

EarthCare (K-6th Grade): Release

By Rev. Liesa Chase

Power Points for Teachers:

- With God all things are possible
- I create my experiences by what I choose to think and what I feel and believe.

Pre-session Activities (20 min):

Perform classroom set-up jobs:

- Arrange objects of nature or pictures on alter.
- Select Christ candle and place on alter.

Cut out leaves to be used later in class.

Complete leaf maze worksheet

Printable Maze worksheet for presession.

<https://superstarworksheets.com/wp-content/uploads/2020/10/LeafMaze.pdf>

Opening

Signal circle time. Invite children into a circle with a song. Or perhaps ring a chime then provide instructions.

Welcome and greet/recognize each person as they join the circle.

Sacred Circle:

Engage body and brain: March in place. Be Elephants. Hug self.

Set Heart Agreements: Read each one. Give examples or ask children for examples.

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

JOY SONG:

MOTHER EARTH (To the tune of Polly Wolly Doodle) Mark Staton Welch

Oh, I love the ground, love the sky
Love the plants and stones
I love the water and the trees

They're everywhere I go
Mother Earth, Mother Earth
Mother Earth, I love you so
There's not another place
That I really wanna live
Mother Earth, you are my home

SAFE (to the tune of Michael Row the Boat Ashore) Mark Staton Welch

Everything will be OK hallelujah Everything will be all right halle-lu-u-jah,
I Am safe I Am God's child hallelujah, Love and Light are all around halle-lu-u-jah
I have angels there for me hallelujah, they respond when I have need, halle-lu-u-jah

I LET GO (to the tune of Happy Birthday) Mark Staton Welch

I let go of pain, I let go of fear, I trust in this moment, I feel very clear

Centering Breath: Tree: Imagine you are a tree. Breathe in the air around you. Send it out into your branches and down your trunk and out through your roots. Again, Breathe in the air around you. Send throughout your tree. Once more ...

Light Christ Candle: Invite the Candle Lighter to turn on the candle. "Light and Love is in me and everyone."

Earth Connection: Ask youth to share what they have noticed in nature this week.

Prayer: Blessing the Earth: We care for the Earth. We think loving thoughts about the earth. We speak kind words to plants and animals. We take peaceful action making a difference as we care for the earth. We connect to the natural world. We find happiness and beauty in all seasons: Spring, Summer, Fall and Winter. We are thankful for the Earth.

Love Offering: Invite the Love Offering Angel to lead the love offering blessing.
Divine Love, Blesses and multiples, all that I have, all that I give and all that I receive.
Ask them share whatever they would like to see more of in the world. They can place their idea and money in the basket.

Bible verse: Zechariah 4:6 ... 'Not by might nor by power, but by my Spirit,' ...

Affirmation: Invite the Affirmation Leader to lead the children in the sharing of the affirmation

- The Light and Love within me helps me to let go; I am safe.

Storytime and Discussion: Release

Read: The Very Last Leaf by Stef Wade and Jennifer Davidson or watch a video of it being read aloud.

Story Exploration:

- What happened in the story to Lance?
- What did Lance have to do to fall?
- How did Lance feel about falling to the ground before he fell?
- I wonder how he felt after he fell?
- How has being afraid to change or to try something new happened to a friend or someone in your family?
- When has something like this happened to you?
- What would have helped Lance? Your friend? Yourself?

Creative Experience

Supplies:

- Small sticks with a few branches if possible. One per student.
- Copies of leaves on yellow paper. Several per student.
- String. Short pieces to tie leaves to sticks.
- Pens or pencils

Activity:

Step one: Give each student several leaves. Students write affirmations on each leaf. Provide potential affirmations if necessary.

- God will help me through this.
- I am ready to do this.
- I can do it.
- The Spirit within me guides my way; I am safe.
- I breathe deeply; I let go.
- I am happy. I celebrate doing it.

Step two: Punch a whole at the bottom of the leaf's stem. Add a string long enough to tie onto stick.

Step three: Pass out sticks and tie leaves onto stick.

Step four: Students stand with stick. They read the affirmation on a leaf then untie it letting it fall to the ground. Repeat until all leaves have fallen. Gather leaves; retie to stick and repeat if desired.

Meditation

Invite the children to circle for these moving meditations.

- Kira Willey, *When You Get Bigger* (Yoga Track)
- Kira Willey, *How to be a Cloud* (Yoga Track)

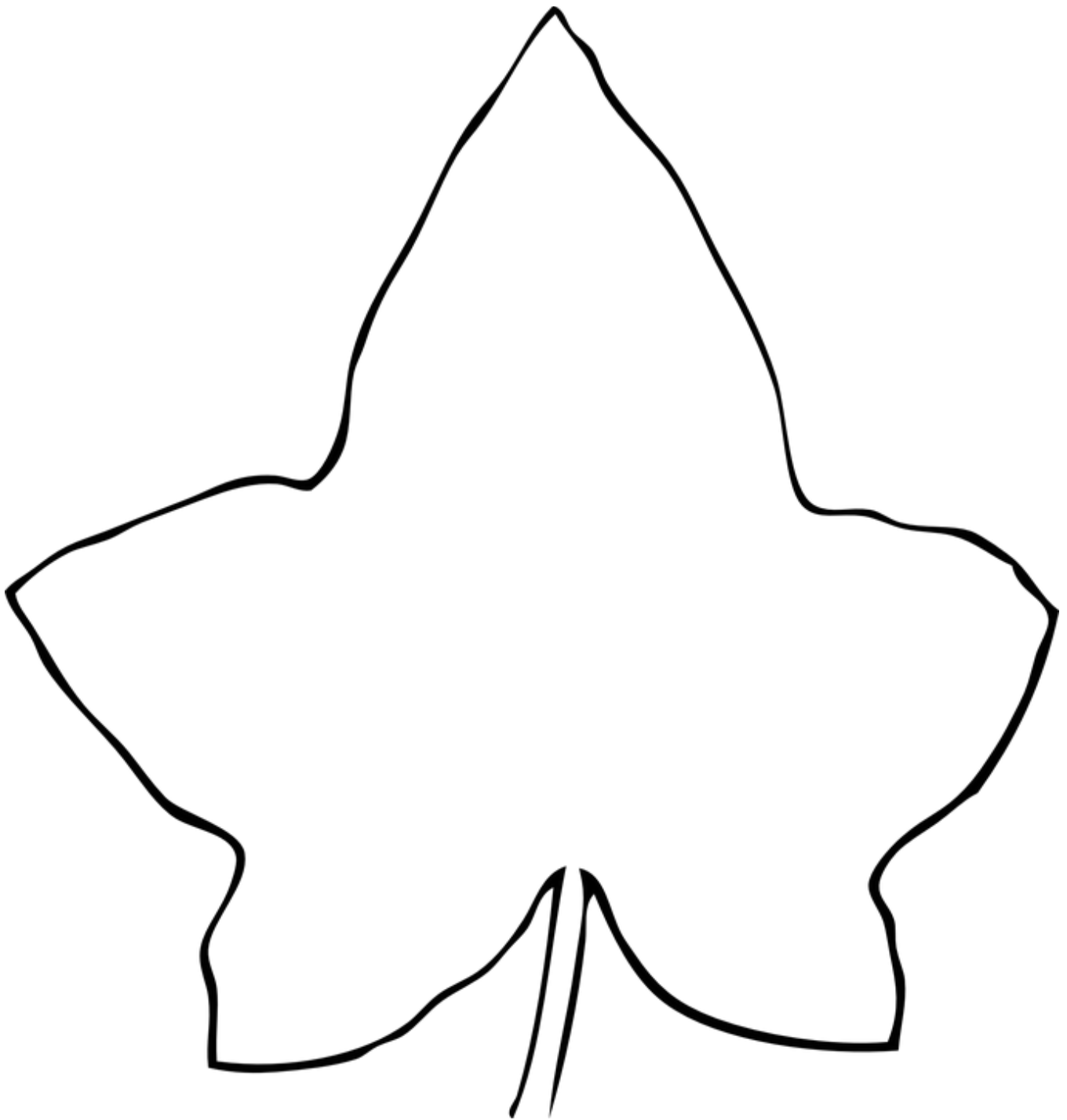
Closing Prayer

The Prayer of Faith by Hannah More Kohaus

God is my help in every need.
God does my every hunger feed.
God walks beside me, guides my way
Through every moment of the day.

I now am wise, I now am true.
Patient, kind, and loving too.
All things I am, can do, and be
Through Christ, the Truth, that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all; I know no fear,
Since God, and Love, and Truth are here.



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