



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 / Poetry

Look for some of these titles on Overdrive, offered free with a Sno-Isle Library card.

- [Big Cat, Little Cat](#) by Elisha Cooper
- [The Rabbit Listened](#) by Cori Doerrfeld
- [When Sadness is At Your Door](#) by Eva Eland
- [I Miss My Grandpa](#) by Jin Xiaoqing
- [Pass it On](#) by Sophie Henn
- [Vole and Troll](#) by Iza Trapani
- [I Haiku You](#) by Betsy E. Snyder
- [Anh's Anger](#) by Gail Silver

Movies

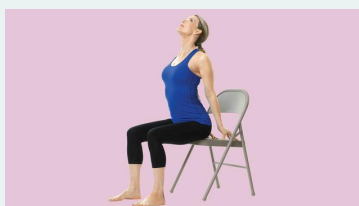
- *Ride Like A Girl*
- *Spies in Disguise*
- *Turtle Odyssey*
 - *Birders*
- *The Biggest Little Farm*

Movement

How many of us are using screens and devices more than ever? Let's counter the typical posture with some back bends.

- [Cobra Pose](#) - lay on your belly, place your hands under your shoulders, and lift yourself up, pushing lightly with your hands, using your back muscles to curve your middle back, look up gently

- [Back Bends](#) - this video shows a progression of movements that lead to a full back bend.



Craft

These [blank comic book pages](#) can be used to document in a graphic way the events of the lockdown. Have you done anything differently since we've had to stay home?

Have any new or unique experiences to record? This could be a fun way to get some thoughts out on paper, be they lonely, funny, sad, frustrating, or dull.

Songs / Music

- ["Surfin' In My Imagination"](#) by Ralph's World
- ["My Pet Rock"](#) by Recess Monkey
- ["Opposite Day"](#) by Stevesongs
- ["There's a Word For That"](#) or ["I Don't Like"](#) by Bare Naked Ladies

Connecting with Our Faith

How familiar are you with our Principles? This ["Handy Guide"](#) by Emily and Ella Jones, a mother and daughter in another UU congregation, are a fun way to help us remember.

Spiritual Practice

Loving kindness is an ancient Buddhist practice (metta) that involves sending love and light of kindness to the self, to those we love, to those we don't know well, and to those with whom we have difficulties. [This guided loving kindness meditation](#) by Jen Sievers was made to help us center during the coronavirus pandemic. Do you recognize any of the words from the worship Song of Response for Joys & Sorrows?

CHILDREN & YOUTH



Our RE Gatherings since we've gone virtual have shifted from working with the themes of the Worship Services to basing lessons on what's needed, what's realistic, and what's helpful.

We've talked about various emotions and how they visit us (sadness, grief, frustration, anger, etc.), how sometimes they're big and surprise us or feel heavy, sometimes they are fleeting, sometimes they are unwelcome, and sometimes they're new and we don't really know what they are. Sometimes they're not here yet, but we have fear or anxiety about their potential visit.

We've talked about doing kind deeds and being sneaky about them (April Fool's Day inspired), and we've challenged each other to do something sneaky nice for family or neighborhood folks. We talked about Earth Day; we explored the idea of boredom and how it doesn't really serve us, doesn't fully capture the emotions we have that are more accurately described as not knowing what to do (lack of direction), not having anything to do (not wanting to do what's available), nothing going on (relying on someone else to provide entertainment for us.) We talked about reframing the experience to consider that category of emotions as a blank canvas, ripe with possibility, and challenged the kids to shift their own perspectives from "I'm bored" to "I'm in a space of infinite possibility", to sit in that potentially uncomfortable space until they become inspired.

PLAYING WITH THE SEASON

Riddle Rhyme by Marilyn Helmer

I peek from the grass
like a bright yellow sun,
but I'll turn into fluff
before summer is done.

**Q: Why was the
strawberry sad?**

**A: Its mom was in a
jam.**



A TIME TO LAUGH

**Q: What do you call a rabbit
with fleas?**

A: Bugs Bunny.

**Q: What's a tornadoes
favorite dance?**

A: The Twist.

