

EarthCare (K-6th Grade): Wisdom

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Power Points for Teachers:

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

Wisdom as spiritual power / for the Teachers:

“Wisdom in Divine Mind is an idea of choice.” Powers of the Soul by Ella Pomeroy (student of and with the Fillmores)

Unity minister Matthew Long (Peace Unity.net) writes about the power of Wisdom:

Its seat is in the gut which feels all things. We have wisdom, it is inherent within us. God in us knows, and as we quicken our wisdom faculty we begin to know that we know—where and when we need to know. ..Judgment is Wisdom's ability to evaluate and make choices. Discernment is an attitude of knowing without reason. The more we develop our Wisdom faculty, the easier it becomes for the right-use of our Judgment ability, which is to look within rather than without and to discern what is ours to do.

Supplies:

Books: Old Turtle and The Broken Truth by Douglas Wood or Aesop Fable: The Tortoise and the Hare
Name Tags, stickers, markers, Crayons
Wisdom Mandala coloring page
Prayer Request forms, pens, pencils
Plants for circle time/ large cups for watering

Pre-session Activities:

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

Prayer Request - Invite children to complete a prayer request form.

I Am Wise Mandala Coloring Page - Invite the children to color a mandala.

Opening:

Welcome children and invite them into a circle: Let them know we’re studying our 12 spiritual powers, and today, the power of Wisdom to take care of ourselves and our planet is the one we are exploring.

Joy Song:

God You Are by Daniel Nahmod, see video/soundtrack:

<https://youtu.be/y8gfRDfn2SA?si=rMdadbrLkLg-HtHh>

Chorus Lyrics To Sing-Along:

Everything I see, everything I do, everything I am is you
Everything above, everything below, everything I know is you

Cause you are the very breath I breathe
And your perfect love created me
Everything I see, everything I do, everything I am is you Everything above,
everything below, everything I know is you

Everything I see, everything I do, everything I am is you

Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as they deeply breathe. To center in breath, have a deep breath, then do the same thing again and have them sigh it out really heavy where they can hear themselves, the next breath have them laugh it out and then one last time where it is calm.
- **Opening Prayer: (Facilitator)**
Today we listen to our inner light. It guides us to make a difference. We shine. We are wise. Amen.
- **Light the Christ Candle:** Ask one of the children to light the Christ candle. Remind the students that we light the Christ candle to remind each of us that we have the power to live a life of love like Jesus!
- **Who is Jesus for us in Unity?** Ask one of the children to share who Jesus is. Remind the children Jesus is a way-shower, the great master of love. The candle reminds us that we are light in our world just as Jesus was light. We call this Divine Light. (If there is conversation redirect and remind, we focus on how Jesus lived, not on how he died.)
- **Affirmation:** I Am made by God to be wise.
- **Heart Agreements:** ask each child to take one of the heart agreements and share what it means. Example: Gentle Hands, Open Hearts, Walking Feet, Listening ears, Kind Words
- **Love Offering:** Divine Love, Blesses and multiples, all that I have, all that I give and all that I receive. And I am joy-filled, WISE, and grateful. (FYI: *the children may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc. Ask the children to share what they are placing in the basket.*)

- **Optional: Watering of plants**—Giving back to the plants which create the air we breathe. (all children should have a chance to place their hands on the water cups) Slide tray with watering cups to each child.

Discussion & Experience: WISDOM

Questions:

Give a chance for the children to talk about their earth home. Ask: What can you tell me about our home Earth? Foster curiosity and love. Ask: What changes have you noticed? Be prepared for their fear about the future. Remind them we are learning about our God powers, and how this helps us help the earth. We build our lives and our world upon our inner wisdom.

Wisdom Question: I wonder what is yours to do for the earth, or for the earth's creatures, water and air? What is your inner wisdom suggesting you do?

What is Wisdom? Divine Wisdom in Divine Mind is an idea of choice

Story Experience:

Turtle stories are our approach for learning about wisdom. The Aesop Fable about the tortoise and the hare is a classic teaching story encouraging each to identify the value of being true to oneself with no hurry and no worry. Or, the contemporary stories of Old Turtle by Douglas Wood present the way wisdom works through all creation, and the potential for wisdom to work through One People. The stories explore the inherent wisdom of living on behalf of all. Indigenous people from the North American continent tell the story of the creation of this land on the back of the turtle. We also build our lives and our world upon our inner wisdom.

Read Selected Story—

What animals are in the story? What did they do? Did they have to make decisions?

Practice:

Introduce the idea of the power of Divine Wisdom to make decisions by 'listening' for a "yes, yes, yes". (Or, a "no, no, no".) The premise for this exercise is listening with curiosity. Often we may react and hear a yes, but, asking for another yes, and then one more yes, when making a decision slows us down. When we slow down our thinking and feelings, we consider more.

When did an animal slow down their thinking and listen for an idea or a yes or a no?

What happened when the animal acted on their inner wisdom (slowed their thinking)?

How did listening to their inner voice make a difference for the planet?

Let's practice slowing our thinking, letting our inner wisdom be heard and see how it helps us make a difference for the planet.

Imagine you are at the store. You have just spotted the toy you want. Maybe it is a puzzle, a soccer ball, a craft set, an action figure, or a game. In your mind pick a toy. You are excited, ready to race home and play with it. Wait. Before buying it take a moment and wonder: How is my yes to buying this particular toy affecting the planet? What is it made of ? plastic? Wood? Cloth? What will happen to it when I am done with it? How long will it last? Does your inner voice say yes or no to buying that toy?

EXTRAS:

Stretch

Could be a game that is movement/ yoga, dance for ex charades

Select a movement music moment from [Mindful Moments for Kids by Kira Willey such as](#) Twister, Shoulder Squeeze, Gentle Neck Stretch, Arm Stretch & Wiggle <https://kirawilley.com/mindful-moments-for-kids>

Meditation

This is only one example

Sit tall and still. With your hands on your lap softly focused on our Christ candle or gently close your eyes. Notice the rise and fall of your stomach. God you are every breath I breathe. You created me to be wise. I practice slowing my thinking, letting my inner wisdom be heard and see how it helps me make a difference for the planet. I wonder what is mine to do for the earth, or for the earth's creatures, water and air? I am still and listen to my inner wisdom for ideas. ...

Everything I see, everything I do, everything I am is God. I am wise So it is Amen.

Closing Prayer

We are thankful for the new ideas we have received. It is good to learn the Truth. I am made by God to be wise. My choices make a difference for the planet.