

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

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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 to 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

- Poster board, post-it-notes
- Crayons, markers

## Opening

Welcome children and invite into a circle

### Song

Begin with a joy song (clap hands and sing, move hands to tap legs, go back and forth for first verse. Second verse swing arms to left and then to right in a wave and then on my body is happy and well do a wiggle)

#### Every little cell

Every little cell in my body is happy,  
Every little cell in my body is well.  
Every little cell in my body is happy,  
Every little cell in my body is well!

I'm so glad,  
Every little cell,  
In my body is happy and well.  
I'm so glad, every little cell,  
In my body is happy and well!  
*(Repeat, going faster)*

## Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as they deeply breathe. To center in breath, have a deep breath, then do the same thing again and have them sigh it out heavy so that 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. When we release our breath, we move our hands out like in a big circle. Let's 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 we bow 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 am strong and 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)

## Discussion & Experience: STRENGTH

**Quote** – “We didn’t need words, we just looked at each other and just smiled.” Author Unknown

**Scripture** – “Blessed are the pure in heart for they will see God.” Matthew 5:8 NRSV

(Teacher will prepare a poster board by drawing four quadrants. It will look like this below. For those who are artists a picture of the Earth could be in the background)

This is God	What I do to be Kind
How I get the Wiggles Out	What Makes me Calm

Let’s read the scripture again... “Blessed are the pure in heart for they will see God.” Our sources of strength include the ability to see and hear God in all life. We know everything has power and we each have the presence of God working in our minds, our bodies and hearts. We recognize in both human and spiritual ways the God in everything. Blessed are the pure in heart; blessed it is to be aware of the powers you have to see and to hear from the middle of your heart. Your ability to listen from the stillness, hearing wisdom from the silence of truth brings strength. Smiling at a stranger, getting to know someone you don’t know and understanding that while in a human form we are very different, we are uniquely wonderful, and are spiritually coming from the same source. The truth happens and we see God when we see it not only in ourselves, but when we see God in each other.

Today we are going to make post-it-notes. First and foremost, we are going to remember our room is a safe and brave room. We are here to love and support one another.

Secondly everyone needs to grab some post it notes. Teacher references the poster, this is where we are going to share our source of strength as we think about our planet, Earth. We will write on a post-it-note our answers for each square. For example, we might put the moon and stars as God. Maybe picking up trash to be kind. Or rolling on the ground in the green grass to get wiggles out. Or even sitting outside listening to the birds’ chirp to make us calm.

Next, let’s as a group talk about what we see and or think about when we talk about the earth. Talk about the obvious differences, things you see or may not see which are unique and similar to each other as you have posted your notes. As a group take a couple of deep breaths ... pause ... listen and share.

Consider things like, where does your smile radiate in love and you feel desire to connect to the trees, the wind, animals? How do you feel when you notice a butterfly? Invite the children to share what helps them to think and grow and bless our planet.

We remember we do not know everyone here and yet we do know the truth of who they are. Our shares are to move into the space of affirming the power of God that is in each of us. Let’s go around the room and raise each other up by seeing the God in each person. It is alright in this share to repeat what someone else sees if you see and feel it too.

When done let’s do a blessing, but instead of to just one person we will do it to each other and for our Mother Earth.

I love you, I bless you, I truly appreciate you (just as you are), I behold the Christ you are.

Finally, each person is to think of 3 things they are grateful for right now, right them down on a post-it-note and after our time together take your gratitude notes home this week, let them be reminder of who, what you can do recognizing the God in each other and everything.

### Stretch

A game of charades, take turns acting out animals.

### Meditation

Have the children look at each other. Listen to You Are the Face of God.

[The Face of God ~ Karen Drucker - YouTube](https://www.youtube.com/watch?v=OPT7687_yko)

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### Closing Prayer

My strength is my inner light. My strength comes from God as I do amazing things. I am so grateful. Amen.