

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

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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 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

## Opening

Welcome children and invite into a circle

*(Lead teacher please position in front of the tv screen)*

## Song

Begin with a joy song **Magic Penny** [The Magic Penny Song - YouTube](#)

### Magic Penny

Love is something if you give it away,  
Give it away, give it away  
Love is something if you give it away,  
You end up having more

It's just like a magic penny  
Hold on tight and you won't have any  
Lend it, spend it, and you'll have so many  
They'll run all over the floor

For love is something if you give it away,  
Give it away, give it away  
Love is something if you give it away  
You end up having more

## Sacred Circle:

- **Breathe: (Facilitator)** Remind the children to breathe. Ask them if they can see their breath as the deeply breathe. To center in breath, have 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 place our right hand over our heart and breathe deeply three times (slowly and loudly breathe deeply modeling for children). We feel the air moving in and out and We know that this breath of love is always within us, is always a part of us. God is like the breath, always with us, always around us, always within us. As we take another deep breath, we that we are each an expression of God. We are whole and perfect just as we are. We breathe deeply again, feel God moving in and through us and we are grateful. 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:** Love fills my mind and my heart. I send love to everyone I meet. (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)

## Storytime and Discussion: Love

Scripture – The Greatest Commandment (scripture for facilitator)

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?”

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.” Matthew 22:34-40

### You Shall Love (Matthew 22:37-39)

<https://www.youtube.com/watch?v=hIvRafB07Rc> – song on today's lessons- have children get up and dance 😊

These are the two commandments on Love

1. Love God, love self with all your heart, your soul and your mind.
2. Love my neighbor

Love is like a magnet and it just loves without seeing anything but love. This kind of love is so strong it powers anything and everything it touches. In love we know what we know and are able to make right choices.

Share a time when you expressed love yourself. (examples could be taking time to play, color, take nap, be outside) Ask the children when they share how did it feel to do something for themselves.

Share a time when you expressed love for another. (examples could be sharing a cookie with a friend, giving mom/dad a hug, smiling at someone you do not yet know. How did this feel?

Share a time when you expressed love for our planet. (examples could be taking a walk and seeing the beauty in all that is around us, smelling a flower, listening to the birds.) How did this feel?

When we act in love, we practice Earthcare. We know what we need to do as we listened from an inside voice. When we see a friend that is sad and we go to give them a hug or just sit beside them, this is listening to an inside voice. This is when we show love.

## Creative Experience

Love project. Children use the heart picture and draw or write examples of how they can be love and listen to what to do. Invite the children to take their work home and share with their family.

## Charades

- Play Simon Says. As Simon calls out you might say “Simon says to take three steps and give yourself a big giant hug” or “Simon says hop two times and blow a kiss to a flower” or “Simon says gently walk as if a whisper saying I love you to the earth”.

## YOGA Stretch

[5 Calming Yoga Poses For Kids ✨ | Cosmic Kids - YouTube](#)

## Meditation

Invite the children all to lay down with her their heads facing the center of the alter. Then invite them to close their outer eyes and soften their bodies.

Take a deep breath in, and slowly breathe out. In and out. As you breathe in imagine love filling your lungs and as you breathe out imagine this love filling a balloon. With every breath the balloon gets bigger and more beautiful with your air. Then as you hold the balloon you see it take off into the sky, as it releases and goes high into the sky you see love release from this balloon. The love as it releases begins to fall down back to the earth from the sky, as it does it touches the highest branches of the trees, and feeds the ground in which the roots of the plants and trees grow. The love continues to spread and creates a space that is warm and safe. The love touches you. You feel big love, peace and power. You breathe a deep sigh ... breathe in, breathe out ... feeling this love and say thank you God! Gently opening your eyes .....start to wiggle your fingers.....shrug your shoulders....and taking one more big breath affirming Love fills my heart. AMEN

## Closing Prayer

I know the choices I make today are made out of love. I let my light shine in my choices! Thank you, God! Amen!!!

