

# EarthCare (K-6<sup>th</sup> Grade): Faith

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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!

## Pre-session Activities (20 min):

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

## Mindful Coloring Pages

Supplies:

- Coloring pages: <https://iheartcraftythings.com/earth-day-coloring-pages.html>
- Crayons/Markers
- Plants for circle time/ large cups for watering

## SUPPLIES FOR LESSON & CREATIVE EXPERIENCE

- Club soda (Other kinds of soda like Sprite or 7-Up will also work just as well) (it needs to be super cold)
- Small fresh raisins
- A clean and tall glass

## Opening

Welcome children and invite into a circle.

## Song

Begin with a joy song.

(stand like a penguin with feet together and pointed out with hands at side, salute as a penguin when singing salute and then tap your flipper whenever it says right or left)

### Penguin Song

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper!

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper, left flipper!

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper, left flipper, right foot!

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper, left flipper, right foot, left foot!

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper, left flipper, right foot, left foot, turn around!

Have you ever seen, a penguin go to tea?  
Take a look at me, a penguin you will see.  
Penguins, attention! Penguins, salute!  
Right flipper, left flipper, right foot, left foot, turn around, sit down!

### 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, take 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)** As we take a deep breath, we raise our hands high into the skies. As we release our breath we move our hands out like in a big circle. Let's do this three times and on the third time we rest our hands in prayer pose. We continue to breathe and feel the air moving in and out, the rise and fall of our stomach. This breath is our power, allowing our legs to stand and hold us up. We close our eyes and we breathe again, affirming it is God as us breathing now. This is power. To do all that we must we do. We take another deep breath and we feel the release of the breath wash over us as a blanket of love, a powerful blanket of love. We breathe again and we open our eyes. Taking another breath, we first bow to the person in front of us, then to those that are on each side of us, saying I see you, I feel you, I love you, I am grateful for you. 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 our way-shower, the great master of love. The candle reminds us that we are the light as Jesus was the light. (If there is conversation redirect and remind, we focus on how Jesus lived, not on how he died.)

- **Affirmation:** My faith is my strength. (Invite the children to repeat this.)
- **Heart Agreements:** Ask each child to take one of the heart agreements and share what it means. Then sing the song together.

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 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.)*
- **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)

## Discussion & Experience: Faith

**Scripture** – “For we walk by faith, not by sight.” 1 Corinthians 5:7

### Raisin Consciousness

With a little science experiment, we will see an illustration of Faith. When we are practicing our faith, we are believing.

(Facilitator pour very cold soda into a clear glass and separate small raisins from any clumps)

Get ready to drop the raisins into the liquid and ask the children what they expect to happen. After they share a few excited answers drop one raisin in. Drop a second raisin. Then a third.

Pass out the raisins so each child has one, ask them to one by one bring their raisin and share if they believe it will sink or float.

Initially you might point out the first two raisins probably sank to the bottom of the glass. Scientifically this means the density of those raisins was higher than the soda. The raisins that begin to dance have lower density than the soda.

When we believe, when we use the power of Faith, we are trusting in God. We let go and we let God. In this way our raisins that float have let go what was weighing them down and they float, they have become low density. We could say they have raisin consciousness.

You can raise your consciousness, through trust and belief. Consciousness means your awareness.

Think about when you jump into a pool of water you sink and then you need to swim to the surface versus when you gently enter the water and you float. When you float you are not fighting the water or direction, you are allowing. When you sink you are heavy and struggling.

We can always raise our consciousness thru the power of Faith. We believe it without having to see it, we really know it from a place centered in God.

In what ways do you practice your Faith holding a space for the Earth? You might plant a seed and as you water it, you have faith its roots are growing and it will become a beautiful vision. You could even ask how do we walk in Faith? It could be when we go for a walk and we enjoy the sun as it warms us up, or when we hear the birds singing a melody and we smile, when we walk to school. It could be caring for a pet, or leaving food outside for a wild or stray animal. We could also practice our faith by being love. There is no wrong way for faith to show up and raise our awareness to what is right in front of us.

## Stretch

Plan a nature walk. Notice what you hear, what you see, what you smell and what you are able to touch. Share how it makes you feel. This is one way we can be love to our planet.

## Meditation

Have everyone find a comfortable spot. Invite the children to take 3 slow breaths in and out. You could use a chime or bell or even a singing bowl in-between each breath.

Today we are focusing on creating our own experiences. As we start, center yourself on the Truth that you are one with God. Feel your body relax and your mind open to new experiences. Continue to concentrate on your breathing.... slowly breath in.....breath out.....in.....out. Notice the thoughts that are moving through your mind. Align these thoughts with thoughts of good and abundance because you know that what you send out comes back to you. Allow the God within to guide and direct you and know in your faith all things are possible!

*(Allow the children to sit in the stillness/silence for a moment with their eyes closed. Let them focus on their positive thoughts.)*

Thank you God for all the good in my life! Now... slowly take 3 breaths in.... and release out.....feel the joy in you.... Breathe in... and out.....feel the positive energy flow through you.... in..... and out.... feel the abundance of love! Let the warmth of happiness and joy flow through you as an expression of Faith! God is so Good! All the time! Amen.

## 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 every day.

I now am wise, I now am true.

Patient and 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.