Soul Matters

May 2017

What Does It Mean To Be A Community of Embodiment?



Religious Education Resource Packet

What Does It Mean To Be A Community of Embodiment?

Dear Wise Ones,

We are now in the spring stretch as we round out the end of the Soul Matter religious education year. I hope that the R.E. resources offered for this year's themes has sparked some amazing moments for both adults and children in your congregations. The experience of creating, teaching and now writing theme based UU religious education has been priceless. Nevertheless, it is time for me to explore new parallel paths on my endeavor. Therefore, the June Joy R.E. packet will be the last Soul Matters R.E. packet I will be writing for now.

This summer I will be doing Clinical Pastoral Education at St. Luke's Hospital in Milwaukee, Wisconsin and in the fall beginning my intern ministerial internship at Church West in Brookfield, Wisconsin (a Soul Matters church!).

Embodiment, as a theme, was a challenge for me, as one of my goals for all the Soul Matter lessons is for the children to directly embody the ideas and concepts we are exploring every month. How to make Embodiment unique? One way, I decided was to reduce the story or reading elements from the lessons and then expand the activity options. I have still listed children's books on the themes on the Pinterest page and in the worship packet.

One of my monthly Soul Matters tasks is to narrow the theme into four sub-themes and the Embodiment theme had some good resources, that did not fit anywhere in the Embodiment sub-themes. I have listed them below (resources on the Pinterest page) in case they are useful for you and yours.

- Chakras
- Golden Rule Embodied in All Faith
- Ancestors that Embody our Faith (Masks/Role Playing
- Seven Principles Role Playing or Puppet Play
- Embodying the 5 Smooth Stones
- Social Justice as Embodiment
- Five senses and spirit awareness
- Breath as Embodiment

It has been a delight to share in your work!
I hope to see some of you at General Assembly this summer.

Blessings,
Kimberlee Tomczak Carlson, Soul Matters DRE

Calendar Inspiration: Important May Dates

National & Cultural:

- May Day/International Workers Day - May 1 (learn more here)
- Cinco de Mayo - May 5 (learn more here)
- Mother's Day (US) - May 14 (learn more here)
- Memorial Day (US) - May 29 (learn more here)
- Climate Justice Month - April 22-May 22

Religious:

- Visakha Puja/Buddha's Birthday - May 10 (learn more here)
- Ramadan (Islam) - May 27-June 25 (learn more here)
- Ascension of Baha'u'llah (Baha'i) - May 29 (learn more here)

Unitarian Universalist:

- UUA Founding Day (1961) - May 15 (learn more here)
- Emerson's birthday - May 25 (learn more here)

For Fun and On the Fringe:

- Star Wars Day - May 4 (learn more here)
- Free Comic Books Day - May 7 (learn more here)
- Geek Pride Day - May 25 (learn more here)

Resources Pinterest Page

https://www.pinterest.com/soulmattersre/mayembodiment/

Lessons

Embody Nature

PK-1st Grade/ Ages 4-7 & 2nd-3rd Grade/ Ages 7-9

Wonder Box Options:
Something from the nature (i.e. flower, pinecone, mushroom, etc.)

Say in your own words:
This month our theme at church is EMBODIMENT. *Write the word Embody in a place the students can see.* Do you see the word BODY in this word? *Underline BODY*. We use our bodies to live and move around in our world. The EM before the word body means to put in, or on, or go in or on. When we EM-BODY something we use our bodies to experience or be something. If I told you that you embodied kindness today (putting on or going into kindness) then I would be telling you that I thought you were being very nice. *You might want to use some more examples of embodiment appropriate for you age group. (i.e. embody the Grinch, love, silliness)*

To embody nature is to put yourself in nature and be fully aware of all the wonder around you. When you go outside and use all your senses to feel nature, you can embody nature. Nature embodies the spirit of life that surrounds us and that we are a part of. When you spend time outside it can both relax you and give your spirit energy.
Unitarian Universalists believe in caring for our planet Earth, the home we share with all living things. Today we celebrate our connection with nature. We are creatures on planet Earth just like the animals and plants we share with the land and water with. We embody nature.

Read:
Everybody Needs a Rock by Byrd Baylor
The Secret of Saying Thanks by Douglas Wood
A Tree in the Forest by Jan Thornhill

Activity Ideas:
Stand Like A Tree by Betsy Rose
Beauty Walk
Nature Loom
Nature Craft & More Nature Art
Nature Scavenger Hunt
Land Art
Nature Weaving (older students)
Nature Bodies!

Best with older students (2nd grade and up):
Flower Mandalas
Nature Weaving

Embodiment: Prayer & Meditation

PK-1st Grade/ Ages 4-7 __2nd-3rd Grade/ Ages 7-9

Wonder Box Options:

Say in your own words:

This month our theme at church is EMBODIMENT. *Write the word Embody in a place the students can see.* Do you see the word BODY in this word? *Underline BODY*. We use our bodies to live and move around in our world. The EM before the word body means to put in, or on, or go in or on. When we EM-BODY something we use our bodies to experience or be something. If I told you that you embodied kindness today (putting on or going into kindness) then I would be telling you that I thought you were being very nice. *You might want to use some more examples of embodiment appropriate for you age group. (i.e. embody the Grinch, love, silliness)*

When we can use our voice and our bodies to ask for help, be thankful, send love, share happiness or sadness, say I am sorry to the Universe, Spirit of Life or God, we can call it a prayer or meditation. Using our bodies and voices to pray or meditate is one way we can embody our faith and/or beliefs. We give voice and movement to our thoughts and feelings. Embodying faith means going into what we believe. Praying and meditating is a way both recognize and release your feelings and thoughts.

Unitarian Universalists can continue to learn and explore what we believe by embodying what we believe; prayer is one way to do that.

Activity Idea:

PreK-2nd Grade:

Walking the Labyrinth & Finger Labyrinth
Prayer Flags
Prayer Beads

3rd-5th Grade/ Ages 9-11:

Breathing Meditation
Prayer Flags
Ritual of Prayer or Meditation
Finger Labyrinth
Walking the Labyrinth
Drawing a Labyrinth
Walking Meditation

Embodiment: Movement & Faith

PK-1st Grade/ Ages 4-7 & _2nd-3rd Grade

Wonder Box Option: A picture of dancers, or a toy you can make dance.

Introduction:

Our Body is our home. Our bodies are how we feel and experience the world. All bodies are different and all bodies are good. Different bodies teach different people unique things. How we feel and think is connected to how our bodies feel. Today we are going to use our bodies to express and create fun and joy! Unitarian Universalist believe in celebrating the beauty and joy in the world.

READ/Watch

PreK-1st Grade
Amazing Grace
Giraffes Cant Dance
A Book With No Pictures
Kitchen Dance
You've got a Body (with Ne-Yo)
Dancewalk
Where the Hell is Matt?

2nd-5th Grade
Dancewalk
Where the Hell is Matt?

Activity Ideas

PreK-2nd Grade:
Hokey Pokey
Sing: Welcome Chalice Children
Spiral Dance
Sing When the Spirit Says Sing
Spirit of Life Wrist Dance
Freeze Dance

Older Students:
Sun Salutations
Laughter Yoga
Dance Like Matt in Where the Hell is Matt?
Everybody Dancewalk

Children's Chapel Resources

Embody Unitarian Universalism

Introduction

This month our theme at church is EMBODIMENT. Embodiment has the word BODY inside of it.
Our bodies live and move around in our world. The EM before the word body means to put in, or on, or go in or on. When we EM-BODY something we use our bodies to experience or be something.
Today we are going to think about how we can embody our faith. That means how can we live our faith in what we do in the world. How can we use our bodies to explore and live our faith. Many of our Unitarian Universalists heroes use their bodies to do things that make the world a better place. When someone's actions match their beliefs, they embody their beliefs. I admire….for living their faith. *Use an example of a UU hero you admire.*
Unitarian Universalist have seven principles that we agree to try to live by. This can be very hard to do! One of our hardest principles to live by is the first one*: We believe that each and every person is important.* ***Or*** *The inherent worth and dignity of every person.* When I am angry or upset at someone, treating them with kindness and caring is hard. The challenge of embodying your beliefs is to try to match your actions with your beliefs. Sometimes this is called "walk the talk" or "deeds not creeds". Today, let us explore what it is we believe, so when the time for action comes, we know how to walk our talk. We will know how to embody our faith.

Songs

Embodied-Spirit of Life (with sign language)

Activities:

Body Prayer
Have the students write and draw how they want to embody their faith and beliefs.
Pinwheels for Peace Lesson
Pinwheels for Peace Temple

Other ideas to explore: Chakras, Golden Rule Embodied in All Faith, Ancestors that Embody our Faith (Masks/Role Playing), Seven Principles Role Playing or Puppet Play, Embodying the 5 Smooth Stones, Social Justice as Embodiment, 5 senses and spirit awareness, Breath as Embodiment

Lesson Template

Theme:	Grades:
LESSON:	DATE:
TEACHERS:	

Have students as they enter find their nametag or make one for them.
Take Attendance as they enter and sit down.

OPENING: (10 minutes)
Chalice Lighting
One student lights the chalice and all say together
We are Unitarian Universalists.
We are the church of the open mind,
The loving heart and the helping hands.
Together we care for the earth.
And work for friendship and peace in our world.

Check In

Go round or table and have everyone say their name, have them give a thumbs up, down and share one thing about their week.

Wonder Box (Optional for Younger Students)

Invite them to guess what gift could be in this big, beautifully wrapped box. Take some guesses. Then pass the box around for children to open.

They will find:

Say in your own words:

Read

Activity 1

Activity 2

Closing: Check Out

What did you like about today or what was the best part of this morning?
Which UU Principle did we use today? (Having a poster in room is helpful.)
Turn off Chalice!