

Religious Education - SKUUF

Sunday, March 3rd, 2024

Theme: *Transformation*

Story: *Growing Season* by Maryann Cocca-Leffler

Welcome + Light the Chalice

Sit together in a circle. Ask for a volunteer to light the chalice.

Joys and Sorrows

Ask if anyone would like to share a joy or sorrow. After sharing, they can move a stone from one bowl to the other if they want.

Theme of the week -

Exploring this month's theme: Transformation

The theme of the month is The Gift of Transformation. Together we will explore what transformation means for us as Unitarian Universalists. We describe ourselves as a "living tradition" which means we expect changes as we learn and grow. Just like our bodies grow and change, so do our likes and our ideas. But we also acknowledge that change can be hard. We can celebrate change and also be gentle with each other during the difficulties that come about with change.

This first session is an excellent time to explain that this month, we are exploring the Article II value of Transformation. Here is the wording that is used:

"Transformation: We adapt to the changing world. We covenant to collectively transform and grow spiritually and ethically. Openness to change is fundamental to our Unitarian and Universalist heritages, never complete and never perfect."

Mindfulness Theme Practices

Activities from Soul Matters

Change Game 1: Cross Your Arms

This activity works with any number of kids.

Set-Up

No set up required.

Suggested Introductory Words

“Here is a game about change, in which you must adapt and be flexible in what you do. Are you ready?! Let’s begin!”

Directions

- Ask the group to “cross their arms.” “Crossed” means folding their arms together, as if they were bored or waiting for something.
- Once they are done, ask them to “fold their arms the other way,” reversed of what they just performed. (We guarantee that 90 percent of the group will struggle with it.)

Theme Exploration Questions

- “How did it feel when you were asked to cross your arms the other way?”
 - Did it come naturally, or did you have to stop and think about it?
 - Were you comfortable with doing this differently from your normal process?
 - What are some things that make people resistant to change?” - source

Suggested Ending Words

“May we remember that change doesn’t always come naturally.”

Signs of Spring Scavenger Hunt Game (outdoor)

Set-Up

- Create a list of signs of spring in your area
 - Preview the outdoor area.

Suggested Script

“That is the theme of the month - Transformation- which means change. In this game, we are going outside for a Scavenger Hunt and look for things that are changing. You and your teammates will look for things on the list and check them off when all of you see the item on the list.

Directions

- First, outline any safety considerations for going outside, plus what areas the children are allowed to search in - or not. One suggestion might be to stay away from sanctuary windows where the service is going on.
- Create teams of 2 - 4 children, depending on the size of your group.
 - Provide each team with a list, a pencil and optional, a clipboard.
- Invite them to safely go outside and try to find items on the Signs of Spring Scavenger Hunt list.
- When all of the team members see an item, they check it off the list.
 - Set a time limit and ring a bell when it is time to return.
 - Teams return and compare their lists.
 - Go through the list. Note the items for which only one team saw it.
 - Whoever has the most items ticked off, wins.
- Variation: Whoever has the most items that no one else saw gets a win, too.

Theme Exploration Questions

- What was the most unique item that was checked off a list?
- What other signs of spring have you seen in other places?

Suggested Closing Words

“May we celebrate the change of the season and pay attention to the signs of growth and transformation around us.”