

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

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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

- Costumes and boxes
- Recycled paper, buttons, objects, lids boxes, glue

## Opening

Welcome children and invite into a circle

*(Lead teacher please position in front of the tv screen)*

## Song

Begin with a joy song

*(Sing to the tune of Head Shoulder Knees & Toes)*

### **Alive, Alert, Awake**

I'm alive, alert, awake, enthusiastic,  
I'm alive, alert, awake, enthusiastic,  
I'm alive, alert awake,  
I'm awake, alert, alive,  
I'm alive, alert, awake, enthusiastic!  
*(Repeat, going faster)*

## Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as the 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)** As we take a deep breath, we raise our hands high into the skies as we take a big deep breath, then when we release our breath we move our hands out like in a big circle, lets 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 first bowing to the person in front 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 then 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:** I love life. Life is of Spirit and it is wonderful. (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)

## Storytime and Discussion: POWER

### Storytime and Discussion: Imagination & Power

<https://www.youtube.com/watch?v=08epsWG7LkU> Imagination by Singing Lizard

What happens when we imagine?

Imagination is where we dream how we want to shape our world. It is when we begin to create. Power is how we take control when we create our world.

Begin a conversation with the children with I Imagine ... Use the boxes, use the costumes ... Creating a story ... have playful music and invite children to take turns sharing what they have created. Then help them make take their creation into a Power statement. Where they own it. (For example I might put a cape on and begin to dance around. My teacher my help me to see that AS I dance, I express my power of joy. Joy helps my community to grow more joy. Joy helps my planet to restore.)

Then ask the children what it feels like know they are expressing this power. What else can they create?

## Creative Experience

### CRAFT

- Bring in boxes, paper, buttons, old material, whatever you can think of that is recycled. We are going to use our power to create and to affirm all this old stuff into something new. A treasured gift for someone we love. We can build castles, make cards, create gardens.

### YOGA Stretch

<https://www.bing.com/videos/search?q=every+little+cell+kids+yogs&&view=detail&mid=01F319F2DB4169437ADA01F319F2DB4169437ADA&&FORM=VDRVRV>

### Meditation

You will need a bell or chime.

Have the children close their eyes for a moment of silence. You may use the chime to help them focus on their breathing. Guide them through their breathing. Softly say Breath in....Breath out...3 times. Have them sit quietly for a few moments. After the silence have them start wiggling their fingers, their toes, rolling their shoulders, turning their heads and then opening their eyes. If they are lying down, have them sit up. End with the following prayer:

‘Thank you, God, for walking in my footsteps as me, to care others and myself. Amen’

## Closing Prayer

All week long we will smile and know God is at work. Affirming as me and through me I do good works to help my family and my world!!!