

EarthCare (K-6th Grade): ZEAL

Submitted by Rev. Kathy Harwood Long & Rev. Liesa Chase

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!

Zeal as spiritual power / for the Teachers:

Building on the introduction to the idea of our 12 spiritual powers, now explore the spiritual power of Zeal, also understood as enthusiasm and energy. Working with an awareness of spiritual Power greater than one's own self is a meaningful beginning point for children, who often feel powerless to do anything about the problems on earth. They often fear more when they feel so powerless. Explain, Divine Power isn't power like that of SuperHeroes subduing and dominating others; rather think of Divine Power as soft power and energy which is sourced from within one's own self. Power and energy can be experienced as Zeal. Zeal is energy; we FEEL ZEAL! It is an enthusiasm that gets us going to do that which is to be done by us. Children have many ideas of ways to take care of the earth but learning how to follow through with their energy is to be explored, understood and matured. Often feeling love and caring for a creature, or trees, or favorite places in nature, helps tremendously to connect us with the power of Zeal. Our well known affirmation from Charles Fillmore, the co-founder of Unity, written in his 90's: "I fairly sizzle with zeal and enthusiasm and spring forth to do a mighty faith to do the things that are to be done by me today."

Supplies:

Book: Sofia Valdez, Future Prez By: Andrea Beaty
Name Tags, stickers, markers, Crayons
"I Am Enthusiastic" Mandala coloring page
Prayer Request forms, pens, pencils
Plants for circle time/ large cups for watering

Pre-session Activities:

Name Tag Station – Invite the children to make their own name tags when they come into the room.

Prayer Request - Invite children to complete a prayer request form.

Zeal Mandala Coloring Page – (*See end of lesson*) Invite the children to smell scented cotton balls and to put them in order of the calmest scent to most exciting scent.

Opening:

Welcome children and invite them into a circle: Let them know we're studying our 12 spiritual powers, and today, the power of Zeal to take care of ourselves and our planet is the one we are exploring.

Song:

I'm Alive, Alert, Awake Enthusiastic (available in YouTube, video with body movements)

<https://music.youtube.com/watch?v=FCbCY2nLrRs&si=DDk00TPRqeLhNCg7>

Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as they deeply breathe. To center in the breath, have a deep breath. Then do the same thing again and have them sigh an out breath; do it with enthusiasm so they can hear themselves. With the next out-breath , have them laugh it out; then one last time where it is calm.
- **Opening Prayer: (Facilitator)**
We give thanks, thank you God, for our energy. We give thanks that we can feel our energy. We give thanks that we are full of positive energy. We are enthusiastic! Thank you God for the energy to help ourselves, our family, and the earth and all the animals, the water, the air. Amen.
- **Light the Christ Candle:** Ask one of the children to light the 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 a way-shower, the great master of love. The candle reminds us that we are light in our world just as Jesus was light. We call this Divine Light. (If there is conversation redirect and remind, we focus on how Jesus lived, not on how he died.)
- **Affirmation:** I Am alive, alert, awake and enthusiastic.
- **Heart Agreements:** ask each child to take one of the heart agreements and share what it means. Example: 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, wise, and grateful. *(FYI: the children may place lots of things besides money in the love offering basket: joy, friendship, peace, love, ENERGY, etc. Ask the children to share what they are placing in the basket.)*
- **Optional: 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) Slide tray with watering cups to each child.

Storytime and Discussion: ZEAL

Questions:

Give a chance for the children to talk about their earth home. Ask: What can you tell me about our home Earth? Foster curiosity and love. Ask: What changes have you noticed? Be prepared for their fear about the future. Remind them we are learning about our God powers, and how this helps us help the earth. We build our lives and our world upon our inner wisdom.

Zeal Question: I wonder what is yours to do for the earth, or for the earth's creatures, water and air? What is your inner wisdom, and your love, suggesting you do? Do you feel the energy to do this?

What is Zeal? Divine Zeal is our God power to take action and do things.

Book:

Sofia is a kid making a difference. She doesn't always know what to do next but she is determined to follow through with her idea. She gets her community (family, church community, school community) to turn a trash dump into a park.

Read Selected Story

Sofia Valdez, Future Prez By: Andrea Beaty

- What happened to Sofia and her Abuelo? What idea was Sofia passionate about? What action did she take?
- What helped Sofia express her plan and thoughts to all the people of city hall?
- What happened after Sofia shared her ideas?
- Who worked with Sofia?
- What kept her going until the project was finished?
- How did the park make a difference to Blue River Creek?

Creative Experience:

Zeal is movement and action

Zeal and enthusiasm can be cultivated in the most unique ways. Walking while memorizing a prayer or an affirmation that centers and steadies the mind with using one word of the prayer or affirmation with every step. Massaging or rubbing acupressure points on the body. Explore using the tapping exercises of Emotional Field Therapy. We have much to learn about what draws out the power of Zeal.

Practice slowing the thinking, and focusing zeal and enthusiasm with inner wisdom. Answer the questions after any of the above experiences.

Think about your day. Are there activities you do that help care for the earth? For instance: Do you take care of any of the earth's creatures such as a dog, cat, or a bird? Gently capture insects and put them outside? Do you compost food scraps? Use re-use paper scraps? Turn off water faucets? What do

you feel proud about doing? What activities boost your energy? Is there something else you can do to help care for the earth? Or, for the earth's creatures, water and air? What ideas do you have today?

Stretch

Arm and leg stretches followed by crossbody movement.

<https://www.gonoodle.com/videos/NXQArX/wake-up>

Step by step instructions on how to salute the sun

<https://www.gonoodle.com/videos/PY18bw/how-to-salute-the-sun>

Meditation

This is only one example—

Start with this prelude:

Sit tall and still. With your hands on your lap softly focused on our Christ candle or gently close your eyes. Breathe and feel the energy flowing through your body. Let's give thanks for the God energy breathing our bodies. Now, let my words be like your words:

God you are every breath I breathe. I feel energy and love for the animals, for the trees, and plants. I love the rivers and oceans, and the water we all drink. I imagine myself taking good care of the earth in ways that make me feel strong and good about myself. I am enthusiastic. I feel the energy and power of Zeal to do what is mine to do.

I am quiet now and listen to my inner wisdom for ideas about what I can do to take care of the earth.

I am alive, alert, awake, enthusiastic, to do what is mine to do. My heart is excited to make a difference. I am the Divine power of Zeal.

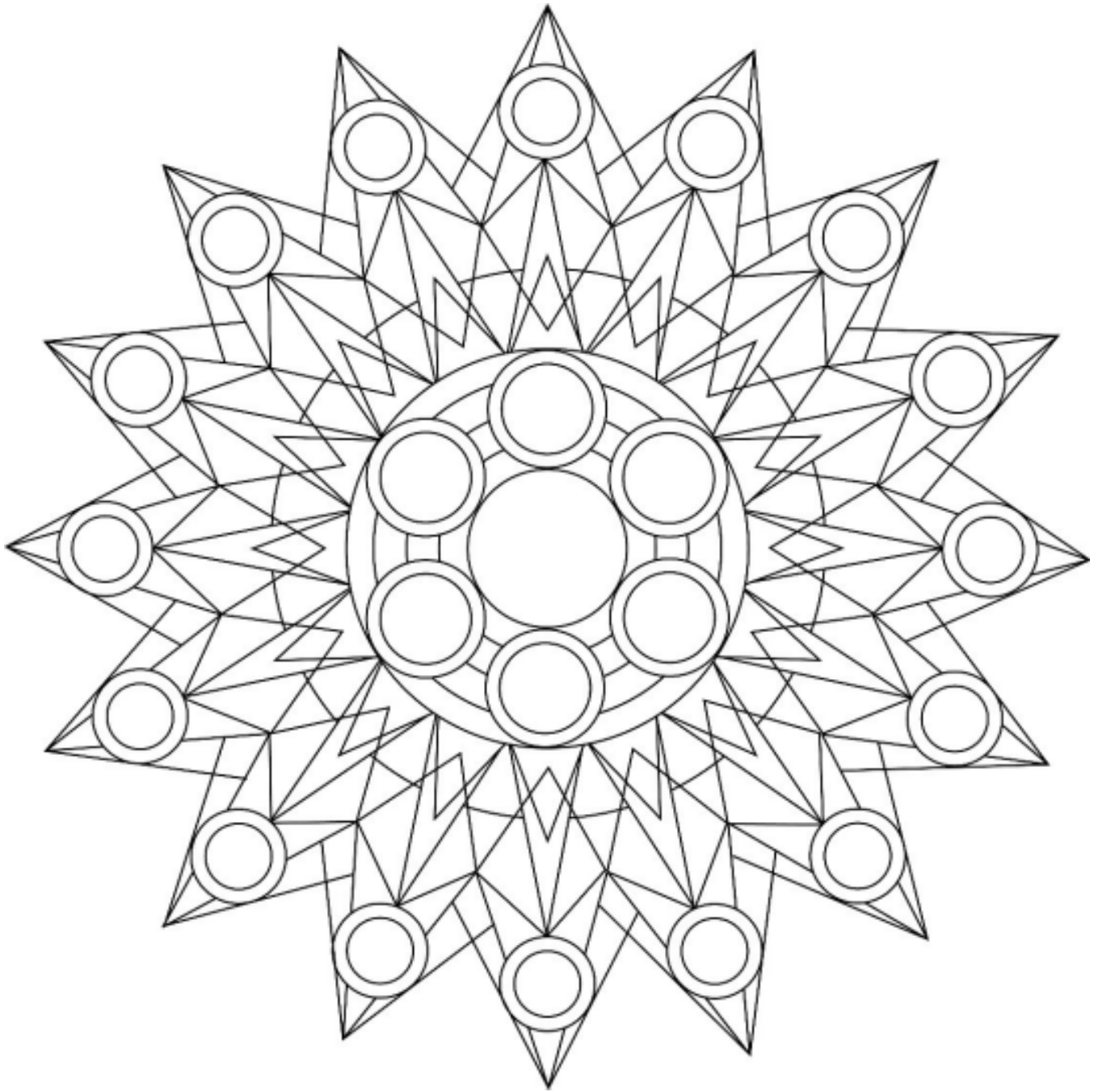
So it is. Amen.

Closing Prayer

Involve the children in the closing prayer. They might give thanks for what they do to take care of any part of creation. And, they can give thanks for their new ideas for taking care of the animals.

End with: We are thankful for our power of Zeal. We use our energy wisely. We make a positive difference for the earth and its creatures, water and air.

I Am



ZEAL