in Practice*

<https://www.uua.org/re/tapestry/adults/practice/workshop1/58595.shtml>

The story illustrates balance in spiritual practice.

What are some of the things that make you feel most alive?

Is doing those things a spiritual practice? How so, or why not?

What makes a practice "spiritual" and not just "emotional" or "mental"?

What does "spiritual" mean to you?

Invite the group to fill out the Eight Spheres of Spiritual Growth

<https://www.uua.org/re/tapestry/adults/practice/workshop1/60806.shtml>

Reflect on their answers together.

## Videos

**Music: Hori Khele Raghuveera Full Song | Baghban | Amitabh Bachchan, Hema Malini**

<https://www.youtube.com/watch?v=87FYp3YLEBM>

Bollywood Holi Song.

**Holi, Festival of Colors - BBC**

[https://www.youtube.com/watch?v=R1hs5FO\\_Oqk&feature=youtu.be](https://www.youtube.com/watch?v=R1hs5FO_Oqk&feature=youtu.be)

**A Story: Xavier Gets in Shape**

<https://www.youtube.com/watch?v=2SSVRXEP-po>

Xavier finds a work out buddy and a spiritual buddy in this excerpt from a sermon by Rev. Sherman Logan. Play until 5:18. How might you find a spiritual buddy? What would you do together? Someone to keep you in balance?

**TED dance: Balance Goddess**

<https://www.youtube.com/watch?v=ELROG7uppps>

Lara Jacobs was born into an artistic family. At the tender age of six she began performing and touring as a trapeze artist with her parents' theatre, Rigolo Nouveau Cirque. When she was just 16 Lara ventured to New York City and enrolled at the prestigious Alvin Ailey Dance Centre. She later took her love of dance to Istanbul where she trained in dervish dance, a traditional Islamic dance also known as Sufi whirling which consists of spinning one's body in repetitive circles. With this new talent, she began performing a solo fire burning skirt routine for Rigolo Nouveau Cirque, numerous galas worldwide, as well as, the famous German circus, Circus Roncalli.

In 2010 Lara was asked to audition for the role of Balance Goddess in Cirque de Soleil's Amaluna. The unique act has the Balance Goddess creating a world in equilibrium with a mobile made of thirteen palm leaf ribs. The routine is carried out to a spare soundtrack emphasized only by the sound of her breathing. Her movements are slow, deliberate and almost meditative as she concentrates all her attention on building this structure, reminding us of the fragile nature of harmony.

## Songs

**Pi Rap**

<http://www.teachpi.org/music/rap/>

**Pi Love Song**

<http://www.teachpi.org/music/lovesong/>

**Pi Carols**

<http://www.teachpi.org/music/pi-day-carols/>

## Arts and Crafts

**Mandala Meditation**

**Polar Paper**

<https://www.google.com/search?tbm=isch&q=polar+paper&cad=h>

Choose a graph paper to build your own mandala.

**Printable Mandalas**

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>



Or generate pre-drawn mandalas to color.

Mandalas have their roots in Hinduism and Buddhism. Mandala – Sanskrit for “circle” – is both a symbol and a ritual. As symbol, mandalas represent harmony, wholeness, and the infinite nature of the universe. As ritual, the mandala helps facilitate meditation. The creation of mandalas requires intense focus, stillness, and attention to the present moment –key components of mindfulness meditation. Mandalas always begin from the epicenter, and grow outwardly. Mandalas commonly include many concentric circles, and are often symmetrical. In the context of Buddhism, different layers of the mandala represent different aspects of the universe and cycle of life. Thus, mandalas hold great spiritual significance, and represent concepts such as compassion. <https://goo.gl/6dW348>

### **Celtic Tree of Life - Pagan art in balance for the Equinox**

*From Tapestry of Faith, Building Bridges, Neo-Paganism*

<https://www.uua.org/re/tapestry/youth/bridges/workshop21/184392.shtml>

Reflect on the symbolism of trees and draw your own, as a project for Ostara/Equinox, when the night and day are balanced and Spring arrives.

## **Movement**

### **Guest Practitioner of Tai Chi, Martial Arts, Yoga**

Invite a guest practitioner of one of the movement arts. Tell them in advance that the theme of the month is “What does it mean to be a people of Balance” and that the group is hoping to embody balance as practiced in their art. Invite them to share balance with the group through their art.

## **Spiritual Practice**

### **Balance for Lent**

<https://www.uuworld.org/articles/uu-lent-2016>

Lent, 2018 is Feb. 14 - March 29. Several UU leaders offered a practice for Lent a few years ago. They selected a word for each day in Lent . . .” We believe each word will be accessible to all ages and stages of faith development. Reflect on the meaning of this word to you. Take a photograph each day that speaks to you about the word, idea, practice, or concept. Share it on social media with the hashtag #UULent, and celebrate the shared inspiration we bring to one another.”

Offer a spiritual practice for Lent this year which combines “Being a people of Balance” and sharing balance or loss of balance for each day.

## **Mindfulness**

### **Finding Balance in Mindfulness: The Technique of "Touch & Go"**

<https://www.psychologytoday.com/blog/the-courage-be-present/201004/finding-balance-in-mindfulness-the-technique-touch-go>

## **Games**

### **Yin/Yang Game**

*From Tapestry of Faith, Building Bridges, Taoism*

<https://www.uua.org/re/tapestry/youth/bridges/workshop8/184219.shtml>

## **Aristotle's Scramble**

*From Tapestry of Faith, Virtue Ethics, Moderation*

<https://www.uua.org/re/tapestry/youth/virtueethics/workshop2/193139.shtml>

## **Deep Fun games for the theme of "Balance"**

<https://www.uua.org/youth/library/adults-ministry/deepfun/45594.shtml>

### **Balancing Act**

Parameters: 15 to 40 people

Materials: Two small items that can be easily balanced on the head. Rolled-up socks or chalkboard erasers are ideal.

Have the group spread out around the space and stand still. The person who is "it" puts one of the objects on her head. Another person puts the other object on his head. "It" chases them and tries to tag them. The chased person can escape by giving the sock to one of the standing people, who then becomes the chased one. If "It" tags the person they are chasing before the chased can pass on the sock, the relationship is reversed.

### **Colors (for Holi, The Hindu Festival of Colors, Mar. 4)**

Parameters: 5 to 15 people

Tell everyone to silently decide on a color. One at a time, have each person go to the middle of the circle and silently (or with non-verbal noise) act like that color. When each person finishes and sits back down in the circle, the group can guess which color he was conveying.

### **Trust Carry**

Parameters: 10 to 60 people and a large open space

Divide the group into groups of nine to eleven. Have one member of each group lie on their back on the floor, while the rest of the group stands on all sides of the body. Have the standing members gently slide their hands under the body, being careful to support the head, torso, and pelvis. They can then lift the body over their heads, and carry them around the room or rock him gently. Tell the person being lifted to completely relax their body and take in the sensations of being carried. Then the group can slowly bring him down to the floor and take turns being lifted.

## **Movies with a theme of Balance**

### **Koyaanisqatsi**

<https://www.youtube.com/watch?v=QSTTOO5-xSI>

Means "Life Out of Balance" in Hopi. A cult classic with no plot. Watch the 5 minute version at 16x.

### **Simpsons - Koyaanisqatsi Spoof**

[https://www.youtube.com/watch?v=6x\\_Ejnn1Ak](https://www.youtube.com/watch?v=6x_Ejnn1Ak)

Death out of balance.

### **Balance - A short animated film**

<https://www.youtube.com/watch?v=1CTesYaduBA>

A platform floats in a neutral space. Strange men, identical except for the numbers on their back, appearing as though out of some dystopian future, must work in concert to prevent the platform from

tipping. The emergence of a strange box, a new development in this closed and sterile space, disrupts the tedium

**The Great Math Mystery, NOVA (53 min.)**

<http://www.pbs.org/wgbh/nova/physics/great-math-mystery.html>

Fibonacci Numbers, Fractals, Spirals in nature.

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**Book**

**Courage to Soar: A Body in Motion, A Life in Balance by Simon Biles**

<https://www.commonsemmedia.org/book-reviews/courage-to-soar-a-body-in-motion-a-life-in-balance>

This bubbly, upbeat, first-person narrative gets inside the mind of a world-class gymnast in a way no interview can. In *Courage to Soar: A Body in Motion, A Life in Balance*, Biles describes the uncertainty and fear of living with her mother and being placed in foster care, the adjustment to living with her grandparents, how she fell in love with gymnastics, her big breaks, and her heartbreaking missteps in an endearing, distinctly teen voice. She doesn't hold back in revealing her struggle to balance normal teen emotions and desires -- to go to high school, to blow off practice -- with her drive to succeed. She also offers an interesting perspective on how her home life and Catholic faith provided foundational support for her throughout her career.

**Song**

**In the Balance**

<https://www.youtube.com/watch?v=3Ys44CDsHmU>

Lynn Hollyfield

**“Sunshine”(connection with nature and our bodies)**

Find a see-saw and balance.

Follow the leader and balance on curbs, logs, over grates in an obstacle course.

Invite pets and enjoy them, as they bring us balance in our lives, as suggested by Linnie Lee, Topeka, KS

Balance stones and rocks and create a cairn or sculpture.

**Service (as in service to others)**

Join the children and write out the numbers of Pi for National Pi Day, March 14 in chalk on the sidewalk.

Offer a slackline, skateboard, bicycle or scooter workshop after the service if someone has these talents.

Coordinate a social media campaign for lent on Balance for the congregation.

# Family and Parent Resources

*These resources support parents as they try to live out and engage our themes with their children. We can ask “What does it mean to be a parent of Balance” or “What does it mean to be a family of Balance?” As you use these resources to engage these questions, keep in mind some additional ways to use them with other parents or your church community:*

- *Reflect with those in your family.*
- *Share and discuss them with other parents or another family.*
- *Use them in a Parent Circle that meets on Sunday afternoon or mid-week.*

## Apps

### Finger Balance

<https://www.common sense media.org/app-reviews/finger-balance#>

FINGER BALANCE is one of those games that demonstrates the kind of insanely entertaining activities that can only happen on a touchscreen device like the iPad or iPhone. It's not just balancing a ball on a stick -- it's balancing a ball on a stick with two fingers, which means you have to keep both of your hands in time with one another constantly. And you need to maneuver that stick through a maze that may or may not include moving walls and obstacles. It's so simple, but it's crazy fun.

## Videos

### Teaching the ABCs of Attention, Balance and Compassion: Susan Kaiser Greenland at TEDxStudioCityED

[https://www.youtube.com/watch?time\\_continue=51&v=LpMvTTlr2p4](https://www.youtube.com/watch?time_continue=51&v=LpMvTTlr2p4)

Founder of the Inner Kids program, Susan Kaiser Greenland adapted adult meditation practices for kids, seeing a marked improvement in their capacity to focus, calm themselves, and manage stress. She is also the author of *The Mindful Child*.

## Articles

### 3 Biggest Ways to Reduce Your Environmental Impact

<https://www.eomega.org/article/3-biggest-ways-to-reduce-your-environmental-impact>

Living in balance with the earth from the Omega Center for Sustainable Living

### Early-Childhood Education Takes to the Outdoors

<https://www.edutopia.org/early-childhood-outdoor-education-waldkindergarten>

Kids in Waldkindergarten, also known as forest kindergarten, are building fires and braving the snow. And they're all the better for it.

### Meditation For Kids: Parents Turn To Mindfulness Practices To Help Children Stay Calm

[https://www.huffingtonpost.com/2013/05/23/meditation-for-kids\\_n\\_3318721.html](https://www.huffingtonpost.com/2013/05/23/meditation-for-kids_n_3318721.html)

Overview of why to teach mindfulness to kids.

### 3 Kid-Friendly Meditations Your Children Will Love

<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love#sm.0000g5zbbrd8vfrqxwz1ohqm25b8g>

## **Movies for families about Balance**

### **Fern Gully, rated G**

<http://www.imdb.com/title/tt0104254/>

The magical inhabitants of a rainforest fight to save their home, which is threatened by logging and a polluting force of destruction called Hexxus.

### **Rio 2, G**

<http://www.imdb.com/title/tt2357291/>

It's a jungle out there for Blu, Jewel and their three kids after they're hurtled from Rio de Janeiro to the wilds of the Amazon. As Blu tries to fit in, he goes beak-to-beak with the vengeful Nigel, and meets his father-in-law.

### **Inside Out, PG**

<http://www.imdb.com/title/tt2096673/>

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school.

### **The Great Math Mystery, NOVA (53 min.) for National Pi Day, 3/14**

<http://www.pbs.org/wgbh/nova/physics/great-math-mystery.html>

Fibonacci Numbers, Fractals, Pi and Spirals in nature.

# Program Add Ons

*Resources to expand or deepen your programming.*

## Calendar Add Ons

### Interfaith:

- Holi - March 4
  - <https://www.activityvillage.co.uk/holi>
  - <https://www.youtube.com/watch?v=Dnc2NQ8uPRQ>
  - <https://multiculturalkidblogs.com/2015/03/06/holi-crafts-and-activities-kids/>
- Ostara - Mar. 21
  - <https://www.thoughtco.com/celebrating-ostara-with-kids-2562468>
  - <http://www.patheos.com/blogs/panmankey/2015/03/8-ways-to-celebrate-ostara/>
- Palm Sunday - March 25
  - <http://www.dltk-bible.com/crafts/>
  - <https://www.livestrong.com/article/561896-palm-sunday-games-for-kids/>

### National & Cultural:

- National Pi Day - Mar 14
  - <http://www.piday.org/2008/2008-pi-day-activities-for-teachers/>
  - <http://www.teachpi.org/activities/>
- Spring Equinox - March 21
  - <https://wonderopolis.org/wonder/what-is-the-vernal-equinox>
  - <https://www.timeanddate.com/calendar/ten-things-march-equinox.html>

## Theme Add Ons

### Balance and Justice

#### Lady Justice

<https://foundationofpatriotism.org/new-exhibits/lady-justice/>

<https://heatherandlittle.com/blog/restoration/the-meaning-behind-the-lady-of-justice-statue/>

<http://itsaboutjustice.com/symbol-justice/>

### Balance and Math, Science

<http://www.mensaforkids.org/teach/lesson-plans/fabulous-fibonacci/>

<https://www.youtube.com/watch?v=wTlw7fNcO-0>

<https://www.youtube.com/watch?v=SjSHVDfXHQ4>

<https://sciencenetlinks.com/afterschool-resources/balancing-points/>

### Balance and Seasons

<https://tressabelle.wordpress.com/2010/03/02/celebrating-the-spring-equinox-with-kids/>

<http://earthsky.org/astronomy-essentials/everything-you-need-to-know-vernal-or-spring-equinox>

<https://www.youtube.com/watch?v=b25g4nZTHvM&t=38s>

### Balance of Life and Death

<https://www.youtube.com/watch?v=Wn3ALFW-194>

<https://www.youtube.com/watch?v=9NjFbz6vGU8>

[https://www.youtube.com/watch?v=VC8Dd\\_1iFpY](https://www.youtube.com/watch?v=VC8Dd_1iFpY)

## Add On Resources from Katie Covey

*Katie creates curriculum distinct from Soul Matters. You can learn more about all she offers at [www.uure.com](http://www.uure.com) . If you have purchased her curriculum, here are sessions from it that relate to the theme of Balance.*

### Elementary ages

#### From Spirit of Adventure:

Session #24 - Building - Frank Lloyd Wright's architecture and blocks

Session #25 - Building - Frank Lloyd Wright and harmony in nature (build a cantilevered graham cracker structure)

#### From Picture Book UU:

Session #27 - All I See is Part of Me

Session #28 - Spring Equinox

Session #29 - The Golden Rule

#### From Picture Book Bible Tales

Session #13 - Jesus by Brian Wildsmith (for Palm Sunday)

Session #14 - Mary, Mother of Jesus by Brian Wildsmith

Session #15 - The Easter Story by Brian Wildsmith (for Palm Sunday)

### **From Picture Book World Religions**

Session #14 - Zen Shorts by Jon Muth

## **Youth**

### **From Lodestone, Magnetize Your Middle School**

*Holiday Unit*

Session #H4 - Spring Equinox

*Money Unit*

Session #M2 - Allowances and Life Skills

*Race Unit*

Session R#1 - The Danger of a Single Story



# **Leader Resources**

*Come play and think together!*

## **March Online Zoom Labs**

### **RE Brainstorming Lab on Blessing(June Packet)**

Wednesday, Mar. 7, 2018 1 p.m. ET

Share ideas for what should be included in June's packet on Blessing!

### **RE Implementation Lab for Emergence (April Packet)**

Wednesday, Mar. 21, 2018, 1 p.m. ET

Let's help each other think about using April's packet on Emergence in our programs!

Note: The above Soul Matters RE Labs are on the First and Third Wednesdays of each month. We set them at a consistent time so you can put them into your calendar and plan ahead.

- First Wednesday - Brainstorming Lab on theme in 2 months
- Third Wednesday - Implementation Lab on the upcoming month's theme.
- Implementation Labs are posted on the Soul Matters YouTube Channel at [https://www.youtube.com/channel/UCe2pmT\\_ATh-pbkjF2m7rfOA](https://www.youtube.com/channel/UCe2pmT_ATh-pbkjF2m7rfOA)

## **RE Leader Facebook Page**

Don't forget about our RE Leader Support Facebook page. Here is where our colleagues post bulletin board pictures, share books, and ideas. It's a great on-going source of support. Your colleagues are available to support you at the click of a button and with the ease of a post:

<https://www.facebook.com/groups/545202255591601/>

## **Pinterest Page**

Check out the Pinterest page on Balance. Images and links to the books, videos, activities and more as mentioned in this packet.

<https://www.pinterest.com/soulmattersre/2018-march-balance/>

## **Inspiration Facebook Page**

Offer your teachers and parents spiritual nourishment and inspiration by encouraging them to join the Soul Matters Inspiration Facebook Page. Use the memes for your congregational FB page, as well:

<https://www.facebook.com/soulmatterssharingcircle/>



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