Soul Matters

What does it mean to be a people of TRUST?



RE Resources

February 2019

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Welcome

Welcome to February's packet on "What Does It Mean to be a People of Trust?" We are excited about the four rich angles we're taking on Trust this month:

The Sessions

Session 1. Trusting Life & the Courage To Come out of Your Hole
Session 2. Offering Our Love and Trust for Valentine's
Session 3. Trusting Each Other (Covenants)
Session 4. Trusting Yourself

We've especially enjoyed learning about Fannie Barrier Williams, a Black activist, Unitarian, and contemporary of Susan B. Anthony, whose birthday, like Anthony's, is close to Valentine's Day. She was an extraordinary woman who deserves our recognition. Her story serves as a good example to me of how racism has buried the accomplishments of people of color. I had never come across her story and was excited to delve into research about her speeches, projects and quotes.

February is Black History Month, an opportunity to introduce children and families to the idea of trusting that change is possible and reflecting on racism as a breaking of trust that has diminished our humanity. When trust is broken, we are wounded, and wounds leave scars. There are many scars and wounds caused by racism, in the past and now. Racism and oppression mean that people of color can't always trust institutions like police and banks to help them. Sometimes, our own Unitarian Universalist denomination betrayed the trust of Unitarian Universalist people of color. Other times our denomination has followed the leadership of people of color and we have done better trusting each other.. Right now, by telling stories and understanding racism, we are trying to take steps to create the trust we wish we had.

A few organizational notes:

Big thanks to Liza Earle-Centers, Director of Spiritual Exploration, UU Church of Montpelier, VT for suggesting the beautiful song **I Will Be Your Standing Stone** written by Melanie DeMore for a friend being treated for cancer. The song embodies the hope that we all may find ourselves trustworthy as we support each other through difficult times.

It is my great pleasure to welcome Rev. Jaelynn Pema Scott as my packet thought partner for the rest of the year. She has been serving as our Soul Matters Youth Meditation Consultant and now she brings her expertise as a religious educator to our team. You can learn some more about Jaelynn on our website staff page.

In advance, you may wish to order Susan B. Anthony dollars for the Valentine's centered session. There are other options suggested, as well.

With gratitude for the many ways you put your trust in us,
Katie, on behalf of the entire Soul Matters Team

Katie Covey
DRE for Soul Matters
soulmattersre@gmail.com

Calendar Connections

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

Interfaith:

- Nirvana Day/Parinirvana Day (Buddhist) - Feb. 15 (more here)
- Chinese New Year (Confucian, Daoist, Buddhist) - Feb. 5

Unitarian Universalist:

- Fannie Barrier Williams Birthday - Feb. 12 (more here)
- Susan B. Anthony's Birthday - Feb. 15 (more here)
- The Edict of Torda is issued - Feb. 18 (1568)

National & Cultural:

- Black History Month (more here)
- Season for Nonviolence - Jan. 30 - April 4 (more here)
- Groundhog Day - Feb. 2
- Freedom to Marry Day - Feb. 12
- Mardi Gras - Feb. 13
- St. Valentine's Day - Feb. 14
- President's Day - Feb. 19
- Louis Riel Day (Canada) - Feb. 19 (more here: http://louisrielday.com/)
- National Association for the Advancement of Colored People (NAACP) is founded - Feb. 12 (1909)
- Malcolm X assassinated - Feb 21 (1965)
- Trayvon Martin is shot by George Zimmerman - Feb. 26 (2012)

For Fun and On the Fringe:

- Superbowl Sunday - Feb. 4 (commercials here)
- Don't Cry Over Spilled Milk Day - Feb. 11
- International Darwin Day (Darwin's Birthday) - Feb 12
- Random Acts of Kindness Day - Feb. 17 (more here)

Stories for all Ages

Black History of Unitarian Universalism: We Shape Our Faith Together

During this time of reflecting on racism within our denomination, we are lifting up stories of people of color all year. In addition, in honor of Black History Month, we remind ourselves of the stories of Black UU's. Here's a link to some great stories to engage Black History Month.
https://www.uua.org/pressroom/stories/Black-history-unitarian-universalism-we-shape-our-faith-together

We recommend, in particular, the story of Black UU John Cashin. HIs story speaks to our theme of trust because of his trust in the democratic process and his formation of a political party, exemplifying the trust we UUs put in our fifth principle of the right of conscience and the use of the democratic process within our congregations and in society at large.

Theme connection: We also recommend you use stories like those referenced above to get at the way in which racial justice is a means of repairing broken trust. When trust is broken, we are wounded, and wounds leave scars. There are many scars and wounds caused by racism, in the past and now. Racism and oppression mean that people of color can't always trust institutions like police and banks to help them. Sometimes, our own Unitarian Universalist denomination betrayed the trust of Unitarian Universalist people of color. Other times our denomination has followed the leadership of people of color and we have done better trusting each other. Right now, by telling stories and understanding racism, we are trying to take steps to create the trust we wish we had.

Making Promises, Making Covenants
In Tapestry of Faith, Wonderful Welcomes, The Gift of Covenant
https://www.uua.org/re/tapestry/children/welcome/session2/118157.shtml

"...When we agree to follow the rules we make together, we are covenanting with each other. A covenant is a promise to each other about what we are going to do, and how we are going to behave. We need a covenant to have fun playing a game. Covenants are not only for the playground. They can be made by people in families and by students and teachers in schools. They can be made in religions too. Our Unitarian Universalist religion has a covenant…." - from the story

Theme Connection: A covenant is a way of saying we trust each other and make promises to each other. Covenant is also UUism's way of restoring trust.

The Boy Who Cried Wolf (online)
http://www.storyarts.org/library/aesops/stories/boy.html

Theme Connection: The boy loses the trust of the villagers by pretending there is a wolf. When there really is one, no one believes him. This illustrates how trust is something hard to build but easy to lose.

The Difference Between Heaven and Hell
https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell

Theme Connection: It's not easy to place your trust in others. We want to be self-sufficient, but the story reminds us that true safety and "heaven" rests in trusting and relying on others.

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.

I Believe
https://www.youtube.com/watch?time_continue=62&v=mk7EX9Rdpwk
"I believe in the sun,
even when it is not shining.
I believe in love,
even when I do not feel it.
I believe in God,
even when God is silent."

This defiant statement of faith was scrawled on a cellar wall in Cologne by a Jewish person hiding from the Nazi Gestapo during WWII. American soldiers discovered the inscription below a Star of David when searching the bombed house. This poem is now a haunting anthem composed by Mark Miller.
http://www.elumc.org/docs/newsletter2012-12.pdf

Theme Connection: Trusting in life even at the darkest moments.

Book Recommendations

Somebody Loves You, Mr. Hatch
by Eileen Spinelli (Author), Paul Yalowitz (Illustrator)
https://www.amazon.com/Somebody-Loves-You-Hatch-paperback/dp/0689718721/ref=sr_1_1?s=books&ie=UTF8&qid=1541192159&sr=1-1&keywords=Mr+Hatch

"One wintry day, a postman delivers a mysterious package with a big pink bow to a lonely man named Mr. Hatch. "Somebody loves you," the note says.
"Somebody loves me!" Mr. Hatch sings as he dusts his living room. "Somebody loves me!" Mr. Hatch whistles as he does his errands in town. "But who," Mr. Hatch wonders, "could that somebody be?"" - Amazon

Theme Connection: Mr. Hatch might have been so alone because he didn't trust anyone to be kind to him. Yet on Valentine's Day, someone reaches out and opens his world and renews his trust in the love and caring of others.

Oh, Freedom! Kids Talk About the Civil Rights Movement with the People Who Made It Happen. by *Casey King (Author), Joe Brooks (Illustrator) Forward by Rosa Parks*
https://www.barnesandnoble.com/w/oh-freedom-casey-king/1008936444

"...a personal look at the civil rights movement of the 1950s and '60s told through dozens of interviews conducted by Washington, D.C., fourth graders with their parents, grandparents, neighbors, and others who helped fight the battle against segregation and changed the course of history. With a foreword by Rosa Parks, three introductory essays, and over 40 archival photographs, this thoughtful, compelling, and educational book pays tribute to the many ordinary people who dedicated themselves to the cause of freedom and the fight for equality." - Amazon

Theme Connection: Trusting in the power of people to change injustice. Trusting in the power of nonviolence to face what is wrong and change it without violence.

Video as story: PBS documentary (8 minutes): Children who marched for equal rights
https://www.pbs.org/newshour/show/children-who-marched-for-equal-rights-inspire-a-new-generation

"Fifty-five years ago, thousands of African-American children walked out of their schools and began a peaceful march in Birmingham, Alabama, to protest segregation. They were met with attack dogs and water hoses. For a new generation of students, traveling to Birmingham has made that moment in history come alive." - PBS

Theme Connection: We suggest this video as a great way to share the story of the Civil Rights Movement as a For All Ages story for Black History Month. The program relives times when trust was broken, and the child marchers faced dogs and water hoses. They had to trust themselves and the rightness of their cause in order to march.

Damon and Pythias
A Greek classic tale shared in Sunday School classrooms during the Beacon Series Era.
Found in "Long Ago and Many Lands" by Sophia Fahs (Chap. 39, pg. 191)
Story online: https://www.uua.org/sites/live-new.uua.org/files/long_ago_many_lands1.pdf
Video: https://www.youtube.com/watch?v=WQzvmjAsQ9s
Picture Book: Damon, Pythias, and the Test of Friendship by Teresa Bateman (Author), Layne Johnson (Illustrator)
https://www.amazon.com/Damon-Pythias-Friendship-Teresa-Bateman/dp/0807514454/ref=sr_1_1?s=books&ie=UTF8&qid=1541610273&sr=1-1&keywords=Damon+and+Pythias

Honoring UU Identity

Resources to celebrate the relationship between UU identity and the theme.
*Each month we highlight history, wisdom tales and liturgy that are widely embraced among UU congregations. This section also strives to honor the way UU Identity is changing and needs to change. Ultimately, the centerpiece of our UU identity **is** the willingness to evolve and question "our identity." So we include people, history and resources that do just that.*

UU History & Historical Figures

Black History of Unitarian Universalism: We Shape Our Faith Together

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https://www.uua.org/pressroom/stories/Black-history-unitarian-universalism-we-shape-our-faith-together

- Ethelred Brown
- John Cashin
- Ellen and William Craft
- Francis Ellen Watkins Harper

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Fannie Barrier Williams, Unitarian
(February 12, 1855 – March 4, 1944)
"...Barrier Williams helped found the National League of Colored Women in 1893 and its successor, the National Association of Colored Women (NACW) in 1896. She was also among the founders of the National Association for the Advancement of Colored People (NAACP), and was involved in the establishment and development of other reform- and service-oriented organizations, including:

- Provident Hospital, in 1891, an inter-racial medical facility that included a nursing training school that admitted Black women
- Frederick Douglass Center, in 1905, a settlement house
- the Phillis Wheatley Home for Girls
- the National Federation of Afro-American Women, 1895, working with Mary Church Terrell..."

- https://en.wikipedia.org/wiki/Fannie_Barrier_Williams

More from the Dictionary of UU Biography: http://uudb.org/articles/fanniebarrierwilliams.html

Susan B. Anthony
(Feb. 15, 1820-1906) was born a Quaker and later became a Unitarian. She was one of the public voices of the early women's rights movement and was arrested for casting a vote in the 1872 presidential election.
https://www.youtube.com/watch?v=XZD5MZ2BgiM

Susan knew that she couldn't finish the work of securing votes for women in the Constitution and was driven and sustained by her trust that others would complete the work.

Your Own Historical Figure
Honor a member from your historical past who has contributed to your congregation being a people of trust. Maybe it's someone who helped your congregation trust that there would be a successful capital campaign for a new building. Maybe it is a person who trusted the congregation enough to share their authentic selves in some way. Or repaired broken trust through justice work. Or reminded you to do the hard work of staying at the table and trusting each other even when you disagreed. The key is to deepen your congregation's engagement with the monthly theme by identifying and celebrating someone from your church's history helped shape its identity as a community of Trust.

UU Wisdom Tales

The Difference Between Heaven and Hell
https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell

Theme Connection: It's not easy to place your trust in others. We want to be self-sufficient, but the story reminds us that true safety and "heaven" rests in trusting and relying on others.

Beloved UU Liturgy

STJ #1021 Lean on Me
Video: https://www.youtube.com/watch?v=vgz-7dEgbKk
Commentary: http://farfringe.com/stj1021-lean-on-me/

STLT #346 Come Sing a Song with Me
Video: https://www.youtube.com/watch?v=K3yD70Dnbm0
Commentary: http://farfringe.com/stlt346-come-sing-a-song-with-me/

Surprise Pals/Mystery Friends Intergenerational Friendship Program as Ritual

The tradition of intergenerational friendship is particularly relevant to our theme of being a people of trust because it offers opportunities for people from different generations to share (and trust each other with) what is precious to us- our stories, our hopes, our vulnerabilities, our joy. The core of this sharing is vulnerability and trust.

Many UU congregations offer some sort of one on one friendship program between one child and one adult at this time of year. In old language, it was called "Secret Friends." We now know that that language is problematic, children's relationships with adults should be transparent, so we have evolved new language!

Often Surprise Pals is offered in connection with Valentine's Day, either as an opportunity to exchange Valentines or as an ending or kick-off moment. At the Brainstorm Lab on Trust, we shared some ideas:

- Surprise Pals is an opportunity for one adult to give messages to one child during a span of time including Valentine's.
- Some congregations offer the program during January , February, and March; some for just a few weeks.
- Hang a shoe pocket as a mail room into which an adult slips messages to their Surprise Pal. Tip: Hang it in a visible spot so people remember to give a message.
- It is important to have a coordinator who is not the RE staffer. The Surprise Pals coordinator makes sure the children are getting messages and deals with confusions about responsibilities.
- There is often a structured "Reveal Party" at the end. Pals are matched up with foam core puzzle pieces, or Memory Game matching cards to find each other.
- Some type of structured activity helps Pals get to know each other at the Reveal Party.
- Answering journal questions in a Surprise Pals card, Carnival games, and conversation prompts about each other are helpful.
- There is often food at the end of the Reveal Party, and the adults give a gift to their Pal. Families of the children are encouraged to write Thank You's.
- More information is available at the Surprise Pals Google Doc with templates at https://docs.google.com/document/d/13Qb3NAOiibi2GkEQc4t1i5JJogBi3PEpGk3K6D3LLh4/edit?usp=sharing

Chapel

Here's a template for a Children's Chapel or Circle Time. Mix and match the components to fit your program. For the theme of Trust, we lift up the importance of ritual so that children can trust in predictability and sameness as they engage in a spiritual time. 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.

Trust Centerpiece

Choose a color for a cloth, a chalice, an offering box, a way of sharing Joys and Sorrows (candles or rocks in water).

For "How are we a people of Trust?"

- Cloth Color: red
- Chalice: white
- Items: A variety of objects used in the sessions on Trust
    - A small hand labyrinth, a conch shell, a heart
    - Rocks (to echo the chant for Chapel)
    - Valentines and Birthday cards to Fannie Barrier Williams and Susan B. Anthony
    - Pictures of Black UU's

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."

Centering Music for Trust

I Believe
https://www.youtube.com/watch?time_continue=62&v=mk7EX9Rdpwk
"I believe in the sun,
even when it is not shining.
I believe in love,
even when I do not feel it.
I believe in God,
even when God is silent."
This defiant statement of faith was scrawled on a cellar wall in Cologne by a Jewish person hiding from the Nazi Gestapo during WWII. American soldiers discovered it below a Star of David when searching the bombed house. This poem is now a haunting anthem composed by Mark Miller. http://www.elumc.org/docs/newsletter2012-12.pdf

-Or-

I Will Be Your Standing Stone (melody only)
As suggested by Liza Earle-Centers, Director of Spiritual Exploration, UU Church of Montpelier, VT
https://www.youtube.com/watch?v=wpMW8-Nx4T0

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

Trust your gut meditation

- Centering Meditation
    - Ring the meditation bell.
    - Sit upright as you are willing and able.
    - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's scrunchy faces! Laughter helps release tension also.
    - Out-breath: Release and relax
    - Repeat for 3 or 4 cycles
    - Take a few moments to sit in relaxed silence
- Meditation - adapted from https://www.youtube.com/watch?v=XRyxawhbk1Y
    - Point to where you think your gut is, what does it mean to you when you hear the words "trust your gut?"
    - Close your eyes if you are comfortable doing so.
    - Imagine that you are in a beautiful forest, ahead of you are two paths.
    - On one path, there are birds singing and light shining through the trees. There are people walking and laughing.
    - On the other path, it is quiet, dark, and there is no one in sight. It looks like there are many weeds and logs on the path.
    - It might be fun to explore the second path but listen to your gut. What is it saying?
    - How does your gut feel when you look down each path?
    - Take a moment to thank your gut for guiding you on the right path.
    - Slowly open your eyes and discuss.*

* Make adjustments for language for persons who are visually impaired.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Story, optional

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

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

Preschool and Kindergarten Sessions

Session 1
Trusting Life - the courage to come out of your hole!

Introduction
Message: Trust life and find courage.
Spiritual Focus: The spiritual practice of exploring the connection between trusting life and personal courage
This session invites the children to role-play and reflect on animals who trust enough to come out of hiding, such as the Groundhog for Groundhog's Day, as well as the turtle. Inspired by these animals, the young children can embody the sense of trust it takes to come out of your hole!

Wonder Box
Place inside: a rabbit, groundhog or turtle stuffed animal or puppet
What is in the wonder box? A little rabbit! But it won't come out, she's so scared of us!
It's OK little rabbit there are some very nice children waiting to meet you.
What's that? You are very frightened? How can we help you trust us?
Little rabbit said, she needs children to talk quietly and sit very still, not making sudden moves. Can we do that?
Look, little rabbit, everyone is being quiet and sitting very still. They really want to meet you.
OK, she's ready to come out. (Peek her out first, very tentatively, then hide behind your arm and peek out, the way a shy child would)
In a quiet voice - Welcome little rabbit! We are glad you are here.
Little Rabbit says Hello in a very quiet voice.
(Eventually, the Little Rabbit becomes comfortable and greets each child if they want a rabbit kiss on the cheek or hand) Little Rabbit says thank you for being trustworthy and speaking quietly and not moving suddenly.
(She can sit next to you and listen to the story)

Stories

The Invisible Boy
by Trudy Ludwig (Author), Patrice Barton (Illustrator)
https://www.amazon.com/Invisible-Boy-Trudy-Ludwig/dp/1582464502/ref=pd_bxgy_14_img_3?_encoding=UTF8&pd_rd_i=1582464502&pd_rd_r=b5ee6fa5-dee1-11e8-9846-0d85219573df&pd_rd_w=PxvMe&pd_rd_wg=TtOCT&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=XDMJR083BDE6YW63W2J4&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=XDMJR083BDE6YW63W2J4

"Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. ... this gentle story shows how small acts of kindness can help children feel included and allow them to flourish." - Amazon

NOTE: Reviewers mention that this book also helps the "louder" children understand how to act in ways that allow others to have some room.

Theme Connection: How do we learn to trust each other? Through small acts of kindness.

Grumpy Groundhog
by Maureen Wright (Author), Amanda Haley (Illustrator)
https://www.amazon.com/Grumpy-Groundhog-Maureen-Wright/dp/1477847057/ref=pd_sim_14_6?_encoding=UTF8&pd_rd_i=1477847057&pd_rd_r=e7296751-e06c-11e8-9fd1-195db928a9fd&pd_rd_w=iwqCp&pd_rd_wg=dVapM&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=18bb0b78-4200-49b9-ac91-f141d61a1780&pf_rd_r=AXK8V3X02QP4GCGB7984&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=AXK8V3X02QP4GCGB7984

"It's Groundhog Day, and everyone is gathered to find out if it's time for spring. But Groundhog does NOT want to leave his cozy bed in his cozy den. Will the townspeople be able to coax him outside to do his job? Kids will love the humorous antics of Groundhog" - Amazon

Theme Connection: We can all understand not wanting to leave a warm bed, but when we find out that our friends are there waiting for us, we can be trusted to come on out.

The Singing Shell (online story)
http://www.shortkidstories.com/story/the-singing-shell/

Theme Connections: Some people are like the shell. You have to be very quiet to hear their singing, but if you are quiet, they will allow you to hear their song.

Meditation

- Centering Meditation
  - Ring the meditation bell
  - Sit upright as you are willing and able.
  - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's scrunchy faces! Laughter helps release tension also.
  - Out-breath: Release and relax
  - Repeat for 3 or 4 cycles
  - Take a few moments to sit in relaxed silence

- Groundhog meditation
  - According to one's own abilities, curl yourself into a ball and rest in this position like a groundhog in hibernation. Stay there for a few moments. How does it feel?
  - When things get hard and winter comes we often need alone and a place to rest. This feels good sometimes.
  - As we prepare for the coming Spring, begin to stretch out your limbs and explore the world around you.
  - Is it warm enough, is it safe, how does it feel to lift your head and explore around you. Feel free to move around the space as you are able.
  - How does it feel to explore the space around you?
  - Both of these spaces are important to explore, quiet time in the winter and trusting life to explore the world around you.

  From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Pop Goes the Weasel
Song: https://www.youtube.com/watch?v=EuogrAWBjVk
Lyrics: https://allnurseryrhymes.com/pop-goes-the-weasel/

Sing the song while skipping in a circle and on "Pop!" jump up. The "POP" is a way to come out of the hole and trust life and have fun!

A Conch Shell
Locate a conch shell large enough so that the children can hear its "song" when they hold it to their ear. Make the connection about giving space and time for someone who is quiet to "come out of their shell."

Tortoise or other Animal Visit

It's not practical to find a Groundhog, but another animal who has to trust that it is safe to come out of their shell is a real tortoise or real rabbit. Ask if someone in your congregation has a pet tortoise, rabbit, chicken or even hermit crabs and invite it to visit.

Turtle Shells
From foil casserole pans: https://remingtonavenue.com/2017/09/thrifty-teenage-mutant-ninja-turtle-costumes-11.html

Other options:

- make round circles from cardboard and tape on some handles for slipping over the arms.
- Use backpacks as shells.
- Use a towel or cloth as a shell.

Invite the children to be turtles and see what it feels like to crawl around, then hide in their shell. Can they trust enough to peek out and then bring out their necks, arms and legs? What does it feel like to be inside the shell? What does it feel like to be outside the shell?

Rabbit Ears or tails
Bunny Ears from a Paper Plate (Option 3): https://www.wikihow.com/Make-Bunny-Ears
Tape cotton ball tails on the children's waistband.
Invite the children to act out being a shy little rabbit. How would they trust enough to come and visit and play?

"Sunshine" (connection with nature and our bodies)

What other animals hide and then come out when they trust that they are safe? A squirrel, a bird, a worm. If indoors, can you role play moving like these animals? If outside, can you watch for animals who are trusting or not trusting and moving away. What does it take to make an animal trust you and come out? Being quiet, not moving or moving very slowly, leaving some food nearby.

Service
Invite the parents to listen to the quiet song from the shell or watch the turtles trust to come out.
Share the visiting animal with the older children. Invite the preschoolers to remind the older children how to keep the trust of the animal by being quiet and slow movements.

Session 2
Offering Love and Trust for Valentine's Day

Introduction

Message: Trust is a part of love.
Spiritual Focus: The practice of love in a family.
Valentine's is a time when we offer love to each other. Trust is a part of love.

Wonder Box

Place inside: a Valentine
What is in the Wonder Box today? A Valentine! What is Valentine's Day? It is a time when we show our love to the people we care for. Part of showing love is offering trust, too. We send and share a card called a Valentine's.

Stories

Pete the Cat: Valentine's Day is Cool
by James Dean and Kimberly Dean
https://www.amazon.com/Pete-Cat-Valentines-Day-Cool/dp/0062198653/ref=sr_1_1?s=books&ie=UTF8&qid=1541438618&sr=1-1&keywords=pete+the+cat+valentines+day+is+cool

Pete the Cat thinks Valentine's Day isn't cool until he realizes how many special cats there are in his life!
Theme Connection: We build trust and love with our friends.

I Love You Too
By Ziggy Marley, Ag Jatkowska (Illustrator)
https://www.amazon.com/Love-You-Too-Ziggy-Marley/dp/1617753106/ref=sr_1_1?s=books&ie=UTF8&qid=1541439086&sr=1-1&keywords=I+love+you+too+ziggy+marley

"Lyrics inspired by an exchange with Marley's 3-year-old daughter are set to bright paintings of a multicultural cast of children and adults enjoying each other's company indoors and out." - Amazon
Theme Connection: There are many ways of showing trust and compassion and love.

I Love You Book
by Todd Parr
Book: https://www.amazon.com/I-LOVE-YOU-Book/dp/0316247561/ref=sr_1_1?s=books&ie=UTF8&qid=1541439414&sr=1-1&keywords=I+love+you+book+parr
Video: https://www.youtube.com/watch?v=5Au4aLbfQio

" I love you when you give me kisses. I love you when you need hugs… Most of all, I love you just the way you are…" - from the book.

Theme Connection: When you are loved when you are sick, or sleeping, or away, that shows how much trust there is between your parent and you.

Meditation

Prep: meditation bell needed

- Centering Meditation
  - Ring the meditation bell
  - Sit upright as you are willing and able.
  - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's faces! Laughter helps release tension also.
  - Out-breath: Release and relax
  - Repeat for 3 or 4 cycles
  - Take a few moments to sit in relaxed silence

- Heart-center meditation
  - Where is your biological heart? Point to it.
  - Now place your hand there.
  - What do you feel? Nothing yet? Try to be really quiet and see if you can feel it beat.
  - Can you feel how warm your chest feels? Maybe it is just slightly warm.
  - Imagine that your heart is getting warmer and warmer until it is almost hot.
  - Imagine the warmth of your heart fills your entire body.
  - Pause for a few moments in silence feeling the warmth of your heart.
  - Now feel the warmth of the room around you, if the room is a little chilly, see if you can warm it up with your heart.
  - Let it fill the entire room and everyone in it. Offer the warmth of your heart to all in the room for Valentines. Allow yourself to be warmed by others in the room.
  - Pause here in a moment.
  - Discuss.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Songs and Fingerplays

10 Little Valentines with Mr. Mike
https://www.youtube.com/watch?v=ngokF5gEsKc

Red Heart with Miss Tracey
https://www.youtube.com/watch?v=Ld62awSjnto

Cards and Love Beads
From Tapestry of Faith, Chalice Children, Valentine's Day
https://www.uua.org/re/tapestry/children/chalicechildren/session34/299895.shtml

"Sunshine" (connection with nature and our bodies)

Being a Valentine
How can you be a Valentine and show love and trust to each other. Can you ask if you may hold hands, ask if you may give a hug? Ask if you want to be my Valentine? Dance with red ribbons and scarves and dance a Valentine's Dance to Skip to My Lou https://www.youtube.com/watch?v=tO2oG5d5_rM

Service (to others)
Make a Valentine for your minister or worship leader.

Session 3
Trusting Each Other
The Practice of Covenant

Introduction

Message: We make promises to help each other.
Spiritual Focus: The Spirituality of trusting each other as we make and keep promises.
Using knots, we learn about how trust ties us together and can hold us.

Wonder Box

Place inside: a rope long enough and thick enough to demonstrate the knots to the circle.
What is in the Wonder Box today?
A piece of rope!
What can we do with a rope?
We can make a knot. Tie a slip knot in the rope using these directions:
https://www.youtube.com/watch?v=eiWXFQHtU5Y

We think of a knot as tying together. You can really trust a knot to hold, right? But OOPS, this is a slip knot! (Pull the ends and the knot comes apart.)
A slip knot doesn't hold. We can't trust it because it will come apart!
Let's make a knot that we can trust!
Tie a double overhand knot using these directions: https://www.youtube.com/watch?v=ks-eTbL8j50
Here's a knot that won't come apart.
We need to trust each other like this knot that doesn't come apart.
It makes a promise to hold tight and it does.
The slip knot breaks its promise and comes apart.
We can't trust it to hold us when we are using it.
We make promises to each other.
I promise to be a good teacher.
I promise to be here for you.
I promise to read a story today.
You can trust me to be your teacher.

Stories

I Promise
by David McPhail (Author)
https://www.amazon.com/I-Promise-David-McPhail/dp/0316297879/ref=sr_1_32?s=books&ie=UTF8&qid=1541382720&sr=1-32&keywords=promises+for+children

"What's a promise?" When Baby Bear asks Mother Bear this important question, she promises her cub that she will feed him, play with him, and do everything she can to keep him safe. But Baby Bear has more questions: What happens if you break a promise? Can his mother promise that he will always be happy?" - Amazon

Theme Connection: Mother Bear and Baby Bear make promises. When we make promises, we trust each other, too.

I Promise I'll Find You
by Heather Ward (Author), Sheila McGraw (Illustrator)
https://www.amazon.com/I-Promise-Ill-Find-You/dp/1552090949/ref=sr_1_1?s=books&ie=UTF8&qid=1541608807&sr=1-1&keywords=i+promise+i%27ll+find+you

"I Promise I'll Find You is a moving story that parents will love reading to and sharing with their children again and again. The fear of being separated from loved ones is a universal emotion. Consider a child who feels lost -- wandering away from home, becoming separated in a crowd, or feeling frightened in a new and strange place? I Promise I'll Find You is a perennial favorite of parents and children alike; it's like a comforting hug, a warm lap, a reassuring kiss, and the enveloping arms of a parent who pledges, no matter what happens: "I promise I'll find you."" - Amazon

Theme Connection: A promise helps us trust each other.

The Frog Prince by Brothers Grimm (online)
http://www.shortkidstories.com/story/frog-prince/

Theme connection: The Princess doesn't want to honor her promise but her wise father insists.

Meditation

- Centering Meditation
    - Ring the meditation bell.
    - Sit upright as you are willing and able.
    - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's faces! Laughter helps release tension also.
    - Out-breath: Release and relax .
    - Repeat for 3 or 4 cycles.
    - Take a few moments to sit in relaxed silence.
- Daily Promises
    - We can make daily promises to ourselves and others.
    - Take a moment and think about something you'd like to promise yourself. Maybe you'd like to promise that you will be kind to yourself today. Maybe you'd like to promise that you will get enough exercise today or be nice to your sibling. Whatever your promise, just keep it to a single day at a time.
    - Make your promise to yourself.
    - Tonight, before bed, see how you did keeping your promise.
    - Was it hard? Did you fulfill it? How does that feel.
    - If you break your promise that is ok, you can try again tomorrow.

- by Rev. Jaelynn Scott, Soul Matters Youth Meditation Consultant

Activities

Love Hearts

From Tapestry of Faith, Chalice Children, Welcome
https://www.uua.org/re/tapestry/children/chalicechildren/session1/297601.shtml

“Share the words printed on the heart: "Love is the spirit of this church [congregation]." As the children create their tissue paper art, ask them to describe to you what they love.” - from the activity
Add string as an element of the collage to echo the Wonder Box rope lesson.

The More We Get Together Song

https://www.uua.org/re/tapestry/children/welcome/session2/activity-6

“Sunshine”(connection with nature and our bodies)

Showing love and trust in movement

Invite the children to play “Follow the Leader” outside or inside. We must trust the leader and each other to take us to places which are safe and yet are fun.

Service

Invite the parents to join in a game of Follow the Leader as they arrive.

Session 4
Trusting Yourself
The Practice of Growing Up

Introduction

Message: We trust our abilities and that our abilities will grow as we learn new things.
Spiritual Focus: The Spirituality of trusting the process of growing up. Also, the spirituality of believing in yourself.
Helping young children understand that they are growing into someone who can accomplish new things as they try them.

Wonder Box

Place inside: 5 birthday candles
What is in the Wonder Box today? Here are some candles!
They are birthday candles!
How many candles on your birthday cake? 3,4,5?
That means you are growing up.
You are learning new things.
You are trying new things!
And you can trust yourself when you learn new things!
What new things have you learned that you can trust yourself to do?
Wash your hands, ride a strider bike, sit in a big chair at the table?
Drink from a glass, feed your dog, climb stairs, run fast?

You are old enough to do things and to trust that you can do them without help.
How exciting!
That means you are growing up!
You believe in yourself.
What things can you do now that you might have been afraid to try?

Stories

The Little Engine that Could
By Watty Piper
Video: https://www.youtube.com/watch?v=5TPUwrURo6M
Book: https://www.amazon.com/Little-Engine-That-Could/dp/0590466720/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=

Keep Love in Your Heart, Little One
by Giles Andreae, illustrated by Clara Vulliamy
https://www.amazon.com/Keep-Love-Your-Heart-Little/dp/1589250664/ref=sr_1_1?s=books&ie=UTF8&qid=1534373207&sr=1-1&keywords=Keep+Love+in+Your+Heart+little+one

"It's the only sure way to be happy, The only sure way to be free. Believe in yourself and believe in your dreams, And you'll be what you dream you can be." A joyful tale of parental love and a child's boundless enthusiasm for life.

Meditation

Centering Meditation

- Ring the meditation bell
- Sit upright as you are willing and able.
- In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's scrunchy faces! Laughter helps release tension also.
- Out-breath: Release and relax
- Repeat for 3 or 4 cycles
- Take a few moments to sit in relaxed silence

- Centering words: Do you believe that you can do good in the world? Always be kind to your friends and family, be the best that you can be every day? Sounds difficult, huh?
- Superhero meditation:
  - Take a moment and close your eyes if you are comfortable doing so. Imagine that you are a superhero! What clothes are you wearing, how do you look, do you fly/glide/cast webs to propel from tall heights. What would you do to save the world? How would you treat others?
  - Open your eyes. What kind of superhero were you? (A few kids share their imaginings.]
  - Draw yourself as a superhero and share. (optional)

* (please adapt this language if needed for those who are visually impaired)

By Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Fingerplays and Songs

If You're Happy and You Know It

Video: https://www.youtube.com/watch?v=wYlPAf8Cecg

Video and Dancing: Sesame Street - Believe in Yourself

https://www.youtube.com/watch?v=5mw5E6gYpB8

"You can be what you want to be and do what you want to do if you would just listen to Michael Bublé and believe in yourself. Some folks try to tell you you're not strong enough or smart enough and there are things you shouldn't do, but those people are quite often wrong!"

Trusting Yourself to Try (Sunshine and Movement)

What might you try that takes a little courage but that you think you can do it? Here are a few suggestions:

Skipping
Hopscotch
Balancing
Climbing under a tunnel of chairs
Crawling through a blanket draped table
Picking up a roly poly bug
Climbing something new to you
Sliding down the slide a different way
Running really fast
Going up to a new person and saying hello
Asking to pet a friendly dog

Service

Invite the preschoolers to hand out welcome literature together at the Welcome Table after the service. Offer it for a few minutes as a group. Talk about having the courage to welcome the people who are visiting. Can they say, “Welcome to ____ Your Congregation?” By offering it together, those who are shy are able to have the support of their peers. This is something that they can try and trust themselves to accomplish it.

First through Fifth Grade Sessions

Session 1
Trusting Life - and the courage to come out of your hole!

Introduction
Message: You can trust life to be a friend not foe.
Spiritual Focus: The Spirituality of using trust as a springboard for courage.
This session invites the children to reflect on the importance of trusting life and how that give us courage and hope. It sometimes feels risky to trust life, but it's worth it!

Reflections
Prop: a rabbit, groundhog or turtle stuffed animal or puppet
Hide the puppet under a cloth or behind your back.
What's this? A little rabbit! But it won't come out, she's so scared of us!
It's OK little rabbit there are some very nice children waiting to meet you.
What's that? You are very frightened? How can we help you trust us?
Little rabbit said, she needs children to talk quietly and sit very still, not making sudden moves. Can we do that?
Look, little rabbit, everyone is being quiet and sitting very still. They really want to meet you.
OK, she's ready to come out. (Peek her out first, very tentatively, then hide behind your arm and peek out, the way a shy child would)
In a quiet voice - Welcome little rabbit! We are glad you are here.
Little Rabbit says Hello in a very quiet voice.
(Eventually, the Little Rabbit becomes comfortable and greets each child if they want a rabbit kiss on the cheek or hand)
Little Rabbit says thank you for being children she can trust and speaking quietly and not moving suddenly.
It helps her to trust life, and to come out and meet others.
(She can sit next to you and listen to the rest of the reflection)

Rabbit had to learn to trust and find the courage to come out. Groundhog Day is when a groundhog has to trust enough to come out of his hole and see if winter will last 6 more weeks.
February is also Black History Month and also about the theme of trust. Today we reflect on trusting life. There are a couple of ways of looking at trusting life. What ways of trusting life can you think of? Trusting that our humanness will help us do the right thing, even if it takes a while, such as the Black Lives Matter movement. There was a Children's March in the Civil Rights Movement, in which the children had to trust in the rightness of their cause and in life.

Stories

Let the Children March
by Monica Clark-Robinson (Author), Frank Morrison (Illustrator)
https://www.amazon.com/Let-Children-March-Monica-Clark-Robinson/dp/0544704525

Theme Connection: Times when trust was broken and rebuilt, in honor of Black History Month. Trusting in the rightness of a cause and trusting that life is on our side (i.e. that the "arc of life bends toward justice" - MLK and Rev. Theodore Parker.)

PBS documentary (8 minutes): Children who marched for equal rights
https://www.pbs.org/newshour/show/children-who-marched-for-equal-rights-inspire-a-new-generation

"Fifty-five years ago, thousands of African-American children walked out of their schools and began a peaceful march in Birmingham, Alabama, to protest segregation. They were met with attack dogs and water hoses. For a new generation of students, traveling to Birmingham has made that moment in history come alive." - PBS

Theme Connection: We suggest this video as a great way to share the story of the Civil Rights Movement as a For All Ages story and/or as a session story for Black History Month. The program relives times when trust was broken, and the child marchers faced dogs and water hoses. There are also times when trust was built when laws were changed

Love
by Matt de la Peña (Author), Loren Long (Illustrator)
https://www.amazon.com/Love-Matt-Pe%C3%B1a/dp/1524740918/ref=pd_bxgy_14_img_2?_encoding=UTF8&pd_rd_i=1524740918&pd_rd_r=e10a67d2-e3a3-11e8-8349-9126162516c7&pd_rd_w=TgStB&pd_rd_wg=xwyZJ&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=6725dbd6-9917-451d-beba-16af7874e407&pf_rd_r=82JSXPTKQW06S0HETY29&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=82JSXPTKQW06S0HETY29

"Everything that can be called love -- from shared joy to comfort in the darkness -- is gathered in the pages of this reassuring, refreshingly honest picture book."—The New York Times Book Review, Editors' Choice / Staff Picks From the Book Review

From Newbery Medal-winning author Matt de la Peña and bestselling illustrator Loren Long comes a story about the strongest bond there is and the diverse and powerful ways it connects us all." - Amazon. Love is made of trust.

Meditation

- Centering Meditation
    - Ring the meditation bell
    - Sit upright as you are willing and able.
    - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's scrunchy faces! Laughter helps release tension also.
    - Out-breath: Release and relax
    - Repeat for 3 or 4 cycles
    - Take a few moments to sit in relaxed silence
- Groundhog meditation
    - According to one's own abilities, curl yourself into a ball and rest in this position like a groundhog in hibernation. Stay there for a few moments. How does it feel?
    - When things get hard and winter comes we often need alone and a place to rest. This feels good sometimes.
    - As we prepare for the coming Spring, begin to stretch out your limbs and explore the world around you.
    - Is it warm enough, is it safe, how does it feel to lift your head and explore around you. Feel free to move around the space as you are able.
    - How does it feel to explore the space around you?
    - Both of these spaces are important to explore, quiet time in the winter and trusting life to explore the world around you.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

A Conch Shell (also suggested for the younger group)
Locate a conch shell large enough so that the children can hear its "song" when they hold it to their ear. Make the connection about giving space and time for someone who is quiet to "come out of their shell."

Tortoise or other Animal Visit (also suggested for the younger group)
It's not practical to find a Groundhog, but another animal who has to trust that it is safe to come out of their shell is a real tortoise or real rabbit. Ask if someone in your congregation has a pet tortoise, rabbit, chicken or even hermit crabs and invite it to visit.

"Sunshine" (connection with nature and our bodies)

Obstacle Course (indoors or outdoors) Team Trust Building
Trust life and find the courage to try something! Create an obstacle course of a tunnel (under a table or bush with a blanket covering), over monkey bars, across "Lava" on stepping stones (pieces of paper), hanging from a rope, balancing on a curb, blindfolded partner walks around trees, etc.
Invite the group to compete on the Obstacle Course, with points for:
"Helpful comments through the tunnel,"
"Team problem solving through the Lava,"
"Trying again after falling off the balance beam,"
"Trying something new," etc.

Keep track of helpful points and make up some as the group goes along.
The points are trust points, so invite the group to enjoy how much they built trust.

Service
Invite a younger group to try the obstacle course with you.

Session 2
Offering Love and Trust for Valentine's Day
The Practice of Trusting Each Other

Introduction

Message: Trust is a big part of love. Loving someone is about more than warm and tender feelings; at its heart it involves putting our trust in another human being.
Spiritual Focus: the practice of compassion.
We tease apart the sentimental love for Valentine's into trust and compassion. These slightly different lenses give us more depth to reflect and act on. In honor of Black History month, we celebrate the birthday on Feb. 12 of Fannie Barrier Williams, a Black Unitarian activist.

Reflection

Props: two Valentine's and two birthday cards

The theme for this month is "How are we a people of Trust?" Today we are going to explore how love and trust work together. We are going to create Valentines for two remarkable women who lived when women were not allowed to vote - Fannie Barrier Williams and Susan B. Anthony. Fannie Barrier Williams was a Black Unitarian woman activist who worked for the rights of Blacks and of women. Susan B. Anthony was a white Unitarian woman activist who worked for the right of women to vote, too. We know more about Susan B. Anthony because she was white. This is part of what we are learning as UU's - that there are stories which we must find and remember that are not being told. The story of Fannie Barrier Williams is such a story. Her life is not remembered very well because she was Black and a woman.

Both Fannie and Susan also have birthdays right around Valentine's Day, Fannie's is Feb. 12 and Susan's is Feb. 15, so we are also going to make them birthday cards.

Both Fannie and Susan trusted that injustice could be overcome, and equality and freedom would be achievable. They worked hard to make that happen. We now can vote for women senators and congress people! But when Fannie Barrier Williams and Susan B. Anthony lived in the 1800's women were not even allowed to vote.

Stories

Belonging - Fannie Barrier Williams
https://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml

"Fannie Barrier Williams helped start a home for girls in Chicago, and she started a center where people could live together, no matter the color of their skin. She was part of the group that started the National Association for the Advancement of Colored People (the NAACP), along with Frederick Douglass, Ida Wells Barnett, Frances Watkins Harper, and W.E.B. DuBois.

Fannie also worked with suffragists like Susan B. Anthony, helping women get the chance to vote. Because back then, remember, people thought that men were better than women. Women couldn't own property or have a bank account or vote in elections." - from the story

Note: This is the only story about Fannie Barrier Williams suitable for children that is currently available, so please include it in your session in order to de-center the many stories about Susan B. Anthony.

Two Friends: Susan B. Anthony and Frederick Douglass
by Dean Robbins (Author), Sean Qualls (Illustrator), Selina Alko (Illustrator)
https://www.amazon.com/Two-Friends-Anthony-Frederick-Douglass/dp/0545399963/ref=sr_1_1?s=books&ie=UTF8&qid=1541701687&sr=1-1&keywords=Two+Friends%3A+Susan+B.+Anthony+and+Frederick+Douglass

"Two friends, Susan B. Anthony and Frederick Douglass, get together for tea and conversation. They recount their similar stories fighting to win rights for women and African Americans. The premise of this particular exchange between the two is based on a statue in their hometown of Rochester, New York, which shows the two friends having tea." - Amazon.

Marching with Aunt Susan: Susan B. Anthony and the Fight for Women's Suffrage
by Claire Rudolf Murphy (Author), Stacey Schuett (Illustrator)
https://www.amazon.com/Marching-Aunt-Susan-Anthony-Suffrage/dp/1561459798/ref=sr_1_2?s=books&ie=UTF8&qid=1541712353&sr=1-2&keywords=Susan+B.+Anthony+picture+books

"An inspiring story of the fight for women's suffrage, based on the experiences of a real girl. All Bessie wants is to go hiking with her father and brothers. But it's 1896, and girls don't get to hike. They can't vote either, which Bessie discovers when Susan B. Anthony comes to town to help lead the campaign for women's suffrage. Stirred to action, Bessie joins the movement and discovers that small efforts can result in small changes-- and maybe even big ones. Inspired by the diary of the real Bessie Keith Pond, a ten-year-old girl who lived in California during the suffrage campaign, author Claire Rudolf Murphy and illustrator Stacey Schuett offer a thought-provoking introduction to the fight for women's rights.

Meditation

- Centering Meditation
  - Ring the meditation bell
  - Sit upright as you are willing and able.
  - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's faces! Laughter helps release tension also.
  - Out-breath: Release and relax
  - Repeat for 3 or 4 cycles
  - Take a few moments to sit in relaxed silence

- Heart center meditation
  - Where is your biological heart? Point to it.
  - Now place your hand there.
  - What do you feel? Nothing yet? Try to be really quiet and see if you can feel your heartbeat.
  - Can you feel how warm your chest feels? Maybe it is just slightly warm.
  - Imagine that your heart is getting warmer and warmer until it is almost hot.
  - Imagine that the warmth of your heart fills your entire body.
  - Pause for a few moments in silence feeling the warmth of your heart.
  - Now feel the warmth of the room around you. If the room is a little chilly, see if you can warm it up with your heart.
  - Let it fill the entire room and everyone in it. Offer the warmth of your heart to all in the room for Valentines. Allow yourself to be warmed by others in the room.
  - Pause here for a moment.
  - Discuss.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Fannie Barrier Williams and Susan B. Anthony Coin Valentine's

Purchase one or several Susan B. Anthony dollar coins, available on eBay or coin selling sites for about $2.50. Or use an image of the coin. https://www.ebay.com/b/Susan-B-Anthony-Dollars-1979-1981-1999/11982/bn_16566011?rt=nc&_udhi=18.0
https://www.goldeneaglecoin.com/dollars/susan-b-anthony-dollars/susan-b-anthony-single-coins

Show a variety of coins - a penny with Lincoln on it, a quarter with Washington on it. Note that Susan received the honor of being the first woman to have a coin cast of her. Use the coins as examples of how some stories and people are remembered and some are not, often because of their sex or the color of their skin.
Show the Susan B. Anthony coin, or image of it.
So what if we created our own coin for Fannie Barrier Williams! Invite the children to do so.

Since Williams' and Anthony's birthdays are in February, invite the Valentine's message to reflect their trust that hard work would win votes for women.

Copy an image of the Susan B. Anthony dollar to cut out:
https://www.etsy.com/listing/633562950/one-dollar-suzan-b-anthony-1979-p?gpla=1&gao=1&&utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_a-art_and_collectibles-collectibles-coins&utm_custom1=625846e5-115c-4218-b04b-7b8691c70571&utm_content=go_304499435_22746157595_78727392875_aud-301856855998:pla-106549150595_c__633562950&gclid=Cj0KCQiA2o_fBRC8ARIsAIOyQ-mhNEciODFQFi5zndOGaEHmJD1I6_0wW1r_pLLyeIIvrJH5OqWmRRgaAujVEALw_wcB

Copy a picture of Fannie Barrier Williams to cut out and place over the image of Susan B. Anthony to create two coins or invite the children to create their own coin for her. https://rrlc.org/winningthevote/biographies/fannie-barrier-williams/

Create Valentine's using the coin images and some quotes.
Encourage the children to think of how they will promise to carry on the work of Susan and Fannie. Use I Promise to carry on your work by…." in the Birthday cards and/or Valentines.

Quotes to use on Valentine's from Susan B. Anthony:
"Failure is impossible."
"Independence is happiness."
Quotes to use on Valentine's from Fannie Barrier Williams:

"Liberty to be all that we can be…"
"We ask to be known and recognized for what we are worth."

"Sunshine" - connection to Movement and Nature

Three-Legged Race
From Tapestry of Faith, Love Connects Us, Kindness is the Key
https://www.uua.org/re/tapestry/children/loveconnects/session9/161942.shtml

"This game "ties together" participants a literal way and provides a fun way for them to experience competition and cooperation. The general idea is that of a three-legged race, in which two people stand side by side, tie their adjacent legs together, and race against other pairs. In this game, however, participants will race several times: first on their own, then tied to one other person, and then tied together with more people, and finally, tied together as an entire group." - from the instructions

Land Mines Blindfold Walk
https://www.youtube.com/watch?v=DwjNFYnlVoI

Adapt this for those with mobility issues by creating fewer landmines, further apart from each other.

Service (to others)

Make Birthday cards for Fannie and Susan and post them as centerpieces during coffee hour. Invite the Youth Group to add some educational facts about Fannie Barrier Williams so the entire congregation is able to hear about her work.
Or

Offer the Land Mines Walk with younger children or adults after the service.

Session 3
Trusting Each Other
The Practice of Covenant

Introduction

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

February is a good time to revisit the covenant, if you have made one at the beginning of the year, or to check in if there are unspoken promises the group has made with each other. Find out about the rainbow as a symbol of the covenant between God and Noah, as described in the Bible..

Reflections

Prop: intertwine your pinkies (or with someone near you) to create a Pinky Swear.
https://www.youtube.com/watch?v=cvQop-Id7mg

Hold up your hands and invite the group to tell you what you are doing. Has anyone ever heard of a Pinky Swear? It is a way to tell your friends that they can trust you and that you will keep your promise. Has anyone ever used this?

How do you know when a friend will keep their promise?
When you can trust them?
How do your friends know they can trust you?
How do they know that you are trustworthy?

Trust is built in small steps.
It is little things like the pinky swear and being a good friend.
Making a covenant together is a good way to start together as a group.
(If your group make a covenant in the beginning of the year, review it)
One middle school group came up with some imaginative ways to make promises to each other.
They said, “Don’t yuck my yum” and “Be a croissant not a bagel.”
Can you figure out what these two mean?
Don’t yuck my yum means that if someone likes something, the others shouldn’t mess it up.
Be a croissant not a bagel means to stay open to new experiences and new people. A bagel is a closed circle, a croissant is open.

Story

The Difference Between Heaven and Hell
https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell

Theme Connection: It’s not easy to place your trust in others. We want to be self-sufficient, but the story reminds us that true safety and “heaven” rests in trusting and relying on others.

Noah and the Rainbow Covenant
From Tapestry of Faith, Love Connects Us, A Covenant is a Promise
https://www.uua.org/re/tapestry/children/loveconnects/session1/161655.shtml

“Welcome home," said God. "I will make a deal with you, a promise—a covenant. My covenant is with all the beings of the earth, not just the people. You go forth and populate the earth and fill it again with all your kind. And I promise never to flood the earth again. And as a sign of my covenant with you I will put a rainbow in the clouds. And every time you see a rainbow it will remind you of our covenant to create and preserve life." - from the story

Theme Connection: The word covenant is a very old word, and this story is very old. We still use the word covenant to mean the promises we make to each other.

The Treehouse Rules
From Tapestry of Faith, Love Connects Us, We are Active Creators of our Faith
https://www.uua.org/re/tapestry/children/loveconnects/session16/162186.shtml

“...The adults were humbled. Some sheepishly glanced at their church covenant, framed on the wall—hanging there and mostly forgotten. The congregational meeting was adjourned. The adults went on their way, reminded of the power of covenants, working together to find a solution and the commitment of people in right relationship with one another—all because of the treehouse rules.” - from the story

Theme Connection: Covenants are powerful. Sometimes people think rules are more important, but a covenant honors the best way of working with each other.

The Boy Who Cried Wolf (online)
http://www.storyarts.org/library/aesops/stories/boy.html

Theme Connection: The boy loses the trust of the villagers by pretending there is a wolf. When there really is one, no one believes him. This illustrates how trust is something hard to build but easy to lose.

The Frog Prince by Brothers Grimm (online)
http://www.shortkidstories.com/story/frog-prince/

Theme connection: The Princess doesn’t want to honor her promise but her wise father insists. We must accept responsibility for the promises we make.

The Hunter’s Promise: An Abenaki Tale
by Joseph Bruchac (Author), Bill Farnsworth (Illustrator)
https://www.amazon.com/Hunters-Promise-Abenaki-Tale/dp/1937786439/ref=sr_1_77?s=books&ie=UTF8&qid=1541383129&sr=1-77&keywords=promises+for+children#customerReviews

"Promise to remember me!" was all the beautiful woman had ever said to the hunter. She had appeared from nowhere one day, when he had been lonely during the long winter hunting trip. Isolated in the vast wilderness of the northeast, he would only return to his village in the spring. Except that this year he would not be alone, because she had appeared..” - Amazon

Theme Connection: Keeping a promise is hard.

Meditation

- Centering Meditation
  - Ring the meditation bell.
  - Sit upright as you are willing and able.
  - In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's faces! Laughter helps release tension also.
  - Out-breath: Release and relax .
  - Repeat for 3 or 4 cycles.
  - Take a few moments to sit in relaxed silence.
- Daily Promises
  - We can make daily promises to ourselves and others.
  - Take a moment and think about something you'd like to promise yourself. Maybe you'd like to promise that you will be kind to yourself today. Maybe you'd like to promise that you will get enough exercise today or be nice to your sibling. Whatever your promise, just keep it to a single day at a time.
  - Make your promise to yourself.
  - Tonight, before bed, see how you did keeping your promise.
  - Was it hard? Did you fulfill it? How does that feel.
  - If you break your promise that is ok, you can try again tomorrow.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Rainbow Art
"The spectrum of colors in a rainbow is really just a set of different reflections of the same light. Communities, such as our Unitarian Universalist congregation, sometimes use a rainbow as a symbol that we belong together. A rainbow says "We are connected. We share the same humanity, although we may look different from one another." - from https://www.uua.org/re/tapestry/children/loveconnects/session1/161645.shtml
Invite the children to create rainbows with watercolors or markers using the acronym ROY G. BIV to remember the order of the colors.

Bagels and Croissants
Serve bagels and croissants as a snack as a way of illustrating the covenantal promises discussed in the reflection. Invite the group to further reflect on how to stay open as a promise to each other. Would cream cheese mean to stick to the promise?

Feed Each Other with Long Handled Spoons
Role play the story "The Difference Between Heaven and Hell" with some long-handled spoons (dowels taped to cooking spoons.) Feed each other corn or other easily manipulated food.

Group Covenant
From Tapestry of Faith, Love Connects Us, A Covenant is a Promise
https://www.uua.org/re/tapestry/children/loveconnects/session1/161645.shtml

Make or review a group covenant for your own group. Write the promises on a piece of mural or flip chart paper or add new or revised promises to one you have made.

Variation: Make a Paper Chain covenant https://www.uua.org/re/tapestry/children/welcome/session2/118145.shtml

The Zipper Game (a Trust Game which doesn't involve risking a fall)
Suggested by Soul Matters member Liza Earle-Centers, UU Congregation of Montpelier, VT
https://www.scholastic.com/teachers/blog-posts/brent-vasicek/building-trust-in-a-classroom/

Pinky Swear and Making a Promise in other cultures

In the US kids pinky swear by interlocking their pinkies to show that they seriously intend to keep a promise. Invite the group to learn or share how they pinky swear.

How to Pinky Swear: 1) Two people entwine their pinkies 2) While pinkies are entwined, touch thumbs together 3) Release pinkies but keep thumbs touching and rotate hands to form a heart.
https://en.wikipedia.org/wiki/Pinky_swear

Try these promise swears from other countries:

- In Sweden it's touching your thumbs together.
- I swear on me mum (NW United Kingdom)
- Cross my heart and hope to die, stick a needle in your eye. (UK)
- "Versprochen ist versprochen und wird auch nicht gebrochen." (What's promised is promised and won't be broken) (Austria)
- Ik zweer het - then make a V with your fingers (like a peace sign) and spit through it on the ground. (Netherlands)
- Shouting "swear down mate" and "spit down" while spitting on the ground. - Glasgow, Scotland.
- During the act, you're supposed to hold your index and middle finger upraised and to not have got any part of your body or clothes crossed. When you cross something, the promise is invalid. You can trick someone into a false promise by crossing fingers behind your back or crossing your legs. When someone swears, and you doubt the validity, you ask them to show what they crossed. - Czech Republic
- When two people swear on something, usually a bet, they shake their hands and need the third one, a witness, who "cuts it apart". It means the witness says: "Jelito, kopyto, platí to." [A jelito, a hoof, it's valid.] and while reciting the phrase, he touches with a knife hand the first participant's hand ("jelito"), then the second one ("kopyto") and then cuts their handshake apart ("platí to"). Czech Republic

From https://www.reddit.com/r/AskEurope/comments/3kisq5/pinky_swear_tummis_or_something_else_how_do_you/

We suggest that you also invite the children to create their own way of making a promise and swearing to keep it!

Role Play the Boy Who Cried Wolf
Invite the children to create a skit about the story. Once the children have learned the story, invite them to switch roles. Who wants to be the wolf this time? Who wants to be the boy? Ask them how it feels to be the character(s) they are playing.

I Doubt It Card Game
Video: ttps://www.youtube.com/watch?v=Hw5p8oB9EoA
https://entertainment.howstuffworks.com/how-to-play-i-doubt-it.htm
Here's a game in which bluffing is actually encouraged and necessary.

Promise Star
https://www.jumpintoabook.com/2015/11/native-american-heritage-month-the-hunters-promise/?doing_wp_cron=1541436518.8832159042358398437500
Make a star using glue and popsicle sticks, as in the directions above. What promises would you like to share? This activity complements the book, The Hunter's Promise, above, but can also be used alone.

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

Simon Says without rules
From Tapestry of Faith, Wonderful Welcome, The Gift of Covenant
https://www.uua.org/re/tapestry/children/welcome/session2/118142.shtml

Arky, Arky (Rise and Shine) Traditional Bible Song about Noah
Video: https://www.youtube.com/watch?v=6lejYSglmLE
Lyrics: https://genius.com/Traditional-rise-and-shine-the-arky-arky-song-lyrics
Movements: https://www.youtube.com/watch?v=W6PA_vYAk4Q
Clap, bend knees and move arms in this high-spirited traditional bible song about Noah.

Service

Serve Bagels and Croissants
Make a poster about the covenant phrase “Be Croissants, not Bagels” and explaining it, then share Bagels and Croissants with the congregation after the service.

Session 4
Trust Yourself
The Practice of Trusting your Gifts

Introduction

Message: We trust our abilities and that our abilities will grow as we learn new things.
Spiritual Focus: The Spirituality of trusting the process of growing up. Also, the spirituality of believing in yourself.

Children learn to trust their intuition and feelings and trust their abilities.

Reflections

Props: *a small wrapped present*
The theme of this month has been how are we a people of trust?
Today, we reflect on trusting yourself.
Each person has gifts inside of themselves (hold up the wrapped present.)
If this were the box which held the gifts of you, what would be inside?
Do you have the gift of making people laugh?
Of being quiet? Of working hard? Of understanding others?
These are gifts which you can trust because they are in you.
You can rely on you.

Stories

Nothando's Journey
by Jill Apperson Manly (Author), Alyssa Casey (Illustrator)
Book: https://www.amazon.com/Nothandos-Journey-Jill-Apperson-Manly/dp/0615892353/ref=sr_1_1?ie=UTF8&qid=1543337146&sr=8-1&keywords=nothando%27s+journey
Video: https://www.youtube.com/watch?v=x-ZWfw2knA - **especially recommended if you need an online option!**

"NOTHANDO'S JOURNEY is a journey in self-discovery, told through the eyes of a young girl named Nothando. The book tells of the Reed Festival, an important celebration in Nothando's country of Swaziland in Southern Africa.
Nothando and her brother venture into the unknown hills, in order to get to the festival on time. As Nothando explores the hills of Swaziland, she visits with various animals--Nothando moves freely with the animals and begins to become comfortable with who she is." - Amazon. The video is great!

Theme Connection: Trusting in one's abilities.

Thunder Boy Jr. (Bccb Blue Ribbon Picture Book Awards)
by Sherman Alexie (Author), Yuyi Morales (Illustrator)

Book: https://www.amazon.com/Thunder-Bccb-Ribbon-Picture-Awards/dp/0316013722/ref=sr_1_1?s=books&ie=UTF8&qid=1543336843&sr=1-1&keywords=thunder+boy+jr.+by+sherman+alexie
Video: https

"Thunder Boy Jr. wants a normal name...one that's all his own. Dad is known as big Thunder, but little thunder doesn't want to share a name…" - Amazon

Theme connection: Finding a name that is your own is a way of trusting that you have gifts inside of you.

Rev. Margaret Barr, a Unitarian Guided By Love
From Tapestry of Faith, Love Will Guide Us, Love Builds Trust
https://www.uua.org/re/tapestry/children/loveguide/session14/168986.shtml

"One day Margaret said to Gandhi, "Instead of schools based on religion, let's start schools where all religions are taught. We can focus on reading, but we can also focus on the message of love and compassion." And Gandhi agreed.

"If I were to start this school, I would bring a universalist point of view to all the lessons. I would teach that living a life of love is the path to God, no matter what god you believe in. Love is a teaching for everyone, whether they follow Brahma, Buddha, or Jesus," Margaret said to Gandhi. And Gandhi agreed." - from the story

Theme connection: Margaret trusted in her ability to start a Universalist school. She had a gift for applying her principles to working in the world.

Meditation

Centering Meditation

- Ring the meditation bell
- Sit upright as you are willing and able.
- In-breath: Tighten all of your facial muscles and body muscles but not so tight that it is uncomfortable. Take a look at your friend's scrunchy faces! Laughter helps release tension also.
- Out-breath: Release and relax
- Repeat for 3 or 4 cycles
- Take a few moments to sit in relaxed silence

Centering words: Do you believe that you can do good in the world? That you can always reach your goals in school, always be kind to your friends and family, be the best that you can be every day? Sounds difficult, huh?

Superhero meditation:

- Take a moment and close your eyes if you are comfortable doing so. Imagine that you are a superhero! What clothes are you wearing, how do you look, do you fly/glide/cast webs to propel from tall heights. What would you do to save the world? How would be treat others?
- Open your eyes. What kind of superhero were you? (A few kids share their imaginings.]
- Draw yourself as a superhero. (optional)
- (please adapt this language if needed for those who are visually impaired)
- From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Activities

Rock Game - as suggested by Liza Earle-Center, Director of Spiritual Exploration, UU Church of Montpelier, VT
"On night hikes I used to have a wide assortment of rocks, small, medium, smooth, rough... I'd pass one to each child as we sat close together in the dark. They'd spend a couple minutes holding their rock as I guided them through really getting to know it... then I'd collect them all, and would slowly pass them to one person, slowly one at a time they would get handed around the circle. When yours came to you, you kept it (while still passing the others to your neighbor. Eventually everyone has their rock back and is excited to have found it again! It takes trusting that you really DO know your rock well. This might be played in the daylight with blindfolds or an invitation to close their eyes as they pass the rocks."

Exercising Your Intuition
Encourage the group to examine their intuitive abilities. Even if you don't find someone with strong sense of intuition, the following activities require concentration, an important ability that will benefit teens their entire lives.

1. Invite the group to relax, close their eyes and allow their thoughts to clear. Tell them to picture a friend or family member and think about them and only them. Ask how that person's day has gone. Was it good? Bad? Answer one by one. Let them expand on it and see where it goes. Later, ask that person about their day and see how it compares.

2. The next time a phone rings or a text comes in during the group time, wait and ask that person who they think is calling. Who do they feel is on the other end of the line? Why?

3. Invite the group to completely relax and clear their minds. Tell them to let their thoughts wander, to think about whatever comes to mind. Have them describe what they are "seeing."

4. Invite a person to go out of the room. Hide something of theirs. Have them picture the item in their mind and see if they can "locate it" with their intuition. Play "I Spy" or "Hotter/Colder" to locate the item.

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

Trusting Yourself to Try (Sunshine and Movement)
What might you try that takes a little courage but that you think you can do it? Here are a few suggestions:
Swinging on a rope across a pretend “Canyon”
Carrying heavy buckets of water
Trying a new sport
Climbing a tree
Running a race.

What might you try with your family?
Ordering for yourself at a restaurant.
Figuring out a way to solve a problem.
Having a pizza delivered.
Download a free library book from the library for your town and teach your parent how to do it.
Setting up a job which pays.
Take the Red Cross Babysitting Class online.

Service
Offer to help with a job around the congregation after the service which would be a way of trusting yourself to use your gifts. You might offer to take care of a little one whose parents are trying to talk in coffee hour, show a person who is visiting how to get coffee, help untangle wires from the sound system, put away the minister’s microphone, serve coffee, start a game on the playground. How can you use your gifts?

Youth

Here are a variety of components for use in your Middle School/Sr. High 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 Trust"*

Exploring "Trusting Life - enough to come out of your hole!"

Mix It Up! (Trusting life enough to come out of your group)
From Teaching Tolerance
https://www.tolerance.org/classroom-resources/tolerance-lessons/mix-it-up

"This activity, inspired by the free Teaching Tolerance film The Children's March, provides ideas and tools to help break the walls of division in your school and community."

Theme Connection: Encourage the group to identify cliques and groups and reach beyond them.

Film: The Children's March
https://www.tolerance.org/classroom-resources/film-kits/mighty-times-the-childrens-march

Theme Connection: Fighting for justice is one way of trusting life and coming out of your rut. The children had to trust in the rightness of their cause in order to face the dogs and hoses with courage.

Meditation

Moving through our hesitation

- Find a partner
- Talk about something that you have hesitated about in the past or that you are now hesitating doing, maybe it's something you want to do but don't trust yourself to be able to do. Maybe it's a gift you'd like to share but you don't know how people will receive it. Does everyone have something in mind? Discuss this with your partner.
- Return to the group
- Take a moment, in silence, to imagine doing the thing that you hesitate doing.
- If thoughts about "this will go wrong" or the naysayers voice arise in your imagination, just acknowledge that this is your body protecting itself. Say to yourself, I honor this part of me that hesitates, this voice is here to protect me, and I will continue to listen to this voice as I move forward with my dreams.
- Keep imagining, dream big. Imagine that everything goes well. How does that feel?

from Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Video: Groundhog Day 2018
https://www.youtube.com/watch?v=_8Uhq9afiEA
Watch the traditional Ground Hog Day Festivities in Punxsutawney, PA. The groundhog traditionally promises 6 more weeks of winter if he sees his shadow. A bit of nonsense, but the question is, can we trust this? No, but it's a bit of fun for February. How do we trust each other?

The Zipper Game (a Trust Game which doesn't involve risking a fall)
Suggested by Soul Matters member Liza Earle-Centers, UU Congregation of Montpelier, VT
https://www.scholastic.com/teachers/blog-posts/brent-vasicek/building-trust-in-a-classroom/

Deep Fun games for the theme of "Trust"
https://www.uua.org/youth/library/adults-ministry/deepfun

Guess Who?
Materials: Paper and pencils for all

Arrange the group in a circle. Pass out the paper and pencils. Give everyone five minutes to write on a predetermined topic (recent dreams, childhood, a day in my life). Gather the papers and pass them back out. Go around the circle and read the papers, guessing who wrote them. Then go around again and reveal the true authors.

"Sunshine" - experiences outdoors, in nature, or with movement)
Trust Games from Deep Fun - Trust Life!
https://www.uua.org/youth/library/adults-ministry/deepfun/stretching

NOTE: Lifting/carrying/supporting participants is a serious activity, along with remembering that anyone can choose to not participate, you MUST make sure a group is ready for the activity so as to have no one dropped. Remember anyone can opt out if they don't feel comfortable. This, like other activities has the ability to trigger those who have experienced trauma. Make sure you explain the activity, so people know what they are getting into.

Trust Walk Variations
These exercises are adaptations of an essential idea—the value of interdependence. The group tests the boundaries of their trust in one another by experimenting with dependency. The trust walk also challenges group members to expand their perception of the world to include information picked up by senses other than sight. These exercises work best, but a large indoor space will do.

Ask group members to pair up. Explain the trust walk: One partner will shut their eyes or be blindfolded. The other will be their guide and lead him by touch around the space. You can decide whether to allow speaking or not. The guide is responsible for the safety of their partner. Encourage them to explore unusual areas where the air might feel different. Have all pairs return after a specified time and switch roles. If you have any blind youth, you might leave space for them to share at the end of this exercise.

Variation: Have the guides lead their partners to within a few inches of a wall, then tell their partners to open their eyes.

Variation: Have the pairs stand back to back. Tell the guides to lead their partners around the space without breaking contact.

Variation: Have the guides lead their partners from the middle of the room to an object somewhere on the periphery. They can take a roundabout route to this object, so as not to betray its location to their partner. When they have chosen objects, have them place their partners' hands on the objects and encourage them to explore the texture, weight, smell, sounds of the objects. Then have everyone return to the center and open their eyes. Have the partners attempt to find their object with their eyes open.

Trust Fall
Divide the group into pairs. In each pair, have one person stand directly in front of their partner, with their back turned toward him. Tell the person in front to close their eyes and fall backwards toward her partner. Their partner will catch them under the arms and take their weight gently to the floor, or lightly place the, back up to standing. Have the partners reverse roles. Variation: Break the group into groups of four to six people. Have them arrange themselves in circles with one member in the middle. Have everyone in the circle take a solid stance: one foot positioned in front of the other and hands out, ready to catch the falling body. The person in the middle can prepare to fall by closing their eyes, crossing hands over their chest and relaxing their body while remaining erect. The person in the middle can then ask the group whether they are ready to catch them and fall in whichever direction gravity takes them. Have the groups pass their body between them and play with different speeds.

Trust Carry
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.

Variation: Place an object on a table. Make a line with masking tape four feet from the table. Move the whole group to behind the line. Tell them they have a mission: to pick each person up in turn, move them to the object and have them touch the object with a body part (finger, nose, shoulder) while the group is in complete control of the task. They must pick up every person in the group, and no body part can be repeated.

Exploring "Offering Love and Trust for Valentine's Day"
The Practice of Compassion

Three Valentine's a Day Ritual
https://www.npr.org/sections/13.7/2012/02/09/146472775/the-pulse-and-beat-of-a-daily-valentine-ritual

1. How do you gather your energy and sustain your spirit to take purposeful steps in the world?
2. Are there small practices, perhaps acts of memory, writing, meditating, or being with nature, that serve as your daily Valentines?

"I've started to think of them as my three daily Valentines. Every night, shortly before dousing the bedside light, I pose myself a question: What were the three best moments of the day?

Sifting back through the hours, I make my choices and savor them. I carry them with me into drowsiness and finally to that place the brain goes at night, where it runs on silence and dream images." - from the author, Barbara Kingsolver
Invite the group to keep the ritual during the week and share their 3 Valentines on a Social Media which the group can use together, such as Whatsapp or GroupMe.

Story - Belonging - Fannie Barrier Williams
https://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml

"Fannie Barrier Williams helped start a home for girls in Chicago, and she started a center where people could live together, no matter the color of their skin. She was part of the group that started the National Association for the Advancement of Colored People (the NAACP), along with Frederick Douglass, Ida Wells Barnett, Frances Watkins Harper, and W.E.B. DuBois.

Fannie also worked with suffragists like Susan B. Anthony, helping women get the chance to vote. Because back then, remember, people thought that men were better than women. Women couldn't own property or have a bank account or vote in elections." - from the story

Use this story about Black Unitarian Fannie Barrier Williams to decenter the emphasis on Susan B. Anthony.

Fannie Barrier Williams and Susan B. Anthony Coin Valentine's
Purchase one or several Susan B. Anthony dollar coins, available on eBay or coin selling sites for about $2.50. Or use an image of the coin. https://www.ebay.com/b/Susan-B-Anthony-Dollars-1979-1981-1999/11982/bn_16566011?rt=nc&_udhi=18.0
https://www.goldeneaglecoin.com/dollars/susan-b-anthony-dollars/susan-b-anthony-single-coins

Show a variety of coins - a nickel with Jefferson on it, a quarter with Washington on it. Note that Susan received the honor of being the first woman to have a coin cast of her. Use the coins as examples of how some stories and people are remembered and some are not, often because of their sex or the color of their skin.
Show the Susan B. Anthony coin, or image of it.
So what if we created our own coin for Fannie Barrier Williams! Invite the group to do so.

Since Williams' and Anthony's birthdays are in February, invite the Valentine's message to reflect their trust that hard work would win votes for women.

Copy an image of the Susan B. Anthony dollar to cut out:
https://www.etsy.com/listing/633562950/one-dollar-suzan-b-anthony-1979-p?gpla=1&gao=1&&utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_a-art_and_collectibles-collectibles-coins&utm_custom1=625846e5-115c-4218-b04b-7b8691c70571&utm_content=go_304499435_22746157595_78727392875_aud-301856855998:pla-106549150595_c__633562950&gclid=Cj0KCQiA2o_fBRC8ARIsAIOyQ-mhNEciODFQFi5zndOGaEHmJD1I6_0wW1r_pLLyeIIvrJH5OqWmRRgaAujVEALw_wcB

Copy a picture of Fannie Barrier Williams to cut out and place over the image of Susan B. Anthony to create two coins or invite the children to create their own coin for her. https://rrlc.org/winningthevote/biographies/fannie-barrier-williams/

Create Valentine's using the coin images and some quotes:
Quotes to use on Valentine's from Susan B. Anthony:

"Failure is impossible."
"Independence is happiness."

Quotes to use on Valentine's from Fannie Barrier Williams:

"Liberty to be all that we can be…"
"We ask to be known and recognized for what we are worth."

Valentine's Face Decorating - Do you trust your group?

Invite a willing face to lie down on a table. Decorate their face with icing, sprinkles and a variety of Valentine's candy or red candy such as Twizzlers. Invite another face to try it. Take photos and post them on your congregation's social media, wishing everyone Happy Valentine's Day.

Games from Deep Fun
https://www.uua.org/youth/library/adults-ministry/deepfun/deep-sharing

Love/Hate
Ask the group to sit in a circle and light a chalice. Establish a premise of confidentiality for the conversation. Pose two questions into the silence: "What do you love?," and "What do you hate?" Encourage people to respond to either or both of the questions whenever they feel moved to speak. When the sharing comes to a close, initiate a conversation about love and hate.

Meditation
Offering the light of trust chanting meditation

- Take a quick note of how you feel in your body, is your mind busy, calm, sleepy?
- Utilizing the words of Civil Rights pioneer Ella Baker, we will chant the words "Give light and people will find the way."
- Start slow, chant "Give light and people will find the way." You may want to chant "Gregorian chant" style. See if your group can extemporaneously come up with its own tune. Gregorian Chant: https://www.youtube.com/watch?v=W-hrBhA4XkM
-
- Repeat the chant without breaks, over and over.
- As you chant, allow the room and your mind to fill with light of trust and love.
- Eventually, stop chanting. Ring the meditation bell.
- Pause and reflect on how you feel now.

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

“Sunshine” - experiences outdoors, in nature, or with movement

Hug Fest
Instruct your whole group to walk randomly around the room. About every ten seconds or so, call out a number. Everyone in the game must immediately form a group hug made up of the number of people that you called.

This sometimes leaves some people unable to form a group because they don’t have enough people. They are out of the game. Repeat until you only have two people left and declare them the winners. Like musical chairs, play upbeat music between calling out numbers.
For those who don’t wish to participate, invite them to be the one to call out the numbers.

Service
The younger children have been invited to create birthday cards for Fannie Barrier Williams and Susan B. Anthony as a centerpiece for coffee hour. Consider contributing an educational poster about Fannie Barrier Williams as part of educating the congregation about Williams’ role in getting the right to vote for women and fighting injustice.

Exploring "Trusting Each Other"
The Practice of Covenant

Story
The Difference Between Heaven and Hell
https://www.uua.org/re/tapestry/children/toolbox/session1/heaven-hell

Theme Connection: It's not easy to place your trust in others. We want to be self-sufficient, but the story reminds us that true safety and "heaven" rests in trusting and relying on others.

Trust Dilemmas - unspoken rules among friends
From Tapestry of Faith, Virtue Ethics, Integrity
https://www.uua.org/re/tapestry/youth/virtueethics/workshop3/193179.shtml

"Youth discuss scenarios involving ethical dilemmas.
Have a volunteer read the first scenario. Invite responses. Ask participants if this reminds them of other dilemmas they have encountered or heard of, real or fictional. How does honesty play a part in this dilemma? What about trust? What would a person of integrity do?" - from the Activity

Chant/Song/Centering Music
I Will Be Your Standing Stone (melody only)
As suggested by Liza Earle-Centers, Director of Lifespan Spiritual Exploration, Unitarian Church of Montpelier, VT
Melanie DeMore teaching it: https://www.youtube.com/watch?v=wpMW8-Nx4T0
Moving Performance of it: https://www.youtube.com/watch?v=YminLnyYU5w

Pinky Swear and Making a Promise in other cultures
https://www.reddit.com/r/AskEurope/comments/3kisq5/pinky_swear_tummis_or_something_else_how_do_you/

In the US kids pinky swear by interlocking their pinkies to show that they seriously intend to keep a promise. Invite the group to learn or share how they pinky swear.

How to Pinky Swear: 1) Two people entwine their pinkies 2) While pinkies are entwined, touch thumbs together 3) Release pinkies but keep thumbs touching and rotate hands to form a heart.
https://en.wikipedia.org/wiki/Pinky_swear

Try these promise swears from other countries:

- In Sweden it's touching your thumbs together.
- I swear on me mum (NW United Kingdom)
- Cross my heart and hope to die, stick a needle in your eye. (UK)
- "Versprochen ist versprochen und wird auch nicht gebrochen." (What's promised is promised and won't be broken) (Austria)
- Ik zweer het - then make a V with your fingers (like a peace sign) and spit through it on the ground.
- Shouting "swear down mate" and "spit down" while spitting on the ground. That's around Glasgow, Scotland.
- During the act, you're supposed to hold your index and middle finger upraised and to not have got any part of your body or clothes crossed. When you cross something, the promise is invalid. You can trick someone into a false promise by crossing fingers behind your back or crossing your legs. When someone swears, and you doubt the validity, you ask them to show what they crossed. - Czech Republic

- When two people swear on something, usually a bet, they shake their hands and need the third one, a witness, who "cuts it apart". It means the witness says: "Jelito, kopyto, platí to." [A jelito, a hoof, it's valid.] and while reciting the phrase, he touches with a knife hand the first participant's hand ("jelito"), then the second one ("kopyto") and then cuts their handshake apart ("platí to"). Czech Republic
- Add your own version of a Pinky Swear!

Family Scenarios - Covenants with family members
From Tapestry of Faith, Families
https://www.uua.org/re/tapestry/youth/families/workshop9/106942.shtml

Assign a family member role to each member of your group, and plan two role-plays. The first role-play can demonstrate the way you think the family would most likely react. Or it can demonstrate, with humor, a disastrous family response. The second role-play should demonstrate how the family could meet the challenge well. At the end of each role-play, have each person freeze into a pose that represents how that family member feels.

Integrity, Trust and Honesty - Covenants in society
From Tapestry of Faith, Virtue Ethics, Integrity
https://www.uua.org/re/tapestry/youth/virtueethics/workshop3/193178.shtml

“The ancient Greek philosophers believed that true happiness resulted when something fulfills its true purpose. They believed the true purpose of human beings is to survive, thrive, and form meaningful relationships. How will living a life of honesty, trust, and integrity help you do that?

Now invite the youth to play "Ideal versus Reality." In this game, one person takes center stage and states an ideal that surrounds this virtue. Then the floor is open, and anyone can take center stage and state a reality that conflicts with the ideal…” from the activity

Theme Connection: We understand that there are pluses and minuses to each absolute.

Feed Each Other with Long Handled Spoons
Role play the story “The Difference Between Heaven and Hell” with some long-handled spoons (dowels taped to cooking spoons.) Feed each other corn or other easily manipulated food.

Games from Deep Fun

Back To Back
Materials: Paper, crayons

Let the group choose an interesting issue or subject for a conversation. Break the group into pairs and let them find an isolated space for themselves. Tell them to sit back-to-back with their partner, and take turns talking—saying whatever comes to their mind on the subject—for two minutes each.

Variation: While one person describes their favorite place in the world or in their imagination, the other person draws what they are hearing on the paper. Come back to the group and talk about this conversation.

Variation: Give both partners paper and crayons. Concentrate on drawing the same picture without looking. Compare drawings after a time.

Meditation

Trust Body Meditation

- Gather in a circle
- Play contemplative music (optional)
- We will be doing a contact meditation, if you do not consent to be touched during this meditation, feel free to support the circle with your meditation while sitting inside/outside of the circle.
- Place your right arm/limb on the shoulder of the person next to you.
- Slowly lift your left knee as you are able. Hold it there if you can. Notice how you are supporting the entire circle and if you stop supporting the person to your left, the entire circle might fail.
- Now try you right knee.
- Now slowly and carefully, lower your right knee and extend your right foot behind you in one smooth and slow move. See how long you can hold this pose.
- How does it feel to trust others in the circle to hold you as you explore the space with your limbs.

**For inclusion, if there is a significant difference in reach, you may adjust by having able bodied persons do this exercise on their knees. Able bodied persons can lift their knee and anyone utilizing a walker/chair may use their mobility equipment to help themselves and their partner find balance. Adjust language appropriately.*

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Service
If the group is so moved, offer some of the Trust Exercises from the previous session to any adult interested in joining the exercises after the service. This will be a judgement call if each group is ready for this, but if they are, there is the possibility of embodied trust between the adults and youth after these exercises, with the possibility of building trust in other ways.

Exploring "Trusting Yourself"
The Practice of Trusting Your Gifts

Exercising Your Intuition
Encourage the group to examine their intuitive abilities. Even if you don't find someone with strong sense of intuition, the following activities require concentration, an important ability that will benefit teens their entire lives.

1. Invite the group to relax, close their eyes and allow their thoughts to clear. Tell them to picture a friend or family member and think about them and only them. Ask how that person's day has gone. Was it good? Bad? Answer one by one. Let them expand on it and see where it goes. Later, ask that person about their day and see how it compares. Share the comparison by social media later if that person isn't available right away or after the service.

2. The next time a phone rings or a text comes in during the group time, wait and ask that person who they think is calling. Who do they feel is on the other end of the line? Why?

3. Invite the group to completely relax and clear their minds. Tell them to let their thoughts wander, to think about whatever comes to mind. Have them describe what they are "seeing."

4. Invite a person to go out of the room. Hide something of theirs. Have them picture the item in their mind and see if they can "locate it" with their intuition.

Meditation
Centering words: "If we develop real trust in ourselves, constant self-defense is no longer required." -Chogyam Trungpa Rinpoche

Lectio Divina utilizing the centering quote of Chogyam Trungpa Rinpoche.

- Step one: One person reads the quote aloud
- Step two: Pause, ask meditators to silently reflect on which words in the quote "shimmers" for them, what stands out?
- Step three: Have another person read the quote aloud
- Step four: Silently reflect on what the words "real trust" and "self-defense" mean. Ask one or two persons to say what this quote means to them.
- Step five: Read the quote aloud
- Step six: Pause for a few moments
- Step seven: Close with the meditation bell
- Discuss the meditation

From Rev. Jaelynn P. Scott, Soul Matters Youth Meditation Consultant

Hand Labyrinth for exploring intuition
From Eric Bliss, Pacific Western Region Youth Specialist

Folks will often walk a labyrinth with a question in their heart / mind. Walking a labyrinth in deep contemplation can sometimes bring answers to the question at hand. This is a part of trusting oneself and one's intuition. What question is in your heart right now? Get comfortable. Take 3 deep breaths—in through the nose and out through the mouth. Now, with one hand, trace the lines on your other hand, as if it were a labyrinth, focusing only on the lines, your breathing, and the question in your heart.
Be silent for 3 mins. If comfortable, and appropriate for this space, share your question. The group is NOT to provide answers but only to sit in silent witness and testimony—for only the individual can answer their own question through experience of the great mystery that is life.

How Am I Feeling Today? Game
From Tapestry of Faith, Virtue Ethics
https://www.uua.org/re/tapestry/youth/families/workshop9/106931.shtml

"Invite participants to play the "How Am I Feeling Today?" game. Explain that each player will have a sign taped to his/her back that has an emotion, or a feeling written on it. Each player's goal is to guess the emotion on his/her sign. Have players walk around and ask other players yes or no questions that will provide hints to the emotion on his/her back. They may not simply ask, "Am I _____ (sad, anxious, etc.)?" until they hit upon their emotion. Limit the number of questions they may ask any one player. When they have guessed their emotion, players can remove their sign and sit down.

Games from Deep Fun
https://www.uua.org/youth/library/adults-ministry/deepfun/deep-sharing

What are you afraid of?

Ask the group to sit in a circle and light a chalice. Pose this question into the silence: "What are you afraid of?" and invite the group members to respond whenever they feel moved to speak.

Variation: Break the group into pairs. Have one partner ask the other, "What are you afraid of? "The other answers and the first affirms the answer by saying "Thank you." Then the roles reverse.

Geography of the Self

Materials: Butcher paper and markers

Break the group into pairs and have partners trace one another's bodies on their sheets of butcher paper. Then have each person work separately to turn their body into a map. Pose some questions: Where are the boundaries of your body? Where are the populated areas? Your depressed inner cities? Your deserts? Your rivers? Your mountains ranges? Cliffs? Jungles? Which territories are at war with each other? Where are your main roads? Where are your uncharted lands? Your frontiers? Give each person a chance to share their map or display them around the room.

Guess Who?

Materials: Paper and pencils for all

Arrange the group in a circle. Pass out the paper and pencils. Give everyone five minutes to write on a predetermined topic (recent dreams, childhood, a day in my life). Gather the papers and pass them back out. Go around the circle and read the papers, guessing who wrote them. Then go around again and reveal the true authors.

"Sunshine" - experiences outdoors, in nature, or with movement
Trust Exercises, redux

Try a few of the Trust Exercises from the previous session if you didn't get to all of them.

Service
Go out to the playground and "spot" younger children as they try something new and a little more difficult than usual. Encourage them to trust themselves, as well as trust you.

Movies with a Theme of Trust

Black History Month Movie suggestions
https://www.charlotteobserver.com/living/health-family/moms/article61781437.html

Theme Connection: Several movie suggestions which bring to life the paradox of distrust and trust which has marked the past history of racism in America.

A Wrinkle in Time (PG)
https://www.npr.org/sections/13.7/2018/03/21/595550685/wrinkling-time-to-heal-a-family

"...trusting in your abilities, asking for help, and believing in the power of love." - Common Sense Media review
https://www.commonsensemedia.org/movie-reviews/a-wrinkle-in-time

Theme Connection: Best for middle schoolers, as Meg is now a biracial middle schooler struggling with cliques in school. She learns to trust in her own abilities to overcome IT, the huge fantasy bully.

InterStellar (PG-13)
https://www.commonsensemedia.org/movie-reviews/interstellar

"INTERSTELLAR takes place in a future in which severe drought has killed most of the world's crops, and humans are dying of starvation and disease on a doomed, dust-covered Earth. Cooper (Matthew McConaughey) is a former pilot/engineer who, like the majority of Americans, has had to trade in his defunct career to work as a farmer. Coop's love of science is evident in his young daughter, Murphy (Mackenzie Foy), who swears there's a ghost in her bedroom leaving her messages in code. Coop is unbelieving at first but then helps Murph decipher one of the codes, leading them to a secret lab run by Professor Brand (Michael Caine), who heads what's left of NASA. Brand reveals that they sent a group of scientists through a wormhole leading to another galaxy -- and that now a small group of brave souls must embark on a mission to see whether any of those scientists found an inhabitable planet. Brand convinces Coop to be the life-and-death mission's pilot, with the understanding that his time spent in outer space could mean missing many years on Earth (one hour on one planet equals seven years on Earth) -- years that he'd be away from his children. As the team tries to survive unthinkable odds, back on Earth, Murph grows into a brilliant scientist (Jessica Chastain) obsessed with finding her lost-in-space father." - Common Sense Media Review

Theme Connection: The movie illustrates the promise a father makes to his daughter and the trust that he both breaks and fulfills. There is exploration of trust between the space crew and their expectations, some of which are broken, some are kept.

Magnus (NR)
https://www.commonsensemedia.org/movie-reviews/magnus

“Even as a toddler, Magnus Carlsen seemed lost in deep thought, possessed with an incredible memory and gift for finding patterns and relationships between the flags of the world. Observing this, Magnus's father introduced him to chess at age 5. In a short amount of time, he proved to be a chess prodigy, playing obsessively and eventually becoming a ranked player. While still severely withdrawn and bullied as a tween and early teen, Carlsen was also gaining worldwide recognition for his incredibly unique and intuitive style of play, even playing to a draw against iconic chess master Gary Kasparov. This documentary shows the coming of age and development of "The Mozart of Chess," from a chess-obsessed boy picked on by his peers to his current celebrity status as the highest-ranked chess player in the world.” - Common Sense Media Review

Theme Connection: Trust in yourself and follow your intuition about how to be your authentic self.

Akeelah and the Bee (2006) PG
https://www.imdb.com/title/tt0437800/
Review: https://www.commonsensemedia.org/movie-reviews/akeelah-and-the-bee

Eleven-year-old Akeelah Anderson's life is not easy: her father is dead, her mom ignores her, her brother runs with the local gangbangers. She's smart, but her environment threatens to strangle her aspirations. Responding to a threat by her school's principal, Akeelah participates in a spelling bee to avoid detention for her many absences. Much to her surprise and embarrassment, she wins. Her principal asks her to seek coaching from an English professor named Dr. Larabee for the more prestigious regional bee. As the possibility of making it all the way to the Scripps National Spelling Bee looms, Akeelah could provide her community with someone to rally around and be proud of -- but only if she can overcome her insecurities and her distracting home life. She also must get past Dr. Larabee's demons, and a field of more experienced and privileged fellow spellers. -IMDB

Theme Connection: Trust in yourself and follow your intuition about how to be your authentic self.

Family and Parent Resources

These resources help parents as they engage the question: "What does it mean to be a family of Trust?" In addition to families using them at home, you might also use them to engage parents collectively, for instance in a Parent Circle that meets on Sunday afternoon or mid-week.

With Your Kids

(Ideas to engage Trust as a Family)

Family Adventure Ideas

Obstacle Course (indoors or outdoors) Trust Building

Create an obstacle course of a tunnel (under a table or bush with a blanket covering), over monkey bars, across "Lava" on stepping stones (pieces of paper), hanging from a rope, balancing on a curb, blindfolded partner walks around trees, etc.
Invite your family to compete on the Obstacle Course, with points for:
"Helpful comments through the tunnel,"
"Family problem solving through the Lava,"
"Trying again after falling off the balance beam,"
"Trying something new," etc.

Keep track of helpful points and make up some as your family goes along.
The points are trust points, so invite your family to enjoy how much they built trust.

Games

Rock Game - as suggested by Liza Earle-Center, Director of Spiritual Exploration, UU Church of Montpelier, VT
"On night hikes I used to have a wide assortment of rocks, small, medium, smooth, rough... I'd pass one to each child as we sat close together in the dark. They'd spend a couple minutes holding their rock as I guided them through really getting to know it... then I'd collect them all, and would slowly pass them to one person, slowly one at a time they would get handed around the circle. When yours came to you, you kept it (while still passing the others to your neighbor. Eventually everyone has their rock back and is excited to have found it again! It takes trusting that you really DO know your rock well. This might be played in the daylight with blindfolds or an invitation to close their eyes as they pass the rocks."

The Zipper Game (a Trust Game which doesn't involve risking a fall)
Suggested by Soul Matters member Liza Earle-Centers, UU Congregation of Montpelier, VT
https://www.scholastic.com/teachers/blog-posts/brent-vasicek/building-trust-in-a-classroom/

Trust Fall

Divide your family into pairs of roughly equivalent height and weight. In each pair, have one person stand directly in front of their partner, with their back turned toward them. Tell the person in front to close their eyes and fall backwards toward their partner. Their partner will catch them under the arms and take their weight gently to the floor, or lightly place the, back up to standing. Have the partners reverse roles.

Trust Fall Fail - as a warning if you decide to try one!
https://www.youtube.com/watch?v=wPOgvzVOQjg

Stories To Read Together

Belonging - Fannie Barrier Williams
https://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml

“Fannie Barrier Williams helped start a home for girls in Chicago, and she started a center where people could live together, no matter the color of their skin. She was part of the group that started the National Association for the Advancement of Colored People (the NAACP), along with Frederick Douglass, Ida Wells Barnett, Frances Watkins Harper, and W.E.B. DuBois.

Fannie also worked with suffragists like Susan B. Anthony, helping women get the chance to vote. Because back then, remember, people thought that men were better than women. Women couldn't own property or have a bank account or vote in elections.” - from the story.

Nothando’s Journey
by Jill Apperson Manly (Author), Alyssa Casey (Illustrator)
Book: https://www.amazon.com/Nothandos-Journey-Jill-Apperson-Manly/dp/0615892353/ref=sr_1_1?ie=UTF8&qid=1543337146&sr=8-1&keywords=nothando%27s+journey
Video: https://www.youtube.com/watch?v=x-ZWfw2knA

“NOTHANDO'S JOURNEY is a journey in self-discovery, told through the eyes of a young girl named Nothando. The book tells of the Reed Festival, an important celebration in Nothando's country of Swaziland in Southern Africa. Nothando and her brother venture into the unknown hills, in order to get to the festival on time. As Nothando explores the hills of Swaziland, she visits with various animals--Nothando moves freely with the animals and begins to become comfortable with who she is.” - Amazon. The video is great!

Theme Connection: Trusting in one’s abilities.

Family App Ideas

My PlayHome
https://www.commonsensemedia.org/app-reviews/my-playhome

“Parents need to know that My PlayHome is a highly interactive, dollhouse-style app for kids. Kids can choose from five "types" of family members in generic white, Asian, and African-American skin tones; the characters include moms, dads, boys, girls, and babies. Kids can add all 15 characters (each has a different outfit, hairstyle, etc.) to their homes, allowing for flexibility in creating a variety of family types. They can create a mixed-race family, one with two (or three) moms, or one with only sons.” - Common Sense Media

Theme Connection: Our families are places of trust. You can build a family like your own.

Family Movie Night Ideas

Black History Month Movie suggestions
https://www.charlotteobserver.com/living/health-family/moms/article61781437.html

Theme Connection: Several movie suggestions which bring to life the paradox of distrust and trust which has marked the past history of racism in America.

The Muppet Movie (G)
https://www.commonsensemedia.org/movie-reviews/the-muppet-movie

"Parents need to know that The Muppet Movie is a pretty likeable road trip romp with singable songs, but with some guns and slapstick violence." - Common Sense Review

Theme Connection: Kermit has to trust in himself in order to undertake the road trip to Hollywood.

Ruby's Studio: The Feelings Show (NR)
https://www.commonsensemedia.org/movie-reviews/rubys-studio-the-feelings-show

"Parents need to know that Ruby's Studio: The Feelings Show walks kids through the basics of coping with a myriad of emotions, including sadness, frustration, and anger in a unique format that incorporates puppets, animation, and advice from a panel of youngsters. The show's vibrant hostess creates an inviting atmosphere that appeals to kids' imaginations and encourages them to express themselves to parents just as the cast members talk to her." - Common Sense Media

Theme Connection: Strong emotions need to be understood and reflected on in order for children to trust themselves and their feelings.

How to Train Your Dragon (PG)
https://www.commonsensemedia.org/movie-reviews/how-to-train-your-dragon

Vikings and dragons, in a moving Pixar movie. Some scary parts means it might not be appropriate for under 7 years old. As suggested by Gina Montarsi Hundt.

Theme Connection: The boy, Hiccup, and his dragon, Night Fury, need to learn to trust each other.

Garrett's Gift (G)
https://www.amazon.com/Garretts-Gift-Queen-Latifah/dp/097784871X/ref=sr_1_1?ie=UTF8&qid=1454341659&sr=8-1&keywords=Garrett%27s%20Gift&tag=viglink125846-20

Garrett's Gift is a thoughtful, inspirational look at the history of famous inventor Garrett Morgan and the origins of his idea for the traffic light. Kids will learn about his childhood, where the clumsy boy was often daydreaming, and how his offbeat way of looking at things led to a significant advancement in safety. There are a few moments of near-accidents that provide the backdrop for Morgan's ideas. It offers historical information about significant achievements by African Americans and a discussion of where ideas come from. -Amazon

Theme Connection: We can trust ourselves in spite of our imperfections.

For You

(Support for Parents as Faith Formation Guides)

Being Brave Is Stepping Backward and Trusting Our Children - On Being

https://onbeing.org/blog/being-brave-is-stepping-backward-and-trusting-our-children/
"As parents, we spend a lot of time worrying about our children. We fret about the degree to which our parenting affects their development and well-being. Yet children are actually emancipated individuals who would spare us the insecurities of raising them, if we would trust them…"

The Reality Wall
Michelle Richards, UU World Magazine
https://www.uuworld.org/articles/reality-wall
Reflections for parents on the balance of trust in an ideal world and a feeling of betrayal when reality bites.

Helping Children Understand "White Lies"
Michelle Richards, UU World Magazine
https://www.uuworld.org/articles/understand-white-lies
Helping parents reflect on truth telling and the implications of a lie.

How to Nurture Your Child's Intuition (self-trust)
https://themulberryjournal.com/writing-collective/how-to-nurture-intuition

Related Resources from Katie Covey

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

Elementary Ages

From Spirit of Adventure:

Session #28 - Try Something New!
Session #32 -PT Barnum

From Picture Book UU:

Session #22 - St. Valentine
Session #25 - Families

From Picture Book Bible Tales

Session #4 Noah
Session #9 Daniel in the Lion's Den

From Picture Book World Religions

Session #10 - Tenzin's Deer

Youth

From Lodestone, Magnetize Your Middle School

Monday Unit
Session #*M1 - Money, the Taboo*
Race Unit
Session #R3 - Listen
Social Nights
February – Valentines

Opportunities for Support and Connection

Come play and think together!

February Online Zoom Labs

RE Brainstorming Lab on Soul Matters themes
Wednesday, Feb. 6, 2019, 1 p.m. ET - for the theme of Curiosity for May using the "Matrix of Sources" for guided ideas. This lab is not recorded.

RE Implementation Lab for Trust (February Packet)
Wednesday, Feb. 13, 2019, 1 p.m. ET - for the theme of Journey for March
Katie offers highlights of the Packet and we share ideas on how we are implementing the theme.

Note: The above Soul Matters RE Labs are on the First and Second 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
- Second Wednesday - Implementation Lab on the upcoming month's theme.
- Implementation Labs are recorded and posted on the Soul Matters YouTube Channel at 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 ongoing 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 Trust. Images and links to the books, videos, activities and more as mentioned in this packet.
https://www.pinterest.com/soulmattersre/2019-trust-february/

Soulful Home Family Guides

Invite your parents to explore the themes at home with their family by subscribing to our monthly parent guides, **Soulful Home.** Here's the link to the Soulful Home page on our website:
https://www.soulmatterssharingcircle.com/soulful-home.html.
Consider sharing the link in your church newsletter or the weekly emails you send to parents.
Here's a link to a PDF flyer you can post on your bulletin boards or hand out to new families.

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/

Soul Matters Spotify Music Playlists:

Discover musical inspiration on each of our monthly themes through our playlists:
https://www.soulmatterssharingcircle.com/spotify-lists.html

Sunday Morning Templates Archive

Let's share our Sunday Morning templates! Why reinvent the wheel? Each program has different structures and needs, so it is difficult for Soul Matters to create a one-size-fits-all template.

But we can collect your various Sunday Morning Templates and share them with you all!

So...
Send your Sunday Morning Template to Katie at soulmattersre@gmail.com
with a note about the structure of your program. Include the size of your program, distinctive features and any other information about your model or pedagogy that you think would be helpful to others.

Check out the templates we've collect so far: https://docs.google.com/document/d/1QMEuUlS_8tk-Kicb6ksSZ_5BtM942Efi8NMg45gIOAc/edit?usp=sharing

A Reminder About Our Approach in the Soul Matters Packets:
Our monthly Soul Matters RE packets are designed to support your unique session designs. Our sessions do have a general flow to them (From Circle Time/Reflection to Story to Activities) but we see our sessions mostly as "buckets of flexible building blocks" that you can pick from to build/serve your own particular structure.



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Packets are for use only by member congregations of the Soul Matters Sharing Circle.
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