

# I AM the Change in My World

## 3's, 4's, and K

### 1/24/2016

**This Week's Theme:** With my talents I make a difference for my community and the world.

**Teacher Insights:** This Sunday we will continue the exploration of how our talents, when put into action, make a difference in our communities, and the world. Last week we identified some of our talents we could use to make a difference in our world. This week we will be focusing on different ways we can use those tools to make a difference. All of our activities will be geared toward empowering each child to think of ways that they can make a positive impact on our world!

### **Inspirational Thoughts:**

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

-Marian Wright Edelman

No act of kindness, no matter how small, is ever wasted.

- Aesop

### **Scripture:**

Whatever your task, put yourselves into it, as done for the Lord and not for your masters.

-Colossians 3:23 (NRSV)

### **Unity Principles: (today's principle is highlighted)**

1: God is all Good and active in everything, everywhere.

2: I am naturally good because God's Divinity is in me and in everyone.

3: I create my experiences by what I choose to think and what I feel and believe.

4: Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

5: Practice, Practice, Practice. I do and give my best by living the Truth I know! I make a difference!

## **Pre-session: You Make a Difference**

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Make sure you create a sacred space at the tables in your rooms. You can do this by lighting the Christ candle and then placing sacred objects around it.

**Greet Parents and Children.** As much as possible, try to greet parents at the sign-in table.

o **At the Sign-in table ask:**

- Please print names
- Does your child have a **registration form** filled out?
- Any special needs that we should know about?
- Can we have your email address for updates?

### **Pre-session Activity: With my own two hands, I lift the world up**

**Materials:** Construction paper, an outline of a child (see end of lesson) , pre-printed and cut-out balloons of various colors, glue, stickers

**Activity:** The children can color and stylize their "persona" of the child image. Helping them write in words, ask them how they help the world with their own two hands. Write the word or phrase on a balloon and then allow them to glue it onto their picture. They can share this during circle time.

## **Sacred Circle: Being the Change**

- **3 Ohms:** In order to synchronize our energies, have the children sit in a circle and begin sacred circle with 3 ohms.
- **Who is Jesus for us in Unity?** Our way-shower, the great master of love.
- **Affirmation: I am helpful!**
- **Introductions/Affirmations:** In turn, have each student stand say their name and a characteristic they bring to the classroom. For example, "I am Kelly and I bring peace to the circle today." All the children warm up their hands and put their hands in the prayer position, bow, and say, "Namaste' \_\_\_\_\_, you are \_\_\_\_\_!"  
*Namaste' means: "The light in me sees the light in you."*
- **Heart Agreements:** Heart Agreements establish the boundaries of how everyone in the group agrees to "show up" in Sunday school. They are not being TOLD how they must show up; they are telling YOU how they have agreed to show up. During the course of the lesson, you may refer back to the Heart Agreements. For example, if a group of kids is perpetually talking while you are speaking, then you may say to the class as a whole, "What was our heart agreement about listening to speakers?" And let the kids tell you!

**Our basic heart agreements are:**

**Gentle Hands  
Open Hearts**

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### 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: students may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc.

### Meditation:

Today in our meditation we are going to give and receive God's love. I invite you to breathe slowly and close your eyes. Focus on your heart center...Pause for 30-60 seconds...Feel how full your heart is with God's light. This light is full of love. It is within you so you can share it with everyone. Now feel this light going from your heart and shining out into the world...Pause for 30-60 seconds...

Your love lights up the world. Now feel everyone's light shining back to you...Pause for 30-60 seconds... When you stay open to God's light in your heart, you are blessed. Thank you, God, for your love and light. Amen. Now bring your attention back to this room. When you are ready, open your eyes.



### Story Time: **How To Heal a Broken Wing-** By Bob Graham

Summary: "No one saw the bird fall."

In a city full of hurried people, only young Will notices the bird lying hurt on the ground. With the help of his sympathetic mother, he gently wraps the injured bird and takes it home. In classic Bob Graham style, the beauty is in the details: the careful ministrations with an eyedropper, the bedroom filled with animal memorabilia, the saving of the single feather as a good-luck charm for the bird's return to the sky. Wistful and uplifting, here is a tale of possibility — and of the souls who never doubt its power. Children will come away with the affirming message that each living thing matters *and* that an individual who performs a selfless act of service can make a difference.

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**Discussion Questions:** Ask your own questions, not all need to be asked.

- What is happening in this story?
- Who found the bird??
- What happened to it?
- What did the family do?
- How did the boy care for the bird?
- What did the parents do?
- Have you ever helped something that was hurt, or defenseless?
- Does God take care of us?
- How does it feel to help?
- How does helping others help us to be more like God?

## Creative Experience:

### Serving our community

**Materials:** Kitchen set-up, dishes, Stuffed animals, Doctor accessories, bandages, mailman accessories, various things to round out these and other dramatic play scenarios

**Activity:** Explain to the children that they are all part of a community, and that everyone in the community helps everyone at some point in time. We will have a variety of items (stations) that can support the children in scenarios of dramatic play, where they can be helpful. It's a GREAT way for them to show off their talents of helping others. There will be enough materials so everyone can try something out and then change if they want. Possibilities are:

- Doctor/Vet
- Restaurant
- Mail carrier
- Coffee shop
- Zoo keeper

\*This is to be OPEN ENDED play! Allow them to dive in and explore! Be a "customer" or "patient". Ask them about how they help the community.

## Closing Prayer:

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Let us pause for a moment in silence. We send thoughts of love to everyone in the world. Pause.

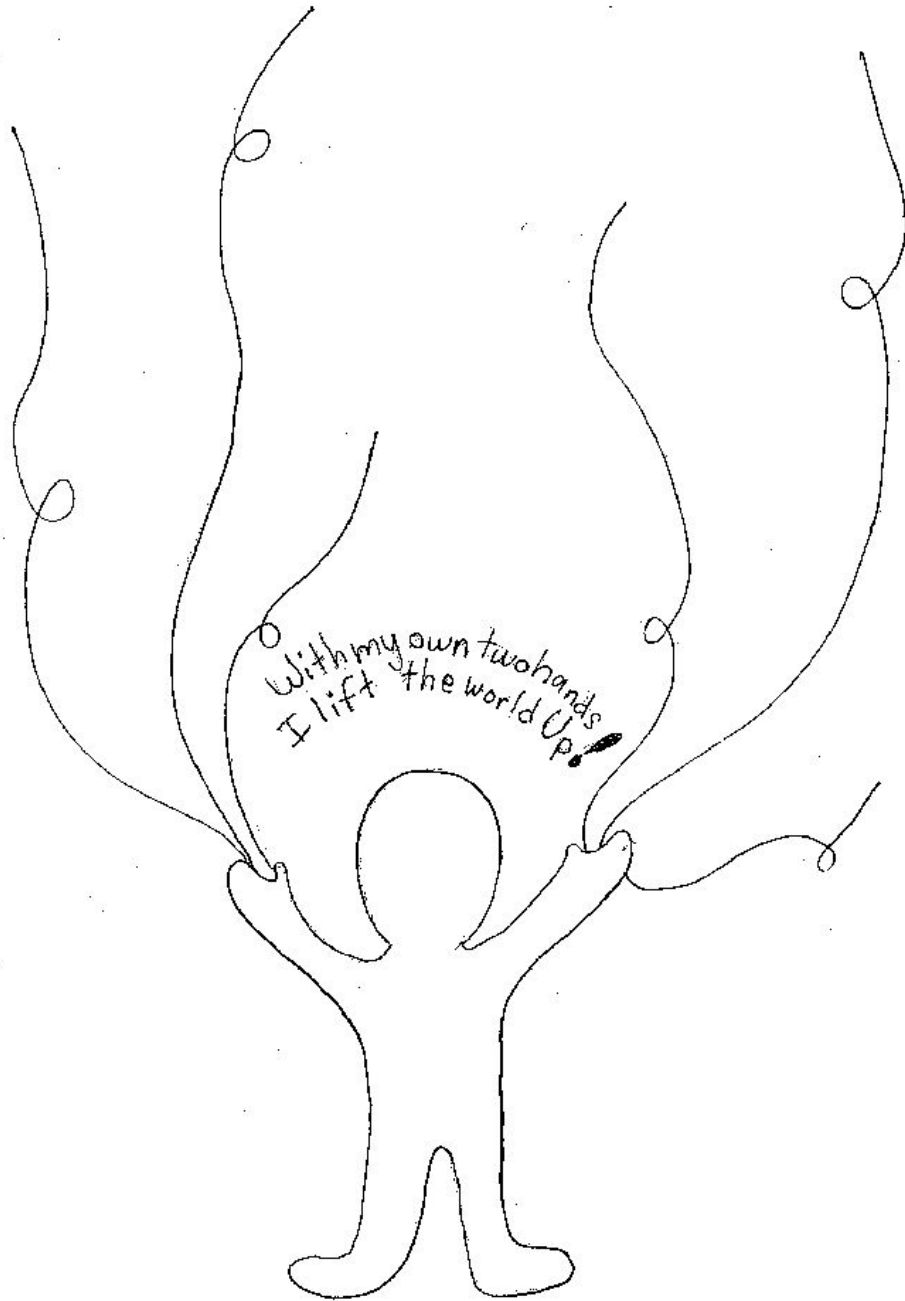
Father Mother God, thank you for this time together to learn about the power of your presence in our lives and how we always have access to that power in our lives. In this moment we choose to create a wonderful world for all. We allow our Christ light to shine out for the world to see and speak words of love and peace into our world. We are grateful. Thank you God! Amen.

## Teacher Reminders: Please HELP

- o Return the teacher tub and all supplies to the Resource Room
- o Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- o At 11 put the sign-in sheets in your supply tubs.
- o Put the love offering in the envelope in your tubs.

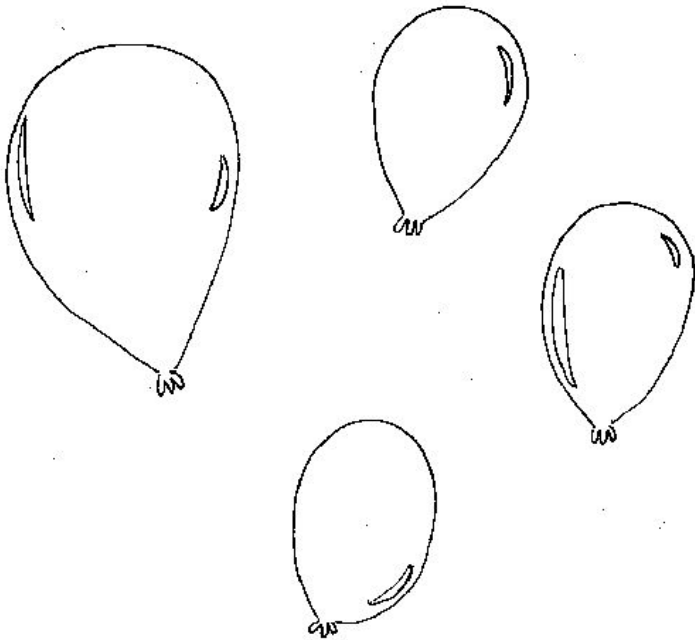
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