



# Full Week Faith



*These resources and ideas are tied to the theme and offer ways for you to engage with the worship series throughout the week.*

## EXPLORE THROUGHOUT THE WEEK

### Books

- [\*Stand Tall, Molly Lou Melon\*](#) by Patty Lovell
- *Understood Betsy* by Dorothy Canfield Fisher
- *The True Blue Scouts of Sugar Man Swamp* by Kathi Appelt
- [\*Sometimes You're a Caterpillar\*](#) by Chescaleigh
- *Sadako* by Eleanor Coerr and Ed Young

### Movies

- *How To Train Your Dragon*

### Songs / Music

- "Imagine" by John Lennon & The Plastic Ono Band
- "Right Here, Right Now" by Jesus Jones
- "Same Love" by Macklemore & Ryan Lewis
- "Freewill" by Rush

### Movement

Use [this finger chalice](#) or sit comfortably or practice the [Tai Chi warm-up in this video](#) , without trying to think of anything in particular. Notice what thoughts come up, and whether they are recurring - do you think about your kids? Your job? Your friends? Your finances? Your home? After the movement, use these thoughts to consider underlying values and how to address their importance.

### Craft

As you are going about your day, pay attention to the actions you take, the words you speak, the money you spend- and try to distill that down to a value, maybe honesty, integrity, family time, social action, spiritual practice. For each value, make a link of a paper chain, adding as you go, and see how your values chain grows throughout the Core Values worship series.



## PARENTING RESOURCES

This non-UU, though secular, non-partisan and inclusive website called [Roots in Action](#) has many resources for bringing up conversations about values, as well as a thoughtfully constructed list that's a great starting point for considering your own family's values. The list includes:

- Resilience
- Curiosity
- Socialbility
- Self Awareness
- Resourcefulness
- Integrity
- Creativity
- Empathy

What do you consider a core value that is not listed here?