

Diversity & Inclusivity Unit

Unit Overview

Unit Focus:

- This unit explores our differences so we can better understand one another and to know that all deserve to be treated with respect.

Unit Outcomes: By the end of the Unit learners will be able to:

- Understand the fact that we are all unique expressions of the one Spirit
- Embrace and celebrate our differences
- Understand that we are not defined by a single story
- Accept others as they are

Unit Weekly Themes:

- Exploring Race
- Exploring Belief
- Exploring Ways of Being
- Exploring Unity

Affirmations

- I am one with each person
- I behold the Christ in each person I encounter
- I see only good in the heart of each person I meet.
- I accept, celebrate, and honor myself and others as divine beings of God's love.

Bible Quotes

- Romans 12:5 ~ so in Christ we, though many, form one body, and each member belongs to all the others.
- 1 John 3:18 ~ Dear children, let us not love with words or speech but with actions and in truth.
- Galatians 3:28 ~ There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.
- John 13:34 ~ "A new command I give you: Love one another. As I have loved you, so you must love one another."

Unity/Fillmore Quotes

- **Revealing Word p89**

When Jesus washed the feet of His apostles, He brought home to His followers that he who willingly performs lowly, humble service for others, with no thought of personal distinction, is greatest in God's Kingdom.

- **Keep a True Lent p32**

Our greatest good comes in the welfare of all.

- **Atom Smashing Power of Mind p7**

Your mind, body, and affairs are the expression of your thoughts, so if you are not happy, change your mental habits. This may not seem practical to you at first, but if you will faithfully practice the Golden Rule and send only thoughts of love to everyone, you will witness practical results. You can cultivate the habit of seeing the good, the true, the bright side of every subject, and then

with your friends you can bring this side out in conversation, thus keeping yourself positive and poised, and at the same time sowing the seed of Truth in the minds of others.

- **Jesus Christ Heals p115**

Whoever lays up in his mental storehouse the resolve "I will do unto others as I would have them do unto me" is paving the highways with pure gold in a heavenly city of equity and justice.

Children's Lessons

#1 - "Exploring race"

Opening Experience

Welcome to Diversity and Inclusivity! This unit will have you looking into how we seem to sort and label people based on their color, race, religion, and a variety of other silly reasons. Click on the gold stars to explore sorting and labeling, interview people in your life about differences and similarities, and learn that EVERYTHING, yes everything, is God. Enjoy!

Activity Choices

- Watch the book *You are Special* by Max Lucado read aloud. Like the book? Go check it out at the library to read again!
 - <https://www.youtube.com/watch?v=15QuHygLwFU>
 - *Extra Activities not a part of the online lesson*
 - Continuing with the theme of dots and labels, watch how a group acts when they receive dots and are asked to form groups.
 - <https://www.youtube.com/watch?v=ioa6UvmMZPw>
 - Make sure you have some kind of journal for your journey through this month. It can be in a notebook, loose papers, or even in a digital format on a device. Once you have watched both of these videos, journal on these wonderings:
 - In what ways do we sort people into different categories?
 - What REAL differences do these categories make in our lives?
 - In what ways have you seen people treated differently because of how they are?
 - In what ways have you ever been treated differently because of some category people could put you into?
 - How did you feel about it, and what if anything, did you do about it?
 - What things can you do to help people be treated more equally
- **Variety is the Spice of Life**
 - First, watch this video about diversity:
 - <https://www.youtube.com/watch?v=0ISsSwxn8NY>
 - Interview your classmates or a group of friends or family to find out how they are different from you. Some questions you can ask are:
 - What is your favorite part of the school day?
 - What are your talents?
 - What is your favorite kind of music?

- What is your favorite color?
 - What are your hobbies?
 - What is your favorite time of day?
 - Create some more questions from things you wonder about.
- Log your answers in your journal and then share what you learned about the people you interviewed:
 - How are they the same as you?
 - How are they different?
 - How do you feel about the similarities and differences?
- **Pause for Principle #1:**

This week we are focusing on Unity’s first Principle that tells us ABSOLUTELY EVERYTHING AND EVERYONE IS GOD. Oh, my goodness! Everything? Everyone? Really? That’s right, every single thing in our world is a part of the All-ness that is God, and so is every single person, animal, plant, cloud, building, car, breath of air, computer ~ or anything else your mind can think of.

IMAGINE ALL THE TRILLIONS OF WAYS GOD SHOWS UP!

It’s like we are all different parts of the body of God. In the outline on the next page, draw as many things you can think of inside the body. Planets, people, food, any fantastical thing you can imagine. It’s ALL God!

Now remember, if we could see the all-ness of God with our eyes it wouldn’t look like a person shape on the outside, that’s just to help us have a reminder that the body of God has all things inside it.

Meditation Zone

This is a great time for a little relaxation. As you click around, you can meditate like a superhero, dive into some science experiments you can do to see how amazing colors can be, and listen to a beautiful song about seeing someone’s true colors. Deep breath, release, and go!

- **Diversity Affirmation Meditation**
 - <https://www.youtube.com/watch?v=fYSswVfotX0>
- **Celebrating Color**
 - Check out this video with a variety of science experiments that celebrate the diversity of color in our world! <https://www.youtube.com/watch?v=jUxOCPDP5rc>
 - Then, with grownups’ permission, grab the supplies you need and do some!
- **True Colors**
 - <https://www.youtube.com/watch?v=3JIpIsgHqV0>
- **Sacred Table Activity:**
 - Set up your sacred table. Begin by finding an electric candle

Media Room

In the media room this week, find a book about racism and then explore your feelings about what you heard. Then pick your favorite version of a song that was designed to bring the world together and has been performed by thousands of different groups because of its importance.

- **Today we will watch the video:**
 - *A Kid's Book About Racism* <https://www.youtube.com/watch?v=LnaltG5N8nE>
- **Reflection Questions**
 - How does Jelani feel when people treat him differently?
 - How does this book make you feel?
 - What was the word that Jelani said means to hate someone, exclude them, or treat them badly because of their race, or the color of their skin?
 - How do you describe racism?
 - Does racism still happen? How?
 - Is being different a good thing or a bad thing? Why?
 - What kinds of things can we offer each other, being different?
- **We Are the World** – *Listen to different versions of the song*
 - We are the World by Indiana students: <https://www.youtube.com/watch?v=b4s5L2SVJb4>
 - We are the World cover by 80 artists from 32 countries: <https://www.youtube.com/watch?v=Pm2KvZUI0IU>
 - ... and the original! <https://www.youtube.com/watch?v=P2H6mpUnsLI>

Creation Station Activities

Now let's get creative! Find an activity about all kinds of families, and then you'll get to design your own human! There is a family tree coloring page where you can fill in your own family members before listening to a family song.

- **We Are a Family**
 - <https://www.youtube.com/watch?v=foptl0BeXnY>
- **All Kinds of Families:** Families can happen from birth ~ and from life. Let's take a moment to out-picture what different families might be all about for you. You can include people, pets, anything that brings up the feeling of family for you.
 - First, draw your immediate family. That would be anyone that lives in your own house.
 - Then, think of your family from life. This could be close friends, cousins, grandparents, teachers, furry family ... draw them all.
 - Then, draw a picture of what you picture when we say, "The human race."
 - Last, draw whatever comes up for you when we say, "Spirit-family".
- **Designing Humans:** So many animals and creatures on earth arrive for live in a burst of colors and textures. Some have lots of legs, or even none at all, and some have wings! People are limited to some shade from beige to darkest brown and covered in plain old skin, with 2 arms and 2 legs. Cool, but not the most colorful or interesting way to show up for sure!
 - What if humans could be any color or texture?
 - What if you were the designer?
 - Gather materials of your choice
 - On a plain sheet of paper, design a human of many colors and textures, just for the fun of it!

#2 - "Exploring Belief"

Opening Experience

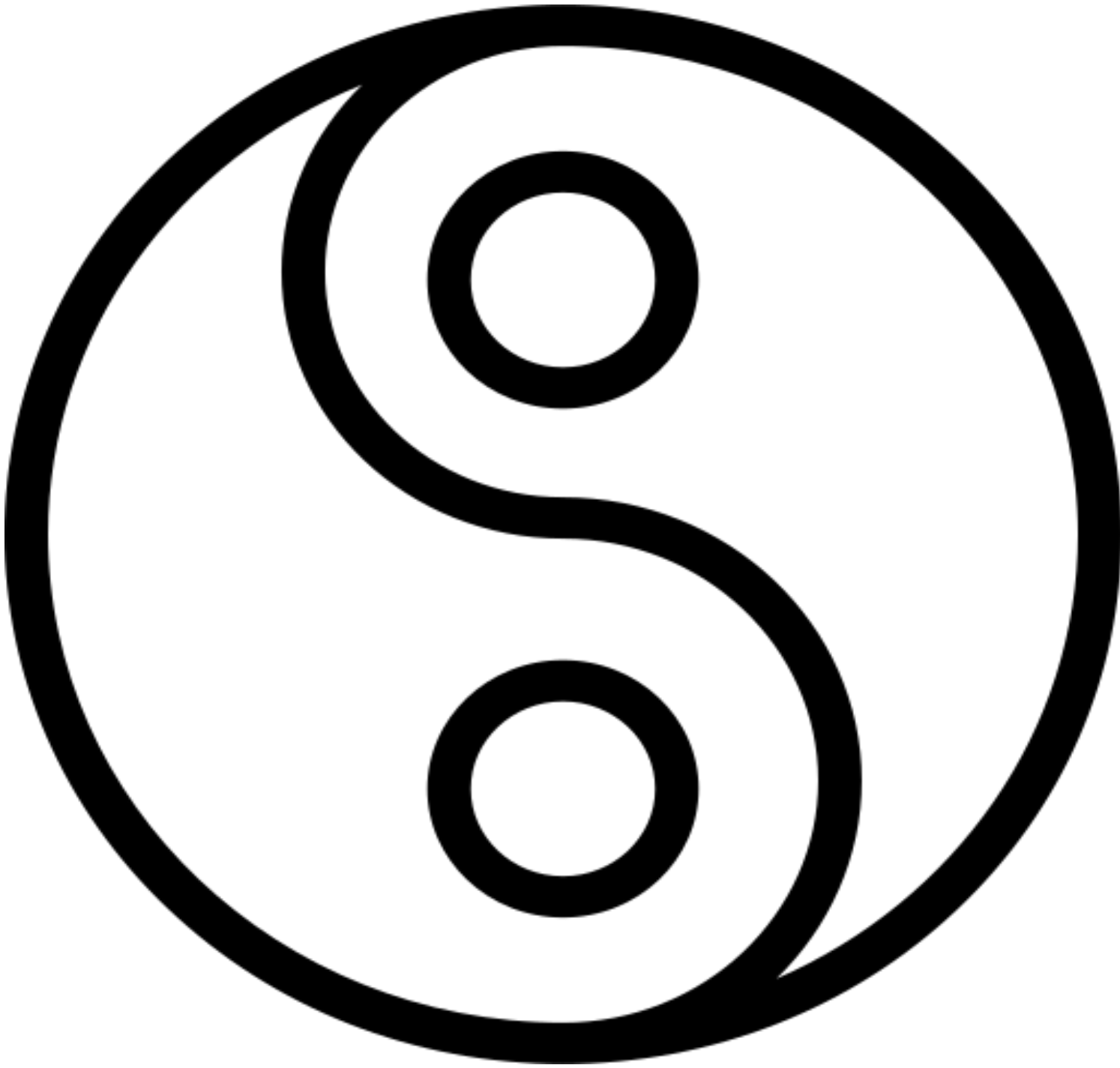
How does where we come from and what we believe create our life? It can have us eating different kinds of foods, thinking differently about what God is, and even looking through different lenses at the world. Click around this week to find a cultural show and tell, and an exploration of the concept of yin and yang. Then learn more about Unity's Twelve Powers while you take a power pause. Go for it!

Activity Choices

- **Show & Tell Culture:** Depending on where you live in the world and what religion you ascribe to, you might have different beliefs and different kinds of things you do to celebrate holidays and chapters of life. Let's explore a few possibilities!
 - First, check out the video about some things that children of different cultures around the world do <https://www.youtube.com/watch?v=xerrjjAyZs8>
 - Then talk with the grownups in your life to find out some things they do (songs, dances, activities, art, or food ~ just to mention a few), and then do some together!

- **Yin Yang:** The concept of yin and yang comes from ancient Chinese tradition. It has been used to track the passage of time and is an indicator of balance in all things. It is a powerful image that reminds us that within wholeness, within God, there is male and female, good and bad, dark and light.
 - Check out some history and background here, <https://www.kidpid.com/the-true-meaning-of-yin-yang/> and here, https://kids.kiddle.co/Yin_and_yang
 - After you get a chance to explore those, take some time to color the blank yin yang symbol found below. As you color, think about how things that we call dark and light or negative and positive come together in your life to create the whole experience of something you have gone through.

- **Power Pause:** In Unity, we have something called THE TWELVE POWERS. These twelve powers are special aspects of our spiritual nature that will help to change our very world if we give them the chance to. They are abilities that we can work to develop that help us live life to its fullest.
 - First, visit this link to find out more about them: <https://www.unity.org/collection/unity-12-powers>
 - As you scroll down through the powers,
 - Read the name of each power, and the affirmation below it.
 - Grab your journal and write down the name of all twelve powers.
 - Click on each power to learn more about it.
 - Write down one way that each power could help you.
 - Pick one power to focus on this week.
 - Write down 3 things you will do this week to strengthen that power inside of you.



Meditation Zone

Our meditation experiences this week might be surprising! You will find a power meditation that has you moving and maybe even shouting! Then you will create a gratitude tree and learn the power of hello in a variety of languages. Relax, release ~ and roar!

- **Be “Leafing” in Gratitude**
 - No matter your race, religion, culture, or gender ~ gratitude is a universal thing. Appreciation changes our life entirely. Whether you have the best of everything or make the best of everything you have, an attitude of gratitude fills every day with endless blessings just waiting to be counted.
 - First, check out the song Grateful here ... and make sure to notice all the different cultures that you see during the video. All over the world, grateful people are like many many leaves of a giant tree of gratitude, with roots that reach everywhere!
 - **Grateful:** <https://www.youtube.com/watch?v=sO2o98Zpzg8>
 - As you listen, envision a tree with leaves for everything you appreciate.
 - Afterward, create your own gratitude tree. You can draw, sculpt, papier mache, or build it out of whatever you find that works best for you to express.
- **Hello Around the World:** <https://www.youtube.com/watch?v=472AnCrHYVs>
- **Sacred Table Activity:** Add a box in which you can share your blessings for the world.

Media Room

How would you describe God? Find out what some children from different religions have to say about that before answering your own questions in your journal. If you want inspiration for your exploration, click on the star to find the One Voice children’s choir singing ‘When You Believe’, before you do the rest.

- **Describing God**
 - <https://www.youtube.com/watch?v=fPYyWhtTDmQ>
- **Reflection Questions**
 - What is God to you?
 - Many of the students refer to God as “He”. What are your thoughts about that?
 - What do you think God would sound like if God had/has a voice?
 - What do you think God would look like if I God is even visible?
 - What are some beliefs you have heard that people have about God?
 - What are some beliefs you have about God?
 - What do you think Unity believes about God?
 - Many of the things we see are important in our faith, other religions see the same. What are other things we have in common with other faiths?
 - Do you ever feel different about God from people around you? When you do, what can you do to find ways you are more alike than different?
- **When You Believe by the One Voice Children’s Choir:**
 - https://www.youtube.com/watch?v=9jAtB_UBWh0

Creation Station Activities

This week's creativity station is really tasty! Find some recipes from around the world you can make with a grownup, on another to find a "Life is Gouda" coloring page (cheesy, we know!), and on the third to find instructions for creating your own prayer beads. Delicious!

- **Prayer Beads**
 - Quite a few different religions use beads as they pray, and many have different kinds of prayer beads. You can check out some here, along with their history, on Wikipedia! If you haven't used it before, here is your first opportunity. Click on the link to explore: https://en.wikipedia.org/wiki/Prayer_beads
 - After checking them out here, you might want to check out some more pictures by doing an image search. Just type "Prayer Beads" into an image search.
 - Then, gather some beads and create your own unique set!
- **Culture For Your Palate**
 - Follow the link to a collection of easy to make recipes for kids to make from around the world. <https://www.easy-kids-recipes.com/international-recipes.html>
 - After exploring the list, gather ingredients, make some, and enjoy!
 - As a fun bonus, look up the food you choose by name and culture to learn more about where your meal came from and the people who live there

#3 - "Exploring Ways of Being"

Opening Experience

There are sooooo many kinds of people in this world! They can be tall or short, fast or slow, have differing abilities or what we might think of as special needs ~ they can be boys or girls and different shades of color. We find though that they are ALL a part of God, no matter what. Explore some different abilities and journal about your thoughts, and even explore your identity this week. Get clicking ~ there's lots to learn about being!

- **Differing Abilities:** Check out these videos about people and friends that have bodies, minds, or abilities that may be different from others:
 - Tips from a pair of friends who have differing abilities: <https://www.youtube.com/watch?v=9koRxQUjNFQ>
 - Marvelous Max – Autism Awareness for kids https://www.youtube.com/watch?v=wc77MksM_2c
- **Journal:** Then grab your journal or someone to share with and discuss:
 - We are often told that everyone is unique, but we are also told that we are all one. What are your feelings about that?
 - Why do you think people are created with different bodies, minds, or abilities?
 - What different ability would it be really awesome to have, that some might see as a handicap?
 - What kinds of different abilities have you seen in friends, family, or people you have seen or heard?
 - What things can you do to create a world that works for everyone, no matter what kind of abilities they have?
 - How can you help?

- **Identity:** Our identity, talking about the different parts that make us us
 - <https://www.youtube.com/watch?v=eRzRAh2M2Ao>
 - What do you value (core values)?
 - Then with a grownup, check out Pop n Ollie’s website with lots of material you can use to learn about equality and acceptance.
 - <https://www.popnolly.com/free-resources?fbclid=IwAR2f6c-Z6MpWxd8FaIHq58HM2wR-KK8LfyWj7uRVPZia9mTIRLnob8oNQ58>
- **Pause for Principle:** Unity’s second principle tells us that EVERY SINGLE PERSON ON EARTH (and every animal too, by the way) is a part of God. Remember from Principle 1 that God is EVERYTHING? That really and truly means EVERY ... SINGLE ... THING! Including you. And yes, you guessed it ~ everyone else too.
 - That means that no matter what someone looks like or how they move ~ no matter what they can or can’t do ~ no matter what kind of family they have ~ God is within them. It is up to us to see that. And all the animals and plants too!
 - Think of all the people you know, and how different they all can be from each other. In the gem outline, write or draw different things about those people you know and something that makes them shine as a unique part of the gem. You can add plants and animals in the mix as well if you like.
 - For advanced creativity, grab items to use to represent those people and animals instead, grab some glue, and glue them on instead.

Meditation Zone

Have you ever taken a rainbow breath? No time like the present to learn how! Listen to the meditation and reflection, and then create some love bubbles and watch those rainbows fly off into the sky. Relax, refresh, recharge ~ and rainbow!

- **Rainbow Meditation**
 - First, find a comfortable place for meditation. When you’re ready, click on the link: <https://www.youtube.com/watch?v=O29e4rRMrV4&t=66s>
- **Reflection:** After your meditation time, reflect in your journal or with someone else on:
 - Did you meditate with your eyes open or closed? Why did you decide to do it that way?
 - How did it feel for you to meditate while making rainbows with your arms?
 - What did the rainbow you made in your imagination feel and look like?
 - Did you stand up as they suggested? If so, what felt different about standing?
 - What other things might you imagine you were creating with your breath and hands instead of a rainbow?
 - How did this kind of meditation make you feel?
- **Love Bubbles**
 - Either get yourself a container of bubbles and your favorite bubble wand, or make some for yourself by following this link: <https://www.hgtv.com/design/make-and-celebrate/handmade/the-two-best-homemade-soap-bubble-recipes>
 - You can make wands out of anything from wire to pipe cleaners, to string! See some ideas here: <https://www.kidspot.com.au/parenting/things-to-do/make-your-own-bubble-wands/news-story/ed453ed74c9899588dacfd0a036574a4>

- **Reflection**
 - Get comfortable.
 - Put your hand on your heart, close your eyes if you want to.
 - Take a few deep breaths and imagine each one is breathing life into your heart and opening it up to feel the most love it can.
 - Open your eyes if they are closed, and blow bubbles.
 - As you do, imagine all the love and acceptance you have in your heart to share is flowing into the bubbles with your breath. Breathing in love that opens your heart and makes more love, you keep sharing that love as you breathe out into the bubbles you make.
 - Imagine as they travel out and pop, that the love inside them spreads further and further out, sending that love all over the world for people to feel as the air travels around it.
- **Sacred Table:** Add something to your sacred table that reminds you of what you believe.

Media Room

Welcome to the media room! How do you feel? If it's anything less than amazing, listen to this song "We Are Amazing" first. Then you might want to do the maze you will find under another star, before learning about one crayon's story, who had a really hard time finding acceptance until he accepted his own uniquely colored self, first. Have fun finding it all!

- *Red, A Crayon's Story*
 - <https://www.youtube.com/watch?v=-RvZsH1kCcw>
- **Reflection Questions**
 - What happened in the story?
 - How did the story make you feel?
 - What was different about Red's wrapper and the crayon inside?
 - What happened when Red tried to color red?
 - What did the other colors think about Red?
 - What happened when Red met a new friend, Berry?
 - What happened when Red realized he was really Blue?
- **We Are All Amazing Song:** https://www.youtube.com/watch?v=vbHQ-OS9_G0

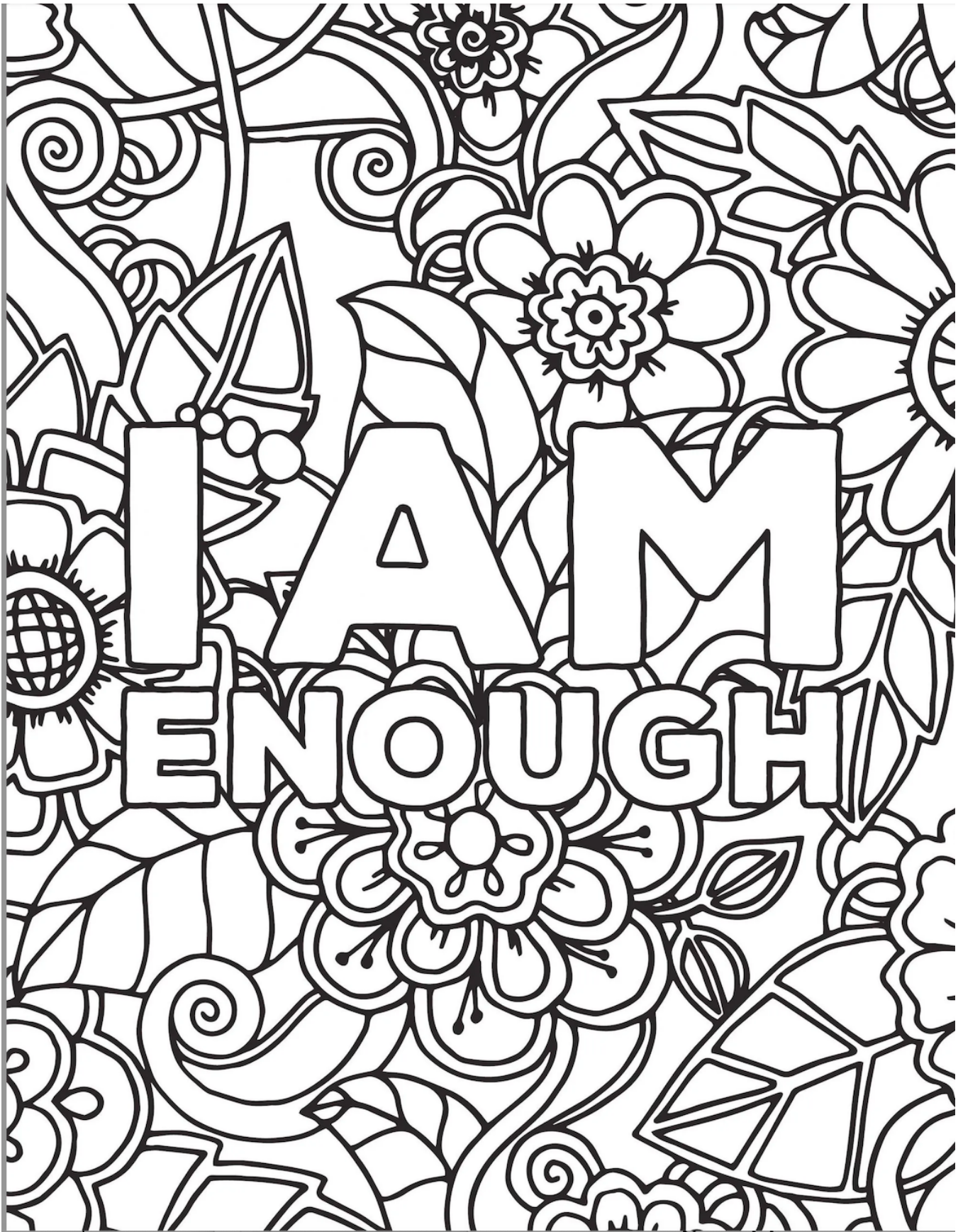
Creation Station Activities

Welcome to our jam-packed creativity station! You will find some fascinating facts about all kinds of flags, and then make your own. You will learn about how every unique person fits in the big picture, though it may seem like a puzzle at times, and you can make some friendship bracelets to share, before coloring a page that celebrates you. Whew!

- **Flags**
 - There are so many kinds of flags people design to show things they love, places they come from, things they stand for, or to celebrate something. First, check out some information about different kinds of flags here:
 - First, countries: <https://www.kids-world-travel-guide.com/world-flags.html>
 - Next, the Pride Flag: First, you can read an article about it, <https://www.compasselc.com/the-rainbow->

[flag/#:~:text=With%20further%20research%20the%20children,and%20purple%20is%20for%20spirit](#)

- And/or watch a video about the meaning of the colors through history:
<https://www.youtube.com/watch?v=6dkf-k7bqmc>
- Then,
 - Think about things you love, celebrate, or stand for.
 - Think about what colors or symbols you could use to represent those things.
 - Check out this site showing you one way to create your own flag:
<https://www.notimeforflashcards.com/2013/07/make-your-own-flag-craft.html>
 - Gather supplies to make your own flag.
 - Enjoy creating it, then make sure to record what the colors and symbols on your flag mean.
 - Share it!
- **Friendship Bracelets**
 - Follow this link for instructions on how to make great friendship bracelets:
<https://www.youtube.com/watch?v=YujvDp5BJ78>
 - As you create them, keep the person in mind and heart that you want to gift the bracelet to. Think of all the things you love and appreciate about them, and about how they are wonderfully unique and different from everyone else you know. When you do, your love will pour into the bracelet as you make it.
 - If you like, you can write a note to go with the bracelet letting that person know that you were holding their wonderful uniqueness in your heart as you made the bracelet, so your love is there in every thread. This just adds to the awesomeness of the gift!
- **Everyone Is a Piece of the Puzzle**
 - First, check out this great site that has instructions for a few different ways to make your own puzzles. <https://happyhooligans.ca/homemade-puzzles-for-toddlers-and-preschoolers/>
 - Then you can make your own!
 - The idea is to either use pictures from magazines you can find that show how different kinds of people come together to create our world in the best way ~ or you can draw your own picture and make it into a puzzle.
- **I Am Enough (Handout)**



#4 - "Exploring Unity"

Opening Experience

Welcome to Unity! At least that's what we hope our activities this week will lead us toward ~ creating a world that works for all and living in harmony with the world we live on. Here you will find an activity that challenges what we think when we see people, one about taking care of our planet, and one that dives into Unity's fifth principle with a lesson to color and reflect on. Enjoy!

- **Taking People Out of Boxes**

- If we want to create unity in our world, we need to stop thinking we know people by just looking at them. Nothing could be further from the truth!
- First check out the video here: <https://video.link/w/mlZ6b>
- Then either use the questions they did here, make up some of your own, or a little of both. Then do the activity! Either at home with your family and friends, ask your teacher for permission to do it at school, at your Unity center, or some other group.
- You will need tape or chalk to mark out spaces on the floor for people to move to, or just tell them which corner is which.
- Here are some questions you might ask:
 - Who was the class clown?
 - Who loves school?
 - Who has ever felt left out?
 - Who has siblings?
 - Who loves video games?
 - Who has ever felt lonely?
 - Who likes to draw?
 - Who has ever been in the hospital?
 - Who has ever been yelled at?
 - * Who is always late?
 - * Who has lost a loved one?
 - * Who likes to sleep in?
 - * Who loves to read?
 - * Who likes pizza?
 - * Who has ever felt bored?
 - * Who has ever felt hurt by a friend?
 - * Who has cried in a movie?
 - * Who has ever been embarrassed?

- **Everyday Should be Earth Day**

- We can't leave our planet out when we set out to create a world of unity that works for ALL. Where would we be without our earth?
- As humans, we need to do a much better job in taking care of our home planet.
- Visit this link that has 25 different ideas you can try that show us how to live in closer harmony with our earth. <https://www.purewow.com/family/Earth-Day-Activities-For-Kids>
- Choose one, two, twenty maybe, and put them all into action in your life. Maybe you could even bring some of the ideas to your school and see if your teacher would make them into group projects!

- **Pause for Principle**

- The five key principles of Unity all lead us over and over to action. First, we remember that God is in everything, everywhere. We try our best to see with those eyes as we look around our world. Then we remember that includes us, and we work to treat ourselves as the Divine being we are every day. Third, we always remember that the thing we hold in our hearts and minds are the things that create the life we live. To help those thoughts align with our Divine, we pray and meditate every day to keep ourselves centered.
- When we plan anything in life, we move through those four steps before taking inspired action. When we do that, all things become new, and we can claim a life of Unity every day.

Meditation Zone

This week in the meditation zone we are really concentrating on opening our hearts to create a kinder world, one that works for everyone. Click around to find a compassion meditation, and then to meet the Random Acts of Kindness Foundation, before you put some of their suggestions into actions. Now go, meditate ~ and change the world!

- **Compassion Meditation**
 - First, get into a comfortable position and relax. When you're ready, click on the link and do the compassion meditation. <https://www.youtube.com/watch?v=oEplqZYUUvk>
- **Journal:** Then, grab your journal or someone to share with to reflect on your experience.
 - What did you think of this meditation?
 - What was the easiest part for you? The hardest?
 - What made the hard part hard?
 - How did you feel about giving yourself a hug?
 - How do you think this kind of meditation exercise could help you be kinder to other people?
- **Kindness Kounts**
 - Visit this link to The Random Acts of Kindness Foundation: <https://www.randomactsofkindness.org/>
 - Explore all around, and then put some of the activities and ideas you find there into action in your life and in our world. Let's make the world a kinder place, shall we?
- **Sacred Table Activity:**
 - Find an object that reminds you to be kind.
 - Put the object on or near your sacred table.

Media Room

Anything great begins with an idea inside our hearts and minds. As we work toward unity, let's begin within! Let's take you to a wonderful story, then step into reflecting on what it brings up for you. Afterward, enjoy the book set to music, before enjoying an online interactive word search.

- *I Like Myself*
 - <https://www.youtube.com/watch?v=6pJblJecPuk>
- **Reflection Questions:** If we want to create unity in our world, we really need unity inside ourselves first. So, let's jump into that. First with a story, then with some looking inside.
 - In what ways did our friend in the story look different at different times?
 - How do you look different at different times?
 - How does the person change on the inside when they look different on the outside, or do they?
- Go look in the mirror.
 - What do you see?
 - How do you feel about the person you see there?
 - What special and unique things can that person do?
 - What can you say to that person if they are ever feeling less than their best? Write down a few great things to say to yourself in case you ever need to hear them.

- Then lastly, how does liking ourselves lead us to like other people?
- After reflecting, check out the book turned into song!
[https://www.youtube.com/watch?v= Mabr5tj3cY](https://www.youtube.com/watch?v=Mabr5tj3cY)
- **Interactive word search puzzle:** <https://thewordsearch.com/puzzle/521011/social-inclusion/>

Creation Station Activities

Now let's put our creativity into action! Click on the stars to find sooooo many different ways to say I love you, then jump into Google translate to find out how to say anything you want in whatever language you might like. Learn about what bias is and uncover your own that may be hidden, then have a blast with m&ms! Curious?

- **Love in Any Language**
 - So many different languages! So many different sounds! All communicating the same things. Dive into "I love you" today!
 - First, enjoy this song about love being universal:
<https://www.youtube.com/watch?v=JzNLUaGtaCU>
 - I LOVE YOU IN SIGN LANGUAGE: <https://www.youtube.com/watch?v=jzJjdvTF10A>
 - I LOVE YOU IN 60 DIFFERENT LANGUAGES!
<https://www.youtube.com/watch?v=HJY6y5XfBR8>
 - Then just for fun and with grownups' permission, click the link to go to Google translate and type in some favorite words or phrases and find out how to say them in different languages! <https://translate.google.com/>
- **Blasting Bias**
 - First click on the link to watch the video:
<https://www.youtube.com/watch?v=EdEQmH65ybQ>
- **Reflection:** Then grab your journal or someone to reflect with.
 - Why did she pick her friend Crystal when she voted for her favorite presentation?
 - What is bias?
 - Why do you think you need to be aware of your bias?
 - Share a time you saw someone treated unfairly for no reason you could understand.
 - How about when you treated someone unfairly just because?
 - Share a time that you feel someone treated you a certain way because of bias.
 - Name some things you can do to stop treating people certain ways because of bias.
- **Now check out these videos about other kinds of biases we tend to have:**
<https://www.youtube.com/watch?v=G3Aweo-74kY>
<https://www.youtube.com/watch?v=nWu44AqF0iI>
 - What do you think after that?
 - What other kinds of biases can you think of, and what can you do to change them?
- **More Fun With Colors, M&Ms**
 - Here is a closing reminder about how colorful our world is, while at the same time reminding us that underneath the outside appearances, we are all the same ~ and all our labels simply float away!
 - You will need:

- Lots of M&Ms
- A plate
- A glass
- Some water
- Patience!
- First watch the video, which will show you what will happen, as well as how to do it all yourself. <https://www.youtube.com/watch?v=4JJG4iQwPGY>
- Then have fun doing it!
- Please note how the little m comes off the candy in water. Believe it or not, it's made of an edible thin paper! Reflect on how flimsy and temporary all our labels are too.
- Make a commitment going forward to see through the labels and appreciate the color in our world. God is diversity in action!

Tween & Teens Lessons

#1 - "Exploring Race"

Opening Experience

Welcome to our Diversity and Inclusivity unit, we're so glad you're here! This week we are exploring the role of race in our lives by connecting the dots and finding our blind spots. You will watch some videos about the assumptions we make and how we group ourselves, even when we don't know it's what we're doing. Then we will take it all to a larger truth as we pause for a principle it would do us all good to keep close in our hearts. Get ready to see anew!

- **Connecting the Dots**
 - FIRST: Make sure you have some kind of journal for your journey through this month. It can be in a notebook, loose papers, or even in a digital format on a device. Once you have watched the videos, journal on the wonderings that follow the links:
 - What role does color play in our lives?
 - <https://www.youtube.com/watch?v=ioa6UvmMZPw>
- **Reflection**
 - In what ways do we sort people into different categories?
 - What REAL differences do these categories make in our lives?
 - In what ways have you seen people treated differently because of how they are?
 - In what ways have you ever been treated differently because of some category people could put you into?
 - How did you feel about it, and what if anything, did you do about it?
 - What things can you do to help people be treated more equally?
- **Finding Your Blind Spots**
 - Again, grab your journal, or maybe someone to share the exploration with, before you dive into the links below. When you're ready, click! <https://www.youtube.com/watch?v=BFcjfqmVah8>
 - Journal

- How can you find your blind spots?
- What are some of yours that you discovered during the video?
- Check this one out too https://www.youtube.com/watch?v=6_yIevcJCPC
 - What picture do you imagine when someone says boss?
 - What did you think about the word association exercise when you had to point to either male or female?
 - What incidents can you think of that you have either had implicit bias about someone else, or been the target of implicit bias yourself? How did you know?

- **Pause for Principle**

- This week we are focusing on Unity's first Principle that tells us ABSOLUTELY EVERYTHING AND EVERYONE IS GOD. WHAT?!?!?! Everything? Everyone? Really?
- That's right, every single thing in our world is a part of the All-ness that is God, and so is every single person, animal, plant, cloud, building, car, breath of air, computer ~ or anything else your mind can think of.
- IMAGINE ALL THE TRILLIONS OF WAYS GOD SHOWS UP!
- It's like each thing is a different part of the body of God. In the outline on the next page, draw as many things you can think of inside the body. Planets, people, food, any fantastical thing you can think of.
- Of course, if we could see the all-ness of God with our eyes it wouldn't look like a person shape on the outside, that's just to help us have a reminder that "the body" of God has all things inside it.

Meditation Zone

Welcome to the Meditation Zone. After uncovering some hidden beliefs we might hold last week, it's time to pause and take a deep breath with a different kind of meditation that honors some who have passed. Click on one _____ for that along with a reflection exercise, and then lighten things up with a song about our true colors and some fun science experiments that will brighten your day with color.

- **I Breathe Meditation**

- This meditation is, among other things, created to honor people who died, many believe, because of the color of their skin.
- Before you meditate, take a moment to think about how you can stay open and in a meditative state while knowing that. When you feel that you are in a place where you can stay open and loving, honoring those who have passed, then click the link. <https://www.youtube.com/watch?v=FBfAV7juuMk>

- **Journal:** After the meditation grab your journal or someone to share with and reflect on these wonderings:

- How did you feel hearing the sharp breath at the beginning?
- How did you feel hearing the names?
- If you had your eyes open, what effect did the images have on you?
- If there is anything you would add to or change about the meditation, what would it be?
- How did you feel at the end of the meditation?

- **Celebrating Color**
 - Check out this video with a variety of science experiments that celebrate the diversity of color in our world! <https://www.youtube.com/watch?v=jUxOCPDP5rc>
 - Then, with grownups' permission, grab the supplies you need and do some!
- **True Colors:** <https://www.youtube.com/watch?v=3JIpIsgHqV0>

Media

Ah, media! As you click around in the room this week you will attend a Ted Talk, a social media sensation that tackles topics from the silly to deeply serious. Today's talk is by Brittany Barron, who shares something important she learned about race from watching Beyonce's career through the years. Then travel through time with a few versions of a song that rocked the world when stars came together in the 80s to bring people together for a cause of unity.

- **What Beyonce Taught Me About Race:** Brittany Barron | TEDxPasadenaWomen
 - <https://www.youtube.com/watch?v=fDzj9vRw5yM>
- **Reflection Questions:** Grab your journal or someone to share with and explore these reflections:
 - What did you think of Brittany Barron's Ted talk?
 - How did it make you feel?
 - What is the thing you remember most from it?
 - What do you think about the 10,000 hours idea?
 - How do you feel about the dates Brittany shared?
 - How do you feel about what Brittany said about the role we have put black people in and what we expect from them?
 - If you're honest with yourself, what kinds of expectations and beliefs do you hold about black people? White people? Asian, Indian, other races? Are they truly true?
 - How do you feel about the statement, "I don't see color"? We can't help but see color, and we should see and acknowledge all of what someone is. But how do we see and acknowledge someone's color, and at the same time move past what their color has meant to us until this moment?
 - What things can you do to help create change?
- **We Are the World**
 - We are the World by Indiana students:
 - <https://www.youtube.com/watch?v=b4s5L2SVJb4>
 - We are the World cover by 80 artists from 32 countries:
 - <https://www.youtube.com/watch?v=Pm2KvZUI0IU>
 - ... and the original! <https://www.youtube.com/watch?v=P2H6mpUnsLI>

Creation Station

- The Meaning of the Mandala <https://www.youtube.com/watch?v=G58Pujjjsqc>
 - Watch the video for inspiration
- Mandala <https://coloringpagest.com/mandala>
 - Download a mandala from the link above. Create your own mandala. Use the information in the video to create a sacred space.
- Walk by Faith
 - Talk a walk around your house, outside, or at a new location, and look for things that it took faith to build or grow. When you find something, envision all it took to have it standing there as it is in front of you. Let these wonderings inspire you to do something it takes faith to accomplish in your life, and then journal your commitment and the steps you are going to take next to move toward your goal.

#2 - “Exploring Belief”

Opening Experience

Welcome to Exploring Belief! You will find links that will have you hearing some surprising things kids of different faiths believe about God and religion, learning about the concept of yin and yang that comes from ancient Chinese tradition, and then taking a power pause with Unity’s Twelve Powers. Then you decide what beliefs resonate most within you.

- **Exploring Belief:** Religion plays a large role in shaping the belief system we carry into the world we will create. What we think and feel about God informs so many decisions we make!
 - First, you can click on these links to see some surprisingly grownup (and sometimes weird) ways kids of different ages and faiths describe God and religion:
<https://www.youtube.com/watch?v=sm0we7FgM7U>
 - and also <https://www.youtube.com/watch?v=fPYyWhTDMQ>
 - Then if you’re curious, clicking the link here will take you on a tour through the top 10 largest world religions: <https://www.youtube.com/watch?v=KrDn2tbQYa8>.
- **Journal:** Afterward, grab your journal or someone to share with and explore these wonderings:
 - Many of the participants described God as “He”. Why do you think that happens, and what are your thoughts on that?
 - How would you describe God, and has that ever changed for you?
 - What are your beliefs about heaven and hell, and where did they come from?
 - How might your view on religion and God change if you had different parents? Lived in a different country? Followed your own intuition about what you feel is true?
- **Yin Yang:** The concept of yin and yang comes from ancient Chinese tradition. It has been used to track the passage of time and is an indicator of balance in all things. It is a powerful image that reminds us that within wholeness, within God, there is male and female, good and bad, dark and light.
 - Check out some history and background here, <https://www.kidpid.com/the-true-meaning-of-yin-yang/> and here, https://kids.kiddle.co/Yin_and_yang

- After you get a chance to explore those, take some time to color the blank yin yang symbol found below. As you color, think about how things that we call dark and light or negative and positive come together in your life to create the whole experience of something you have gone through.
- **Power Pause:** In Unity, we have something called THE TWELVE POWERS. These twelve powers are special aspects of our spiritual nature that will help to change our very world if we give them the chance to. They are abilities that we can work to develop that help us live life to its fullest.
 - First, visit this link to find out more about them: <https://www.unity.org/collection/unity-12-powers>
 - As you scroll down through the powers,
 - Read the name of each power, and the affirmation below it.
 - Grab your journal and write down the name of all twelve powers.
 - Click on each power to learn more about it.
 - Write down one way that each power could help you.
 - Pick one power to focus on this week.
 - Write down 3 things you will do this week to strengthen that power inside of you.

Meditation Zone

It's time to relax and recharge our inner batteries with a practice found in many of the world's religions ~ meditation. You will find a visualization meditation that you can do alone or even bring into your classroom. Enjoy a beautiful song by Peter Mayer that reminds us that spirit isn't only found in churches, and then take some time for gratitude before making a gratitude tree. Grow on!

- **Visualization Meditation:** Meditation can be a powerful exercise in many religions ~ and in people who don't ascribe to any particular religious belief system.
 - This meditation is described as a "Classroom Meditation". It is designed to be a break time to recenter and relax during the school day. You can do it by yourself, or even see if your teacher might take time out for meditation with your class, whether using this video or one of the thousands more you can find online.
 - First, get comfortable and take a quick 5-minute break to do the meditation. When you're ready, click the link: <https://www.youtube.com/watch?v=vARDGh069VA&t=23s>
- **Journal:** Afterward, grab your journal or someone to share with and think about your feelings and beliefs about meditation, with these questions as a guide:
 - What are your beliefs and feelings about meditation?
 - If you meditate (or are considering stepping into the practice of meditation), what kind of meditation would be your ideal one? (with/without music, people speaking or not, eyes open or closed, moving or stationary, however you relax and center best)?
 - Imagine doing this meditation with the students in your classroom. What do you think that would be like?
 - Visualization meditations can be powerful. Create your own using something that calms and centers you and write it down or record it.
- **Be "Leafing" in Gratitude**
 - No matter your race, religion, culture, or gender ~ gratitude is a universal thing. Appreciation changes our life entirely. Whether you have the best of everything or make

the best of everything you have, an attitude of gratitude fills every day with endless blessings just waiting to be counted.

- First, check out the song Grateful here ... and make sure to notice all the different cultures that you see during the video. All over the world, grateful people are like many many leaves of a giant tree of gratitude, with roots that reach everywhere!
- **Grateful:** <https://www.youtube.com/watch?v=sO2o98Zpzg8>
 - As you listen, envision a tree with leaves for everything you appreciate.
 - Afterward, create your own gratitude tree. You can draw, sculpt, papier mache, or build it out of whatever you find that works best for you to express.
- **Holy Now by Peter Mayer:** <https://www.youtube.com/watch?v=ua0PE1zulD4>
- **Sacred Table**
 - As we create our virtual Sacred Table, create one at home! This week add a blessing box. It can be any type of container and add one way to bless the world each week.

Media

Step right into the media room for a deep exploration of where science might meet faith ... or does it? Enjoy a song with the same idea, and then after exploring the video stake some time to reflect on what you think about it all. If you need to explore on your own for more ideas, please do!

- **Do You Have to Choose Between Science & Faith?**
 - Some people say that you must choose between science and religion. First, click on the link here to see what one person has to say about it:
<https://www.youtube.com/watch?v=pB9jAkXlqGY>
- **Reflection Questions:** Grab your journal or someone to share with and ponder these thoughts:
 - What do you think about what you heard in the video?
 - How do you feel about science and religion, and where and how they meet ~ or not?
 - Ask an adult in your life what they think ~ and then a student. What do you think about what they shared with you?
 - How do you think people's minds could be opened more about both science and religion?
- Enjoy this song : **Science and Faith by the Script:**
<https://www.youtube.com/watch?v=ciskOX198hQ>

Creation Station

Welcome to the Creativity Station. You will find a rich exploration of some really cool and meaningful traditions from both religions and cultures around the world. After you check out the videos, maybe you will even want to try a few out in your own world! Then take some time to settle in and create some prayer beads for yourself or someone you know who might appreciate them.

- **Cultural Traditions Around the World**
 - First, check out this video with 10 fascinating traditions from around the world:
<https://www.youtube.com/watch?v=j5da1f7NT4Q>
 - A Haka is mentioned in the video, here is a video of two groups of high school students sharing the tradition with each other during an event in 2021:
<https://www.youtube.com/watch?v=t-45JI8sXas>

- **Your Cultural Traditions**

- What cultural traditions do you take part in with your family and friends? Here are some you can look up, research, and choose to do with your tribe!
- Here is a short list of some Cultural Holidays or Ceremonies. See if you can celebrate with one of these cultures or create your own ceremony.
 - Kwanzaa - Lighting of the Kinara, create Zawadi to give to someone or arrange a family Karamu
 - Diwali - Festival of Lights - Learn how to do Bollywood
 - Christmas - Read the Nativity Story, Create a Manger, If you had \$5 What gift could you give away to someone else. From all of your gifts, what gift would you give away?
 - Hanukkah - Play the Dreidel Game
 - Día de los Muertos - Meals - Have a family picnic, Create Ofrenda – Altar
 - Yom Kippur - Have mindful mealtime, Try practicing an hour of silence.
 - Find out what someone in another country eats for breakfast or dinner, can you recreate that meal?

- **Prayer Beads**

- Quite a few different religions use beads as they pray, and many have different kinds of prayer beads. You can check out some here, along with their history, on Wikipedia! If you haven't used it before, here is your first opportunity. Click on the link to explore: https://en.wikipedia.org/wiki/Prayer_beads
- After checking them out here, you might want to check out some more pictures by doing an image search. Just type "Prayer Beads" into an image search.
- Then, gather some beads and create your own unique set!

#3 - "Ways of Being"

Opening Experience

Welcome to week 3! You are invited to open your mind with a great book by clicking on a list you can bring with you to your local library to find some you will love. Then discover more about who you are and what you love by completing our identity exploration. Pause for Principle before you go, learning about how you are a part of the all-ness of God-ness.

- **Read All About It**

- Follow this link for a list of young adult books that focus on all different kinds of people making their way in our world, a world that doesn't always work for all. Challenge yourself to a deeper reading adventure that will open your eyes and heart. <https://nppl.bibliocommons.com/list/share/75631848/1715955079>

- **Identity Explained**

- Dive in here to discover more about your identity ~ the different parts that make you ~ you! Click here: <https://www.youtube.com/watch?v=eRzRAh2M2Ao>
- After you watch the video, complete the worksheet here.
- Then check out Pop n Ollie's website with lots of material you can use to learn about equality and acceptance. <https://www.popnolly.com/free-resources?fbclid=IwAR2f6c-Z6MpWxd8FaIHq58HM2wR-KK8LfYWj7uRVPZia9mTlRLnob8oNQ58>

- **Pause for Principle**

- Unity's second principle tells us that EVERY SINGLE PERSON ON EARTH (and every animal too, by the way) is a part of God. Remember from Principle 1 that God is EVERYTHING? That really and truly means EVERY ... SINGLE ... THING! Including you. And yes, you guessed it ~ everyone else too.
- That means that no matter what someone looks like or how they move ~ no matter what they can or can't do ~ no matter what kind of family they have ~ God is within them. It is up to us to see that. And all the animals and plants too!
- Think of all the people you know, and how different they all can be from each other. In the gem outline, write or draw different things about those people you know and something that makes them shine as a unique part of the gem. You can add plants and animals in the mix as well if you like.
- For advanced creativity, grab items to use to represent those people and animals instead, grab some glue, and glue them on instead.

Meditation Zone

Ah, meditation time! This week as you click around the room you will find a 5-minute positive being meditation and reflection activity, and an exercise that will have you sending out bubbles of love. Relax in and enjoy!

- **5 Minute Morning Guided Meditation for Positive Being**

- <https://www.youtube.com/watch?v=6KdUnKJniII>

- **Journal**

- How did you feel when you heard the voice say, "Welcome Dear"? Any reaction, good or bad to being called dear? Did it make you feel more welcome, or maybe make you feel bristly? Why do you think that was your reaction?
- How meaningful did you feel your life and presence were in the world before the meditation, and then after? Describe any differences you feel.
- What length of time do you feel is best for this type of meditation? For other types? Why? How did you feel about the length of this one with what it contained? Times in your life when you were needed?
- What kinds of things have you contributed to your home, community, school, friends ~ and how did it make you feel to contribute them?
- Share a favorite experience you reflected on during the meditation.
- How do you compare yourself to others, and why?
- What do these affirmations bring up for you?
 - I have unique gifts I will share with the world
 - put 100% effort into expressing my talents
 - I was born to stand out from the crowd
- Write those or some of your own on something you can post where you can see it to help you strive to be your best.
- How do you feel after the meditation?

- **Love Bubbles**

- Either get yourself a container of bubbles and your favorite bubble wand, or make some for yourself by following this link: <https://www.hgtv.com/design/make-and-celebrate/handmade/the-two-best-homemade-soap-bubble-recipes>

- You can make wands out of anything from wire to pipe cleaners, to string! See some ideas here: <https://www.kidspot.com.au/parenting/things-to-do/make-your-own-bubble-wands/news-story/ed453ed74c9899588dacfd0a036574a4>
- **Reflection**
 - Get comfortable.
 - Put your hand on your heart, close your eyes if you want to.
 - Take a few deep breaths and imagine each one is breathing life into your heart and opening it up to feel the most love it can.
 - Open your eyes if they are closed, and blow bubbles.
 - As you do, imagine all the love and acceptance you have in your heart to share is flowing into the bubbles with your breath. Breathing in love that opens your heart and makes more love, you keep sharing that love as you breathe out into the bubbles you make.
 - Imagine as they travel out and pop, that the love inside them spreads further and further out, sending that love all over the world for people to feel as the air travels around it.
- **Sacred Table:** Find an object that connects you with your faith and add it to your meditation space.

Media Room

In the media room this week we are hoping you will let your inner child out to play for a bit. You will find a story that will be read to you about a boy whose shadow happens to be pink. You'll meet a family who has lived a similar story and then enjoy a song from India Arie about being so much more than the skin we are in.

- **My Shadow is Pink** - <https://www.youtube.com/watch?v=53ipg9ImrPU>
- **Then if you like, meet a family with a transgender teen member.**
https://www.youtube.com/watch?v=t9WMw3_zL58
- **Reflection Questions**
 - Typically, people think blue is a boy color and pink is a girl color. What do you think about that? Why? What do you think could change people's view on this?
 - What do you think about the story?
 - What feelings did it bring up for you? Why do you think that happened?
 - This story could be about someone who feels transgender, but also could be applied to anyone who feels different from what they believe they are expected to feel. In what ways do you feel different than you think people expect you to be?
 - What things can we do to create a more accepting society?
- **I Am Not My Hair by India Arie:** Enjoy the song.
 - https://www.youtube.com/watch?v=E_5jIt0f5Z4&list=PL861E962F56AACF3F&index=14

Creation Station

Flags have long been used to symbolize what people and groups stand for. This week you will learn more about so many, and then create your own. Then explore your creative side by making friendship bracelets, and even your own puzzle!

- **Flags**

- There are so many kinds of flags people design to show things they love, places they come from, things they stand for, or to celebrate something. First, check out some information about different kinds of flags here:
 - First, countries: <https://www.kids-world-travel-guide.com/world-flags.html>
 - Next, the Pride Flag: First, you can read an article about it, <https://www.compasselc.com/the-rainbow-flag/#:~:text=With%20further%20research%20the%20children,and%20purple%20is%20for%20spirit>
 - And/or watch a video about the meaning of the colors through history: <https://www.youtube.com/watch?v=6dkf-k7bqmc>
 - Then,
 - Think about things you love, celebrate, or stand for.
 - Think about what colors or symbols you could use to represent those things.
 - Check out this site showing you one way to create your own flag: <https://www.notimeforflashcards.com/2013/07/make-your-own-flag-craft.html>
 - Gather supplies to make your own flag.
 - Enjoy creating it, then make sure to record what the colors and symbols on your flag mean.
 - Share it!

- **Friendship Bracelets**

- Follow this link for instructions on how to make great friendship bracelets: <https://www.youtube.com/watch?v=YujvDp5BJ78>
 - As you create them, keep the person in mind and heart that you want to gift the bracelet to. Think of all the things you love and appreciate about them, and about how they are wonderfully unique and different from everyone else you know. When you do, your love will pour into the bracelet as you make it.
 - If you like, you can write a note to go with the bracelet letting that person know that you were holding their wonderful uniqueness in your heart as you made the bracelet, so your love is there in every thread. This just adds to the awesomeness of the gift!

- **Everyone Is a Piece of the Puzzle**

- First, check out this great site that has instructions for a few different ways to make your own puzzles. <https://happyhooligans.ca/homemade-puzzles-for-toddlers-and-preschoolers/>
- Then you can make your own!

- The idea is to either use pictures from magazines you can find that show how different kinds of people come together to create our world in the best way ~ or you can draw your own picture and make it into a puzzle.

#4 - “Exploring Unity”

Opening Experience

If we want to create unity in our world, we need to stop thinking we know people by just looking at them. Nothing could be further from the truth!

- **Taking People Out of Boxes**
 - If we want to create unity in our world, we need to stop thinking we know people by just looking at them. Nothing could be further from the truth!
 - First check out the video here: <https://video.link/w/mlZ6b>
 - Then either use the questions they did here, make up some of your own, or a little of both. Then do the activity! Either at home with your family and friends, ask your teacher for permission to do it at school, at your Unity center, or some other group.
 - You will need tape or chalk to mark out spaces on the floor for people to move to, or just tell them which corner is which.
 - Here are some questions you might ask:

▪ Who was the class clown?	* Who is always late?
▪ Who loves school?	* Who has lost a loved one?
▪ Who has ever felt left out?	* Who likes to sleep in?
▪ Who has siblings?	* Who loves to read?
▪ Who loves video games?	* Who likes pizza?
▪ Who has ever felt lonely?	* Who has ever felt bored?
▪ Who likes to draw?	* Who has ever felt hurt by a friend?
▪ Who has ever been in the hospital?	* Who has cried in a movie?
▪ Who has ever been yelled at?	* Who has ever been embarrassed?
- **Everyday Should be Earth Day**
 - We can't leave our planet out when we set out to create a world of unity that works for ALL. Where would we be without our earth?
 - As humans, we need to do a much better job in taking care of our home planet.
 - Visit this link that has 25 different ideas you can try that show us how to live in closer harmony with our earth. <https://www.purewow.com/family/Earth-Day-Activities-For-Kids>
 - Choose one, two, twenty maybe, and put them all into action in your life. Maybe you could even bring some of the ideas to your school and see if your teacher would make them into group projects!
- **Pause for Principle**
 - The five key principles of Unity all lead us over and over to action. First, we remember that God is in everything, everywhere. We try our best to see with those eyes as we look around our world. Then we remember that includes us, and we work to treat ourselves as the Divine being we are every day. Third, we always remember that the thing we hold in

our hearts and minds are the things that create the life we live. To help those thoughts align with our Divine, we pray and meditate every day to keep ourselves centered.

- When we plan anything in life, we move through those four steps before taking inspired action. When we do that, all things become new, and we can claim a life of Unity every day.

Meditation Zone

Experience a meditation designed to appreciate how diverse our world is, and all the different ways it out-pictures. Then find how easy it can be to create a wave of kindness that can flood the world.

- **Earthly Diversity Meditation**

- First, get into a comfortable position and relax. When you're ready, click on the link and do the earthly diversity meditation. <https://www.youtube.com/watch?v=eVwiGonl4JU>

- **Journal**

- What did you think of this meditation?
- What was the easiest part for you to envision? The hardest?
- What was your favorite imagery?
- How does it make you feel to hear her say everyone is dependent on everyone else for us all to survive and thrive on this planet?
- How do you think this kind of meditation exercise could help you be kinder to other people?
- How do you think it could change the way you treat our planet?

- **Kindness Kounts**

- Visit this link to The Random Acts of Kindness Foundation: <https://www.randomactsofkindness.org/>
- Explore all around, and then put some of the activities and ideas you find there into action in your life and in our world. Let's make the world a kinder place, shall we?

- **Sacred Table:** As we create our virtual Sacred Table, create one at home!

- Find an item in your home that reminds you diversity

Media Room

Welcome to the media room! You can take a long look in the mirror to reflect on what 7 billion people could accomplish if they loved and respected one another. Then reveal the hidden solutions in an interactive word search. Have fun and grow!

- **How You Treat People is a Reflection of Who You Are:**

<https://www.youtube.com/watch?v=mTsvSAItPqA&t=75s>

- **Reflection Questions**

- The video begins with a quote from A.D. Williams: "Imagine what 7 billion people could accomplish if we loved and respected one another." What thoughts and feelings does that bring up for you?

- How do you treat people you love and respect, in comparison to ones you don't care about? What makes you care about the ones you do? What can you do to care about the ones you don't?
 - What would be different about our world if there was no greed?
 - What would be different about our world if people didn't compare themselves to others?
 - How can you help to lift others up? Make others feel better about themselves?
 - What can you do to be kind to others?
 - How can you set an example of being kind and compassionate for others to follow?
 - What are your best reasons for being kind to others?
- **Interactive Word Search**
 - Click on the link to take you to an interactive word search puzzle ~ and have fun!
<https://thewordsearch.com/puzzle/521011/social-inclusion/>

Creation Station

This week in the creativity station go deeper into the things that separate us so that we might find our way to common ground. Gather a group to come up with creative solutions before you learn about love in any language, and then, just for fun ~ M&M's!! Curious? Get clicking!

- **Love in Any Language**
 - So many different languages! So many different sounds! All communicating the same things. Dive into "I love you" today!
 - First, enjoy this song about love being universal:
<https://www.youtube.com/watch?v=JzNLUaGtaCU>
 - I LOVE YOU IN SIGN LANGUAGE: <https://www.youtube.com/watch?v=jzJdvTF10A>
 - I LOVE YOU IN 60 DIFFERENT LANGUAGES!
<https://www.youtube.com/watch?v=HJY6y5XfBR8>
 - Then just for fun and with grownups' permission, click the link to go to Google translate and type in some favorite words or phrases and find out how to say them in different languages! <https://translate.google.com/>
- **Blasting Bias**
 - First click on the link to watch the video:
<https://www.youtube.com/watch?v=EdEQmH65ybQ>
- **Reflection:** Then grab your journal or someone to reflect with.
 - Why did she pick her friend Crystal when she voted for her favorite presentation?
 - What is bias?
 - Why do you think you need to be aware of your bias?
 - Share a time you saw someone treated unfairly for no reason you could understand.
 - How about when you treated someone unfairly just because?
 - Share a time that you feel someone treated you a certain way because of bias.
 - Name some things you can do to stop treating people certain ways because of bias.
- **Now check out these videos about other kinds of biases we tend to have:**
<https://www.youtube.com/watch?v=G3Aweo-74kY>
<https://www.youtube.com/watch?v=nWu44AqF0iI>
 - What do you think after that?

- What other kinds of biases can you think of, and what can you do to change them?
- **More Fun With Colors, M&Ms**
 - Here is a closing reminder about how colorful our world is, while at the same time reminding us that underneath the outside appearances, we are all the same ~ and all our labels simply float away!
 - You will need:
 - Lots of M&Ms
 - A plate
 - A glass
 - Some water
 - Patience!
 - First watch the video, which will show you what will happen, as well as how to do it all yourself. <https://www.youtube.com/watch?v=4JJG4iQwPGY>
 - Then have fun doing it!
 - Please note how the little m comes off the candy in water. Believe it or not, it's made of an edible thin paper! Reflect on how flimsy and temporary all our labels are too.
 - Make a commitment going forward to see through the labels and appreciate the color in our world. God is diversity in action!