

Sacredness

3's, 4's
3/14/2010

Teacher Insights: Today we will explore the concept that all life is sacred because it has origin in God. We will also have an opportunity to demonstrate our desire to care for God's creation. This lesson will help the children begin to understand our first principle, that God is all good and active in everyone, everything, and everywhere. We would also like to focus on the idea that not just other things are sacred, but the children themselves are too! I would invite you over the next few days to reflect on your own relationship with God. Even a few moments in the silence will help to create a sacred space in you and the environment around you. Then take some time during the lesson to see God in the children and in every moment you share with them.

Unity Principles: (today's principle is highlighted)

- 1: God is all Good and active in everything, everywhere.
- 2: I am naturally good because God's Divinity is in me and in everyone.
- 3: I create my experiences by what I choose to think and what I feel and believe.
- 4: Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
- 5: Practice, Practice, Practice. I do and give my best by living the Truth I know! I make a difference!

Pre-session: It Begins With a Seed

Greet Parents and Children. As much as possible try to greet parents at the sign-in table.

- **At the Sign-in table ask:**
 - Please print names
 - Does your child have a **yellow registration form** filled out?
 - Any special needs that we should know about?

Pre-session Activity: Creation Begins With a Seed

Materials: White Paper, Crayons, Large Piece of Butcher Paper

You will find the white paper in your tubs. The other supplies will be in your classroom. As the children arrive, invite them to draw a little see at the bottom of

the paper. Above the seed have them draw something that might grow from the seed. As they finish the drawing it can be glued to the butcher paper to create a mural. As the children draw, discuss with them the concept of "gardens" and "seeds" and how all life comes from God.

Sacred Circle: I Am Sacred!

- **3 Ohms:** In order to synchronize our energies, have the children sit in a circle and begin sacred circle with 3 ohms.
- **Who is Jesus for us in Unity?** Our way-shower, the great master of love.
- **Affirmation:** I am God's sacred child!
- **Introductions/Affirmations:** In turn, have each student stand say their name and a characteristic they bring to the classroom. For example, "I am Brandon and I bring peace to the circle today." All the children warm up their hands and put their hands in the prayer position, bow, and say, "Namaste' _____, you are _____!"
Namaste' means: "The light in me sees the light in you."

Heart Agreements: Heart Agreements establish the boundaries of how everyone in the group agrees to "show up" in Sunday school. They are not being TOLD how they must show up; they are telling YOU how they have agreed to show up. During the course of the lesson, you may refer back to the Heart Agreements. For example, if a group of kids is perpetually talking while you are speaking, then you may say to the class as a whole, "What was our heart agreement about listening to speakers?" And let the kids tell you!

Our basic heart agreements are:

**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: students may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc.

Song: If You're Happy and You Know It

If you're happy and you know it flap your wings! (Do motions)
If you're happy and you know it flap your wings! (Do motions)
If you're happy and you know it, then you certainly will show it!
If you're happy and you know it flap your wings! (Do motions)

Other possible verses: If you're happy and you know it: hop like bunnies, clap like seals, sway like wind, stretch like trees, and smile like me.

Feel free to sing through as many of these verses as you would like to and have the kids do the motions for each verse!

Meditation:

Now let's sit down very quietly and get ready for our special time with God. I wonder what we are thankful for today? Can anyone think of something outside in nature that you are thankful for? *Go around the circle and have each child say something that they are thankful for.* Let's close our eyes and imagine ourselves walking outside. *Pause.* Thank you, God, for the big tree in front of me and for the grass under my feet. Thank you, God, for the birds that are flying over my head and the squirrel that just crossed my path. Thank you, God, for this beautiful sun shining on my head and for the air that I breathe... Let's take a deep breath... Thank you, God, for the dirt of the Earth that everything is growing in. Thank you, God, for all the plants and animals that live on this earth.

As we open our eyes, let's all say together, "Thank you, God, for this wonderful world." Amen.

Story time: "God's Garden"

You will find today's story in the folder in your tubs with the story box figures for the story. Today's story is a version of the creation of the garden story that is found in the second chapter of *Genesis* (*Genesis 2:4-22*). The idea that we want to express to the children today is that everything (including them) is sacred and special because it/they were made by God.

Discussion Questions:

- I wonder how man and woman took care of the Garden. What are some of the ways they could help it grow?
- I wonder where God's garden is now?
- I wonder how God's garden is like our garden? What did you plant in our garden this morning? What more would you like to plant in our garden?
- I wonder how many of you have gardens at home. How do you and your parents take care of the garden?

Creative Expression:

The Breath of Life

Materials: Bottles of Bubbles

You will find the bubbles in your tubs. Invite the children to use their breath of life to blow bubbles in the class. Invite them to try to keep the bubbles in the air as long as possible, as they pretend that the bubbles are love. When the bubble breaks, the love is free to go anywhere in the world.

Garden of Eden Story box

Materials: Figures from Story time

You may want to have some of the children playing with the figures while others are participating in the breath of life story. Using the figures, invite the children to make and play with their own Garden of Eden. Invite them to handle each creation with care- just like God does! Remind them that in order to take care of the Garden, they must carefully return the figures to the folder when they are done.

Closing Prayer:

Let us pause for a moment in silence. We send thoughts of love to everyone in the world. Pause.

Father Mother God, thank you for your presence in my life. I know that wherever I go you are. I am grateful for your sacred presence in my life and I shine your light for all to see. Thank you, God! Amen.

Teacher Reminders: Please HELP

- Return the teacher tub and all supplies to the Resource Room
- Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- At 11 put the sign-in sheets in your supply tubs.
- Put the love offering in the envelope in your tubs.
- Feel out the "Hums and Areas for Improvement" sheet found behind your curriculum in your tub. Leave the completed sheet in the tub for Brandon to collect after Sunday!