

EarthCare (K-6th Grade): Imagination

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 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

- Boxes, assortment of costumes (capes, handkerchiefs, aprons, hats, etc.)

Opening

Welcome children and invite into a circle

Song

Begin with a joy song

This little light of mine

This little light of mine,
I'm gonna let it shine
This little light of mine,
I'm gonna let it shine
This little light of mine,
I'm gonna let it shine
Let it shine, let it shine, let it shine!

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, take a deep breath, then do the same thing again and have them sigh it out really heavy where 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. Then, 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, 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 create my inner and outer world. (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: Imagination

Scripture – “The hearing ear and the seeing eye, the Lord has made them both.” – Proverbs 20:12

Quote - “I paint objects as I think them, not as I see them” – Pablo Picasso

What happens when we imagine?

Imagination is where we dream how we want to shape our world. It is when we begin to create.

Begin a conversation with the children Using the words, "I Imagine ... to care/change the world." Use the boxes, use the costumes ... Create a story ... have playful music and invite children to take turns sharing what they have created. You could act out peace, love or even joy. You could also act out planting, growing, feeding animals.

Discuss what it feels like to imagine. What does it feel like when you can bring your idea to life?

Share the affirmation, "Through our imagination we create and we change the world for the better."

Stretch

Take a discovery walk and look up at the sky.

Ask the children what do they see? Imagine that you are not only looking up and into the clouds but you are looking down into the universe, the sky. If you are looking up you can imagine the clouds as if they were little blessings winking back at us. If we are looking down we may observe the clouds moving and shifting. Possibly we may feel a sensation of gravity and what it means to be held to the earth. What does it mean to walk and experience our feet on the ground and our head in the clouds.

Meditation

Ask the children all to lay down with her their heads facing the center. Imagine each of them are the ray of the center, like the sun. As you imagine, close your eyes and soften your body. Take 3 deep centering breaths. One ... Two ... Three ... Imagine that you are a brilliant candle, where the flame flickers and rises. (Pause/breathe). Then imagine someone walks toward you and the light from your flame begins to expand and give warmth. (Pause/breathe). You are now giving out a small glow of pink light. (Pause/breathe). Slowly, your whole body feels lighter and warmer. (Pause/breathe). You feel yourself giving out a warm pink light. (Pause/breathe). Imagine someone lifts you up and carries your light to the center of the room. (Pause/breathe). Your warm and beautiful light is like the brightness of the sun. (Pause/breathe). You are now shining so brightly, as bright as you can be. (Pause/breathe). Your light symbolizes all that is possible. (Pause/breathe). Feel yourself expanding, your light going out further and further, until it shines through the entire room, then further until it shines through the whole country, and still further until it covers the whole world. (Pause/breathe). You are as big as the whole world and your light shines out in every direction. (Pause/breathe). Your light is touching all of spaces and creating warmth for all the plants and the animals. (Pause/breathe). You continue giving out this amazing light in every direction. Feel your light, connecting to all that is. (Allow a minute of silence). As you reenter the space continue to feel the warmth and the connection of the candle. You are the bright pink light which is the change in the world radiating like the sun. Amen.

Closing Prayer

I imagine a world filled in love and good will. As I do, I let my light shine as my dreams make the world a better place! Thank you, God! Amen!!!