



Soul Matters

Choosing Hope

Elementary RE
Upper Level
December 2025

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Notes About Packet Design & Usage

To get the most out of our RE packets, we encourage users/leaders to periodically review the key components of our design and approach to our elementary age RE packets:

- **2025-26 Enhancements:** Read about all of the enhancements to this year’s packets by clicking [here](#).
- **Three Packets to Meet You Where You Are:** This year, 3 different packets come with your elementary RE subscription: One to support lower elementary programming, one to support upper elementary programming, and a third to support one-room schoolhouse RE models.
- **Theme Connection Support:** We are committed to experiential learning, so we don’t just suggest stories, games, and hands-on activities; we also provide “Set It Up,” “Sum It Up,” and “Discuss It” components that help group leaders clearly explain how the story, game, or activity illustrates or explores the session topic/focus.
- **Bullet Points for Longer Introductions:** Sometimes components of the packet require longer setup wording, such as the wonderbox wording. When this is the case, we provide bulleted talking points. We do this because subscribers told us this was more user-friendly than a fully written-out suggested script. As the year proceeds, please let us know if this change is serving you well.
- **UU Values and Inspiring UUs in Every Packet:** To support UU identity formation, we weave our UU values and stories about inspiring UUs into each month’s packet. We’ve created two important tools to guide us, which also could be used by you if you want to create your own material: a chart that pairs [our monthly themes with the UU values](#) and a chart that pairs [our monthly themes with inspiring UUs](#).
- **User-Friendly, Ready-to-Use Wisdom Tale “Story Sheets”:** To save you time and support you as storytellers, our packets list the recommended wisdom tales and a bit about them, but then provide a hyperlink that takes you to a ready-to-tell and ready-to-print Google doc version of the story.
- **Leader Notes:** Throughout the packet, we offer tips and reminders to support and guide leaders. We identify these leader notes using *purple font and italics*.

Notes About Session Sections

Each of our session sections has been designed with care and intentionality. Below, we explain our approach to each session section with some suggestions about how to engage them.

- **Light It! - Chalice Lighting**

The chalice lightings we include in the packet are centered in our [UU core value of love](#), lift up the monthly themes, and tap into the power and fun of body movements. If you'd like an alternative chalice lighting, [HERE](#) is a document with other options.

- **Tell It! - Stories to Inspire Us**

Stories are a wonderful way to make our monthly themes come alive. Knowing that stories have a developmental component, we put picture book stories in our lower elementary packets, wisdom tales in our upper elementary packets, and a strategic selection of both in our one-room schoolhouse packets.

The stories we recommend can be used for Time For All Ages in a worship service to introduce that Sunday's session theme angle to the whole congregation, or they can be used within the RE space to help your children explore the session angle.

As [oral storytelling](#) is how religious traditions have long passed down wisdom and ensured those stories have the greatest impact, we encourage storytellers to memorize the wisdom tales and tell them from memory. Click [HERE](#) for some storytelling guidance.

- **Wonder Box - Objects to Cultivate Our Curiosity**

The activities in the wonder box sections can be used at the beginning of a session to name and introduce that session's theme, or they can be used later in a session as an "[object lesson](#)" to explore the session theme in more depth.

- **Engage It! - Hands-On Activities, Crafts & Games for Experiential Learning**

Our Engage It section offers a variety of experiential options for exploring each weekly session's theme angle. All of them are offered as "building blocks," meaning we don't intend for you to use them all, but instead we offer them to you as *optional* components to choose from to create your own unique experience/session. We suggest you choose **one or two** of these options that best fit the interests of your group and the time you have available.

- **Extinguish It!**

In each session, we offer chalice extinguishing words for you to bring your time to an end. We design these chalice extinguishings to echo the chalice lighting's call to love, as well as reiterate that session's takeaway and invitation to action. Like our suggested chalice lightings, these tap into the power and fun of body movements. If you'd like alternative chalice extinguishing words, [HERE](#) is a document with other options.

Welcome to Choosing Hope

Hello Friends!

Welcome to the December Soul Matters RE Packet for Upper Elementary kids and our theme of Choosing Hope.

As winter approaches, days grow shorter, and the world around us changes. This month is a wonderful time to notice the light that shines in ourselves and in others, even when the days feel dark. In Unitarian Universalism, we believe hope is a choice we can make, a choice that helps us act with courage, kindness, and curiosity, and helps us stay connected to each other and the world around us.

Our packet this month celebrates this power we have to choose hope, with each session exploring a different way that choice transforms our life and the lives of others. It's a reminder that even when the world around us seems cold and dark, we can bring warmth and light.

With that in mind, here are the four sessions included in this month's packet:

Session One: Hope and Choosing to Create the Light for Each Other

Session Two: Hope and Choosing to Trust That it Will Work Out

Session Three: Hope and Choosing to Look in Unexpected Places

(Christmas All Ages Worship & A Winter Solstice RE Session)

Session Four: Hope and Choosing to Begin Again

I really enjoyed the opportunity this packet created to live into our UU practice of finding wisdom in the world's religions—especially by lifting up and being inspired by the Hanukkah story and the Winter Solstice message that hope can be found in the dark.

It also gave us a chance to highlight our UU value of [Transformation](#), which calls us to “adapt to the changing world.” Additionally, the theme made space to celebrate and remember two inspiring UU ancestors: Lewis Latimer, who literally created light for us, and Charles Dickens, who wrote A Christmas Carol, a story of finding hope in the unexpected place of a cold-hearted man named Scrooge.

Personally, I was moved by the opportunity to revisit and lift up the beloved UU quote by Albert Schweitzer: “At times when our own light goes out, it is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

So dear friends, I hope this month also helps you reconnect with your gratitude for those who have accompanied you in the dark and, by doing so, reignited hope in your heart.

April Rosario,
on behalf of the entire [Soul Matters Team](#)

Calendar Connections

December 2025

Click on the hyperlinked names of each event for more information or inspiration.

Interfaith

- [Advent](#) (Christian) Nov. 30 - Dec. 24, 2025 (more [here](#) and [here](#))
- [Hanukkah](#) (Jewish) - Dec. 14-22, 2025 (more [here](#))
- [Bodhi Day](#) (Buddha's Enlightenment) - Dec. 8 (more [here](#) & [here](#))
- [Chalica](#) (UU) Starts Dec. 1, 2025, first Monday in December and lasts seven days (more [here](#) & [here](#))
- [Yule](#), [Solstice](#) (Pagan/Wiccan) - Dec. 21
- Christmas Eve - Dec. 24, 2025 (Wednesday)
- Christmas Day - Dec. 25, 2025 (Thursday)
- [Holy Innocents Day](#) (Christian) - Dec. 28
- [Watch Night](#)/Freedom's Eve (Christian) - Dec. 31
- [Kwanzaa](#) - Dec. 26 - Jan. 1 (more [here](#))

National & Cultural

- [Drunk](#) and [Drugged](#) Driving Prevention Month
- [Seasonal Depression](#) Awareness Month
- [World AIDS Day](#) - Dec. 1 (more [here](#))
- [Rosa Parks](#) Arrested - Dec. 1 (1955)
- International Day of [Persons with Disabilities](#) - Dec. 3
- [The Montgomery Bus Boycott](#) - Dec. 5, 1955 - Dec. 20, 1956
- [Human Rights Day](#) - Dec. 10
- Anniversary of [Sandy Hook](#) Shootings - Dec. 14 (2012)
- [Montgomery's buses](#) are desegregated - Dec. 21 (1956)
- [Boxing Day](#) (Canada) Dec. 26 (more [here](#))

For Fun and On the Fringe

- [Nobel Prize](#) Day - Dec. 10
- How [the Grinch](#) Stole Christmas shown for first time - Dec. 18, 1966
- [Festivus](#) for [the rest of us](#) – Dec. 23

Session One:

Hope and Choosing to Create the Light for Each Other

Theme Angle

This entire month, we are exploring some of the different ways we can choose hope. This week, we lift up how we choose hope when we create light for each other. This will give us an opportunity to celebrate the inspirational UU Lewis Latimer, who literally created light for us. It will also give us the chance to engage with the beloved UU quote by Albert Schweitzer: At times when our own light goes out, it is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Light It!

Chalice Lighting

We are Unitarian Universalists (open wide toward each other)

Who put love at the center of our lives. (hands on heart)

As we light this chalice today, (cup your hands like a chalice)

May the flames (wiggle your fingers like flickering flames)

Remind us (tap the side of your head)

That we can choose to create the light for each other.

(cup hands into a chalice and then hold it out to the person on your left & right)

And that creates hope! (Sign hope in ASL)

Tell It!

Stories to Inspire Us

Wisdom Tale 1: The Light of Hope: The Story of Lewis Latimer (An Inspirational UU Wisdom Tale)

Theme Connection

This story introduces inspirational UU Lewis Latimer and explores the main messages of this month: that hope is not only found and that we have the ability to create light for each other.

Printable, Ready-to-Use Wisdom Tale Script

<https://docs.google.com/document/d/1pw1XKf7kky58kvpjl1O1MlcDax0QWU6w8ecPrFlskMA/edit?usp=sharing>

Wisdom Tale 2: A Lamp in Every Corner. (A UU Wisdom Tale)

Theme Connection

This story explores the long history of our faith tradition has with stories about hope and light. It also is a chance to remember that hope is lifted up in our new UU Values and Covenant. In our Value of Generosity, we say: “We cultivate a spirit of gratitude and hope.” And in our Covenant, we promise: “We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love.”

Printable, Ready-to-Use Wisdom Tale Script

https://docs.google.com/document/d/11fE_79kTRKkPF-OLEfJInt0skTPIT6V9_yqNOWeBn0/edit?usp=sharing

Wonder Box

Objects to Cultivate Our Curiosity

Reflection Object to Gather Ahead of Time:

- Index cards, each with one word from the quote written clearly:
- At / times / when / our / own / light / goes / out, / it / is / rekindled / by / a / spark / from / another / person.



Introduction & Reveal

If using the wonderbox to introduce the session and session theme:

- Remind the children that each month we explore a different theme, and each week we explore the monthly theme in a unique way.
- Explain that the wonderbox will provide us with a clue about today's unique exploration of the monthly theme.
- **Reveal the Index cards only**

If using the wonderbox to help the children explore the session angle in more depth:

- Introduce the wonderbox with something like, "And now let's explore today's topic some more by finding out what is in our wonderbox."
- **Reveal the Index cards only**

Wondering & Takeaway

- Hand each child one or two index cards.
- Tell them that they are each holding a piece of wisdom, but the pieces are all scrambled and ask them to work together to see if you can put the words in the right order to reveal the whole saying. *Let them arrange themselves in order. (They may need to try a few times—encourage teamwork and hints if they get stuck!)*
- Once they succeed, read the sentence aloud together: "At times when our own light goes out, it is rekindled by a spark from another person."
- Ask the group what they think the saying has to do with our monthly theme of **Choosing Hope**.
- Encourage the group to brainstorm. Ask follow-up questions if needed, then share the answer:
 - Explain that it is the first line in a beloved UU quote by Albert Schweitzer: *At times when our own light goes out, it is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flame within us.*
 - Light the chalice and explain that the flame is a symbol of hope. Sometimes it gets dim, and we need someone else to share their spark with us.
 - Every holiday during the winter season includes some kind of light because light is a symbol of hope.
 - Our UU Values say we "cultivate a spirit of gratitude and hope." That means we don't wait for hope—we choose it, and we share it, just like we did with these lights.

Engage It!

Hands-On Activities, Crafts & Games for Experiential Learning

Spiritual Practice: Mindfulness - Becoming Light and Hope

This activity should take 3-5 minutes and can be done with any number of children.

Activity Prep

Gather and set out a chime or singing bowl

Set It Up

Invite the kids to lay down or sit in a comfortable position.

Ring the bell and invite them to listen until the sound can't be heard.

Leader's Guide Words

Let's take a moment to practice being still together. Close your eyes if you want, and take a slow breath in...and out.

Now imagine that your feet are made of light. Each breath you take helps them glow brighter.

Bring your awareness to your legs. With each inhale, imagine your legs filling with light, glowing stronger with hope.

Let that light rise into your belly and back, your chest and spine. With each breath, your whole torso begins to shine.

Notice your heart. Imagine it filling with light and hope—beating and glowing with love. Feel the light spread through your shoulders, arms, and hands, all the way to your fingertips.

Now let the light move into your neck, face, and head. Your forehead, your eyes, your cheeks, your mouth, even your brain—everything glowing with light and hope.

Take a breath in and think: "I am light. I am hope."

Take a breath out and imagine sending light and hope into the world.

Picture yourself glowing like a candle, a chalice, or the bright lights of winter nights. See yourself shining in the darkness, bringing hope to others just by being here.

Rest for a moment in this body of light and hope. Breathe it in. Share it out.

When you're ready, take one more deep breath, wiggle your fingers and toes, and gently return to this room.

Welcome back, hopeful lights. May you carry this glow with you wherever you go.

Hands-On Activity: Potato Lightbulb Activity

<https://science.howstuffworks.com/innovation/everyday-innovations/how-to-make-potato-powered-light-bulb.htm>

This activity should take 20-40 minutes and can be done with any number of children.

Leader Note: This activity is best when paired with the Lewis Latimer story

Activity Prep

Gather and set out (per group of 2–3 kids)

- One potato (ideally large)
- Two pennies
- Two galvanized nails (zinc-plated nails)
- Three pieces of copper wire
- A very small light bulb or LED light

Set It Up

“Today, we are exploring how we choose hope when we create light for each other. We just heard the story of Lewis Latimer, the Unitarian who helped invent the light bulb as we know it today. His work made electric light something ordinary people could use in their homes, bringing light and hope to everyday life.

Today we’re going to do our own “light bulb” experiment. Instead of plugging into a wall like we do at home, we are going to hope we can make them work using potatoes! Potatoes have acids and minerals inside that can carry electricity. When we connect them in the right way, they can give enough power to light up a bulb. Just like Latimer’s work, we’ll see how light can be created in ways that bring hope and wonder.”

Directions

Leader Note: Be careful when handling the wires, because there is a small electric charge running through the wires. Hydrogen gas may also be a byproduct of the chemical reactions in the potato, so don't perform the experiment near open flames or strong sources of heat.

- Cut the potato in half, then cut a small slit into each half, large enough to slide a penny inside.
- Wrap some copper wire around each penny a few times. Use a different piece of wire for each penny.
- Stick the pennies in the slits you cut into the potato halves.
- Wrap some of the third copper wire around one of the zinc-plated nails and stick the nail into one of the potato halves.
- Take the wire connected to the penny in the half of potato with the nail and wrap some of it around the second nail. Stick that second nail into the other potato half.
- When you connect the two loose ends of the copper wires to the light bulb or LED, it will complete the electrical circuit and light up.

Sum It Up

“Let’s remember this activity and its message that when we make light, we also make hope. Latimer’s story shows us that one person’s spark can help light up the whole world. Every time we share kindness, love, or encouragement, we are like the potatoes and wires—connecting, sharing energy, and creating light for each other.”

Hands-On Activity: Hand Painted Candles

This activity should take 20-40 minutes and can be done with any number of children.

Activity Prep

Gather and set out

- White pillar candles (1 per child)
- Colored tea lights in winter holiday colors (red, blue, green, gold, silver, white, purple, etc.)
- Paintbrushes (smooth, tight bristles work best)
- Lighters or matches (adult use only)
- Paper towels to protect the workspace

Set It Up

“Today, we are exploring how we choose hope when we create light for each other. In December, many people celebrate with candles and lights. Hanukkah, Christmas, Yule & Solstice, Kwanzaa, all remind us that even in the darkest times of the year, we can choose light and hope. Candles are also important to us as Unitarian Universalists. We light our chalice each Sunday as a reminder of love, community, and the sparks of hope we share with one another.

Albert Schweitzer once wrote: “At times when our own light goes out, it is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

For this activity we are going to think about people who have helped rekindle our light—maybe a parent, a teacher, a friend, or someone here at church and we are going to make special candles as gifts of gratitude for those people. These candles will remind them—and us—that we can choose hope when we create light for each other.”

Directions

- Melt the “paint” by light the colored tea lights and let them burn until a small pool of melted wax collects around each wick.
- Invite kids to then dip a paintbrush into the melted wax “paint” and paint their candle.
- Encourage kids to create symbols of light, hope, and gratitude (stars, hearts, spirals, rays of sun, chalices, or just bright abstract designs).
- Bless the candle: When finished, invite each child to quietly name (aloud or in their heart) the person they want to give their candle to, saying: “Thank you for being a spark in my life.”

Sum It Up

“Let’s remember this activity and its message that every act of kindness, every spark of love, every light we share creates hope. And just like these candles, we can carry light for one another—especially in the darkest times of year.”

Hands-On Activity: Rolled Beeswax Candles

This activity should take 20-40 minutes and can be done with any number of children.

Activity Prep

Gather and set out Sheets of beeswax (8" x 16" works well; available in natural or colored), Cotton wick (pre-cut about 1–2" longer than the width of the beeswax sheet), Hair dryer (optional, to soften wax if it's cold or stiff), Scissors, Ribbon or twine for tying finished candles, Small tags or slips of paper for writing a name or short message

Set It Up

"Today, we are exploring how we choose hope when we create light for each other. To help us do that, we are going to make Beeswax Candles. These kinds of candles are one of the oldest kinds of candles in the world. Bees make the wax themselves, and people have used it for centuries to bring light into dark times. Today, we're going to make our own rolled beeswax candles as a way to remember that we can choose hope when we create light for each other just as Lewis Latimer did."

Directions

- Lay the wick along the short edge of your beeswax sheet, leaving about ½" of wick sticking out at the top for lighting, and a little extra at the bottom.
- Fold the edge of the beeswax sheet over the wick and press gently but firmly to secure it.
- Slowly and tightly roll the beeswax sheet around the wick, keeping the edges as even as possible. If the wax feels stiff, gently warm it with your hands or a hair dryer until it softens.
- Press the final edge of the sheet down so it seals.
- Tie the candle with ribbon or twine. On a tag, invite kids to write the name of the person they're grateful for, or a word like "Hope," "Light," or "Gratitude." Attach it to the candle.

Sum It Up

"Let's remember this activity and its message that that hope is not just something we wait for, it's something we make. And when we share our light with others, we help their hope burn brighter too. Just like bees each add their work to make wax for the hive, we each bring our spark to make light for the world."

Game: Quick Spark Relay

This activity should take 5-10 minutes and games works best with 4+ kids

Activity Prep

Gather and set out 1–2 small soft balls, plush flames, or beanbags (sparks)

Set It Up

“Today, we are exploring how we choose hope when we create light for each other. To help us do that, we are going to play a game that helps us experience how quickly hope can spread when we choose to share it, while reflecting on gratitude for those who have “lighted our flame.”

Directions

Leader Note :

Keep energy high by counting seconds aloud: “Pass it fast! 1...2...3...go!”

Encourage giggles, dramatic gestures, or fun names for sparks to make it playful.

Emphasize that the spark represents hope, gratitude, and the light we share with each other.

- Have kids stand in a circle or two lines facing each other.
- Hold up your soft items and explain that it represents your spark of hope. The goal is to see how quickly we can light up the whole room!
- Start with one spark. Kids pass it as fast as they can around the circle or across lines.
- Every time they catch it, they must say a word out loud that reminds them of hope or someone who has been a light for them (e.g., “Mom,” “Friend,” “Kindness,” “Courage”).
- Introduce a second spark halfway through to make it more challenging and exciting.

Discuss It

- How did it feel when the spark moved quickly?
- What happens if someone hesitates or doesn’t pass it?
- How can we be sparks for each other in real life?
- Optional Gratitude Wrap-Up:
Invite kids to jot down on a slip of paper the name of someone who has “lighted the flame” in their life. Collect these in a bowl or hang them on a “Gratitude Wall.”

Sum It Up

“Let’s remember this game and its message that just like the spark we passed, hope grows when we share it. Every kind word, every act of help, every smile is a spark. And when we remember those who have helped us shine, we carry their light forward to others.”

Game: Light the Spark Freeze Tag

This activity should take 5-10 minutes and games works best with 4+ kids

Activity Prep

Gather and set out 1 small battery tea lights or LED candles per child

Set It Up

“Today, we are exploring how we choose hope when we create light for each other. To help us do that, we are going to play a special version of Freeze Tag that will remind us that hope and light grow when we share them and encourage us to help each other shine.”

Directions

- Designate a play area with clear boundaries and give everyone a battery candle.
- Choose one child to be “It” and try to tag everyone else.
- When a child is tagged, they must “freeze” in place.
- The only way to be “unfrozen” is for another child to turn on their battery candle and touch the frozen player, symbolically “sharing light and hope.”
- After being unfrozen, children rejoin the game.
- The game continues with “It” trying to tag more players. Optionally, rotate who is “It” every few minutes.

Discuss It

- How did it feel when someone helped “light” you again?
- Was it easier to get moving when hope was shared?
- How can we be sparks of light for people in our lives outside of this game?

Sum It Up

“Let’s remember this game and its message that every time we encourage someone, lend a hand, or share kindness, we are turning on a light for them—and making our world brighter.”

Extinguish It!

We are Unitarian Universalists (open wide toward each other)

Who put love at the center of our lives (hands on heart)

As we extinguish our chalice (cup your hands like a chalice)

And as we go out into the world, (use finger to make a walking motion)

Let us remember (tap the side of you head)

That we can choose to create the light for each other.

(cup hands into a chalice and then hold it out to the person on your left & right)

And that creates hope! (Sign hope in ASL)

Session Two:

Hope and Choosing to Trust That it Will Work Out

Theme Angle

This month, we are exploring some of the different ways we can choose hope. This week, we lift up how hope can be found when we make the choice to trust that it will work out. We all find ourselves in times where our well is drained, we have run out of steam, we have run into a dead end, and we can't see the path forward. In these seemingly hopeless moments, we can find hope by reminding ourselves that we can trust life to help us out. This session gives us a chance to live into our UU practice of finding wisdom in the world's religions, and in particular, lifting up and being inspired by the Hanukkah story.

Leader Background: UU World Article - [Embracing "And": There's Room to Be Both Jewish and UU](#)

Light It!

Chalice Lighting

We are Unitarian Universalists (open wide toward each other)
Who put love at the center of our lives. (hands on heart)
As we light this chalice today, (cup your hands like a chalice)
May the flames (wiggle your fingers like flickering flames)
Remind us (tap the side of your head)
That when things are hard (bend down and knock on the hard floor)
Or sad, (put your index finger under eye and pull down like tears)
We can trust that Life and others will help us out. (Lock arms with person to your left and right to make the whole group interconnected & in it together)

Tell It!

Stories to Inspire Us

Wisdom Tale: The Hanukkah Story and the Light of Hope (A Jewish Wisdom Tale)

Theme Connection

All religions have stories that contain hope, courage, and guidance for us. This story explores Judaism and the hope found in the story of Hanukkah.

Printable, Ready-to-Use Wisdom Tale Script

https://docs.google.com/document/d/1K0IHcl7qBwbvqD6zzNb638_H_Cl3VnU1PcyMwrwG0yl/edit?usp=sharing

Storybook: One Candle by Eve Bunting

Theme Connection

One Candle tells the story of a Jewish family remembering Hanukkah in a very tender way. During a family Hanukkah gathering, the grandmother and great-aunt share how they secretly celebrated Hanukkah in a concentration camp during the Holocaust, lighting a potato as their “candle.”

Set It Up

One of our Unitarian Universalist practices is to look for wisdom in many places—science, nature, our own lives, and the world’s religions. Every religious tradition has stories that contain hope, courage, and guidance for us. This week, we turn to Judaism and an inspiring storybook about Hanukkah that reminds us that there is always a way to “find strength in the bad times.”

Read Aloud

<https://www.youtube.com/watch?v=RmTw5br3-cl>

Discuss It - Reflection to “[Build and Bond](#)”

- Why do you think lighting even one candle—or one potato light—was so important to them?
- How do you think the family felt when they found a way to bring light into such a dark time?
- What does this story teach us about finding hope, even when things feel very hard?
- As Unitarian Universalists, we learn from the wisdom of many religions. What wisdom do you find in this Hanukkah story?
- The Jewish family kept their tradition alive, even when it was dangerous. What traditions in your own family or community help you feel strong and connected?
- What are some small “lights” of hope in your life right now?

Wonder Box

Objects to Cultivate Our Curiosity

Reflection Object to Gather Ahead of Time:

A glow stick (or several)



Introduction & Reveal

If using the wonderbox to introduce the session and session theme:

- Remind the children that each month we explore a different theme, and each week we explore the monthly theme in a unique way.
- Explain that the wonderbox will provide us with a clue about today's unique exploration of the monthly theme.
- Reveal what is in the box.

If using the wonderbox to help the children explore the session angle in more depth:

- Introduce the wonderbox with something like, "And now let's explore today's topic some more by finding out what is in our wonderbox."
- Reveal what is in the box.

Wondering & Takeaway

- Ask the group what they think **this glow stick** has to do with our monthly theme of **choosing hope**.
- Encourage the group to brainstorm. Ask follow-up questions if needed, then share the answer:
 - Explain that today is about exploring how hope can be found when we make the choice to trust that it will work out.
 - Hold up the unlit glow stick (uncracked) and emphasize that it is dark and it looks like nothing is happening. This is what it can feel like when life feels hard, or we feel stuck, or like there's no hope.
 - Lift up that sometimes in life we can't see any light. It can feel hopeless, like we're covered in darkness.
 - Now we can choose to just accept life or the glow stick like this, or we can hope and trust that it will work out (**Bend/snap the glow stick**)
 - Highlight that the glow stick can remind us that even in moments that feel hopeless, hope can appear if we trust that life can help us. Sometimes we just have to take a small step—or make a choice—to let life's light show up. The glow stick shows us that hope doesn't always come the way we expect—but it can still happen."

Optional Takeaway: Let each child hold a glow stick for a moment, bend it, and watch it glow.

Engage It!

Activities, Crafts & Games for Experiential Learning

Spiritual Practice: Hanukkah Blessing

This activity should take 3-5 minutes and can be done with any number of children.

Activity Prep

Gather and set a device to play the blessing on.

Set It Up

Start by listening to this Hanukkah blessing. <https://www.youtube.com/watch?v=Kb7q7ztFOPc>

Then invite the children into a time of guided meditation:

“Let yourself relax. Take in a nice, slow, deep breath. And then let it out. Breathe in. And out. Deep. Slow. Breathing in. And breathing out. (Pause)

And let your bodies relax. Let your muscles relax. Let your face relax. Let your mind relax. Whatever you’ve been carrying around with you all day that you don’t need right now, let it go. Let all of you—body, mind, and spirit—deeply and fully relax. Keep breathing. (Pause)

Imagine you are gathered around a candle with your family. What would make you feel connected and hopeful? Do you tell stories? Do you sing a song? Who would you like to join you? What does that person do? What does that person say? May the warmth of their presence stay with you always.

Return to this place.”

Discuss It

Invite the children to share how/what they felt in the meditation. Who appeared?

Activity: Jelly Donuts & Hopeful Conversations

This activity should take 20-40 minutes and can be done with any number of children.

Activity Prep

Gather and set out Jelly donuts/munchkins and napkins/plates

Leader Note: Be sure to check for food allergies before doing this activity.

Set It Up

“Today, we are exploring how the Hanukkah story inspires hope when things look uncertain. Today, we get to enjoy a Hanukkah treat: jelly donuts, also called sufganiyot. Donut are made from dough fried in oil it is a tradition custom to eat foods fired in oil on Hanukkah as a way of celebrating the miracle of the oil that lasted eight days. So as we enjoy our donuts, let’s talk about hope, and about how UUs find inspiration from stories like this.”

Discuss It

- In the Hanukkah story, the Maccabees lit the menorah even when there wasn’t enough oil. What do you think gave them the courage to try anyway?
- Have you ever been in a situation where it looked like things wouldn’t work out — but you tried, and something surprising happened?
- UUs say we learn from many religions and stories. Why do you think it’s important to hear wisdom from different traditions, not just our own?
- The menorah kept shining even when it seemed impossible. What reminds you to keep shining when you feel tired or stuck?
- Do you consider yourself a hopeful person? Why or why not?
- What is something you hope for yourself? Your family? Your Friends? The world?
- What might it mean for you to “be hope”? It’s one thing to believe in hope; it’s quite another to become it.
- Who is hope for you? Whose way of being in the world helps you believe that tomorrow will be better? What are you doing to ensure that their inspiration remains front-and-center rather than faded and far away?
- Do you think it gets harder or easier to have hope as you grow older?

Activity: Candle Flame Jumping and Craft

<https://www.scientificamerican.com/article/make-a-candle-flame-jump/>

This activity should take 10-20 minutes and can be done with any number of children.

Activity Prep

Gather and set out paper flame cutout and coloring supplies, several small birthday candles, matches or a lighter, bowl filled with wet sand, straws, water or a fire extinguisher.

Set It Up

“During Hanukkah, light and candles are symbols of trust and hope. Today, we’re going to see something amazing that candles can do. When one candle goes out, its flame can sometimes ‘jump’ back to life from another flame or even from its own smoke. Just like that, when we feel low or hopeless, our light can be rekindled by trusting and by being near others who care.”

Directions

- Begin with a demonstration:
 - Stand one candle up in your wet sand
 - With an adult’s help, light the candle. Watch the flame for a few seconds.
 - Blow the candle out. Notice the little trail of white smoke rising from the wick.
 - While the smoke is still there, bring a lit match close to the smoke (but not touching the wick). The flame should “jump” back down the smoke and relight the candle.
- With Two Candles:
 - Place two candles close together in the sand and light them both.
 - Use a straw to gently blow out just one candle. Watch what happens. Sometimes the flame from the burning candle will “jump” and re-light the one that went out.
 - Try it a few times: Does it always work the same way?
- Explain that even with just a little flame, hope can spread. The Maccabees trusted the light they had — and it was enough. We, too, can choose to trust that even small sparks of hope can grow.

Optional Add-On Craft

- Give each child a paper flame cutout.
- On it, have them write one small thing they can choose to trust when life feels uncertain (e.g., “My family will help me,” “I can start again tomorrow,” “Kindness is real”).
- Collect the flames onto a poster to make a big “Menorah of Hope.”

Discuss It

- How does it feel knowing you can send hope to others?
- How does it feel to know that our friends hope can jump over to us when we are feeling hopeless?
- What does this remind us about the Maccabees’ choice to light the menorah, even when it seemed like it wouldn’t work?

Sum It Up

“Let’s remember this activity and its message that even when our own light feels dim or blown out, we can borrow light from each other. By listening, encouraging, or simply showing up, we help one another’s flames burn again.”

Game: Dreidel

This activity should take 20 -30 minutes and is best done with at least 3+ kids

Activity Prep

Gather and set out game pieces (chocolates, pennies, candies or other treats) and a dreidel

Leader Note: If you have lots of kids, you might want a second dreidel to have two games going at a time

Leader Background: [The Surprising Origin of the Dreidel](#)

Set It Up

“Does anyone know what this is? (hold up a dreidel) It’s a dreidel!

I know many of us think of this as a Hanukkah game, but did you know that originally this game had nothing to do with Hanukkah?

Legend says that during the time when the Greeks had taken over the Holy Land (a special place where their faith began over 3,000 years ago, where they believe God promised them a home, and us considered the heart of Judaism) which led to the rebellion from which we get our Hanukkah origins. So Jewish children learned in secret and would pull out a spinning top if a Greek soldier passed by, to give the illusion of simply playing.

They had hope that someday the Torah would not be outlawed and wanted to be able to read it, so they created a way to study even when things seemed hopeless. The dreidel has been a classic game played to this day.

So today we are going to play dreidel as a reminder that sometimes we need to use our smarts to find a way to create hope in the midst of hopelessness.”

Directions

- Each player begins with an equal number of game pieces (usually 10–15).
- At the start of the game, every player puts one game piece into the center "pot".
- Each player spins the dreidel once during their turn. Depending on which side is facing up when it stops spinning, the player gives or takes game pieces from the pot:
- נ (nun): do nothing
- ג (gimel): take everything in the pot
- ה (hei): take half the pieces in the pot (if there is an odd number of pieces, round up to the nearest whole number)
- ש (shin) or פ (pey): add one game piece to the pot (or in some variations, 3 pieces for each of the 3 stems in the letter shin)
- Once a player is out of pieces, they're "out" or can ask another player for a "loan." The last player standing wins!

Sum It Up

“Let’s remember this game and its message that sometimes we need to use our smarts to find a way to create hope in the midst of hopelessness.”

Extinguish It!

We are Unitarian Universalists (open wide toward each other)

Who put love at the center of our lives (hands on heart)

As we extinguish our chalice (cup your hands like a chalice)

And as we go out into the world, (use finger to make a walking motion)

Let us remember that when things are hard (bend down & knock on the hard floor)

Or sad, (put your index finger under eye and pull down like tears)

We can trust that Life and others will help us out. (Lock arms with person to your left and right to make the whole group interconnected & in it together)

Session Three:

Hope and Choosing to Look in the Unexpected Places

Christmas All Ages Worship & A Winter Solstice RE Session

Theme Angle

This month, we are exploring some of the different ways we can choose hope. This week, we lift up how we choose hope when we look in the unexpected places. This session allows us to explore the Winter Solstices surprising message that hope can be found in the dark and Christmas's surprising message that hope can be found in the outcasts and seemingly powerless. This session will also give us an opportunity to celebrate the inspirational UU Charles Dickens, who wrote A Christmas Carol, a story of finding hope in the unexpected place of a cold-hearted man named Scrooge

Leader Note: Knowing that this time of year is busy and churches may be doing very different activities, we've designed this lesson to be flexible:

- [Yule, Solstice](#) (Pagan/Wiccan) - Dec. 21 -
- Christmas Eve - Dec. 24, 2025 (Wednesday)
- Christmas Day - Dec. 25, 2025 (Thursday)

Option 1: [Multigenerational Winter Pageants & Services Ideas](#)

Since RE programs differ widely on the Sundays around Christmas, we are offering ideas and elements for creating multigenerational services or pageants for children, youth, and adults. We hope that the variety of elements provided below will be “building blocks” for whatever holiday programs you are planning! This link is also included in the Lower Elementary and One Room School House Packet. It includes two wisdom tales, two no rehearsal pageants, a guided meditation, and a hands-on craft.

Option 2: [Winter Solstice RE Session](#)

Because RE programs vary widely on the Sundays around Christmas, some of you may be holding your pageant midweek on Christmas Eve or Christmas Day, rather than this Sunday. For those who are, we are offering our regular RE session, featuring Upper Elementary 'building blocks' that can be used to create a Winter Solstice-focused lesson this Sunday.

Leader Background: National Geographic “What’s the Winter Solstice”

<https://kids.nationalgeographic.com/history/article/winter-solstice>

Option 3: Combine elements of both for your Sunday Service, RE and/or Christmas Service

Session Four:

Hope and Choosing to Begin Again

Theme Angle

This month, we are exploring some of the different ways we can choose hope. This week, we lift up how we choose hope when we notice we have the ability to start over. This session gives us the opportunity to explore and honor the invitation of new news, as well as celebrate our UU value of transformation.

Leader Note: We are reminded by the many wonderful DREs we work with that New Year's Sunday is a perfect time to keep things simple. Many families will be away, so this session is designed to be an All-Ages light, easy, and joyful lift.

Light It!

Chalice Lighting

We are Unitarian Universalists (open wide toward each other)

Who put love at the center of our lives. (hands on heart)

As we light this chalice today, (cup your hands like a chalice)

May the flames (wiggle your fingers like flickering flames)

Remind us (tap the side of your head)

Each new day is a chance to start again

(Get down in a runners [starting stance](#))

Tell It!

Stories to Inspire Us

Wisdom Tale 1: How the Resolution Came to Be (A Wisdom Tale adapted from The History of New Year's Resolutions)

Theme Connection

This story explores the history of New Year's resolutions and how they offer us a chance to choose hope by beginning again.

Printable, Ready-to-Use Wisdom Tale Script

https://docs.google.com/document/d/1g07HrCMBWrWPEcbGmgaZGBr67AYb3_BtVFO0zyo_7Bs/edit?usp=sharing

Wisdom Tale 2: The Story of Mussa and Nagib (A Middle Eastern Wisdom Tale)

Theme Connection

This story explores and reminds us that hope and transformation begin when we choose what to let go of and what to keep.

Printable, Ready-to-Use Wisdom Tale Script

<https://docs.google.com/document/d/1MaJx3APJrGVMZ3Trle6gmbAjCccrelgU59vUhGp5uco/edit?usp=sharing>

Alternative Picture Books

- The Feather: A Story of New Beginnings by Kren York
- My Tree a story about New Beginnings by Hope Lim and Il Sung Na

Wonder Box

Objects to Cultivate Our Curiosity

Reflection Object to Gather Ahead of Time:

Whiteboards and dry-erase markers



Introduction & Reveal

If using the wonderbox to introduce the session and session theme:

- Remind the children that each month we explore a different theme, and each week we explore the monthly theme in a unique way.
- Explain that the wonderbox will provide us with a clue about today's unique exploration of the monthly theme.
- Reveal what is in the box.

If using the wonderbox to help the children explore the session angle in more depth:

- Introduce the wonderbox with something like, "And now let's explore today's topic some more by finding out what is in our wonderbox."
- Reveal what is in the box.

Wondering & Takeaway

- Ask the group what they think **these have** to do with our monthly theme of **choosing hope**.
- Encourage the group to brainstorm. Ask follow-up questions if needed, then share the answer:
 - Explain that today is about exploring how New Year's is a wonderful reminder of how we choose hope when we notice we can start over
 - Give each child a small whiteboard (or sheet of paper in a page protector with dry-erase marker).
 - Invite them to draw something silly or write a word.
 - Then say: "Now we get to erase and start over!" Repeat a few times.
 - Debrief: "How does it feel to erase and try again? How is that like choosing hope?"

Engage It!

Activities & Crafts for Experiential Learning

Dissolving Bowl Resolution Ritual

This activity should take 10-20 minutes and can be done with any number of children.

Activity Prep

Gather and set out small slips of [dissolvable paper](#), pens or markers, and a large bowl or basin of water.

Leader Note: Use water-soluble markers or paper for a magical dissolving effect.

Set It Up

“The New Year reminds us that we can let go of things that hold us back and make space for hope, growth, and new beginnings.”

Directions

- Begin with a short meditation or guided reflection like this:
“Think about something that has been hard for you, a worry, habit, or feeling you want to let go of. Imagine it being washed away and erased so you can make space for new beginnings.”
- Give each child a slip of paper and a pen and invite them to write or draw something they want to let go of and a hope they have for the new year, a resolution.
- Invite children to come forward if they want and share the meaning of what they wrote.
- Emphasize that sharing is optional—some things can be private.
- Have children drop their slips into a bowl of water and watch the paper float, dissolve, or sink, symbolizing letting go and making space for hope.

Sum It Up

“Let us remember this ritual and its message that just like these papers are washed away, we can release what weighs us down and invite hope and new beginnings into our lives.”

Hope Journals

This activity should take 20-30 minutes and can be done with any number of children.

Activity Prep

Gather and set out paper, markers, stickers, and staplers.

Set It Up

Today, we are exploring how we choose hope when we notice we can start over. To help us do that we are going to make hope journals. A place where we can draw or write down all our hopes and new ideas for the year to come.

Directions

- Invite kids to make a small booklet or journal.
- On the cover, they decorate it with the title: “My Hope Journal.”
- Invite them to draw or write on the first page something they’d like to begin again in the new year.

Share Out

Invite kids if they are comfortable to share their hopes with each other.

New Beginnings Breakfast

This activity should take 30-60 minutes and can be done with any number of children.

Leader Note: Be aware of food allergies

Activity Prep

Gather and set up a breakfast buffet with

Plates, napkins, silverware, and cups

Drinks

Pancakes or Waffles

Toppings (blueberries, chocolate chips, strawberries, bananas, whipped cream, sprinkles, syrup, butter, etc.)

Set It Up

"Today, we are exploring how New Year's is a wonderful reminder of how we are choosing hope when we notice we can start over and begin again. This is also a way we live into our UU value of Transformation. To help us do that we are going to take a lesson from breakfast: Just like pancakes/waffles start as batter and transform on the griddle, we have the chance to transform our year ahead with hope."

Directions

Invite kids to have breakfast together, and as you do, have a conversation about the hopes they have for the year to come.

Discuss It

- What is the best thing that happened this year?
- If I could choose "a person of the year," it would be _____.
- The biggest challenge I overcame this year was...
- The one thing I wish I had done this year was...
- Next year, I hope that...
- Sometime in my life, I want to...

Blanket Forts, Hot Cocoa, and a Movie

This activity should take 60+ minutes and can be done with any number of children.

Activity Prep

Gather and set out

- A variety of sheets, blankets, pillows, and binder clips or other ways to secure over tables, chairs, etc., to build the forts
- A Hot Coco station (Be mindful of allergies- have dairy-free options for the hot chocolate and vegan marshmallow options for those who may not be able to have gelatin.)
- A device to play a movie on

WTC Note: Many folks find themselves mentally, spiritually, and physically overwhelmed during the winter holidays. Some folks suffer from depression. Additionally, for those who have experienced loss, the holidays and shorter hours of daylight can amplify the pain of that loss. All of this means it is important to remind ourselves and each other that it is ok to take time to slow down, find calm, and even cuddle up with our favorite thing in real and metaphorical blanket forts!

Set It Up

“Raise your hand if you’ve ever felt really tired. (pause, raise your own hand) Yep, me too! The holiday season can be fun, but it can also be super busy—there’s so much going on that we sometimes forget to slow down. For lots of people, the New Year is a chance to pause, take a deep breath, and begin again with new hope.

So today, we’re going to celebrate the hope that the New Year brings and our UU Value of transformation by transforming blankets into blanket forts—our own cozy little spaces—where we can rest, recharge, and imagine the new beginnings we’re hoping for in the year ahead”

Directions

- Invite kids to build blanket forts. Make sure you have plenty of space. Give them a time limit to build so you have time for some actual resting.
- Invite them to transform their warm milk into a cozy hot chocolate treat with hot cocoa, peppermints, marshmallows, whipped cream, sprinkles, etc.
- Rest and recharge while you watch a movie that lifts up new beginnings and transformation.

Movie Options

- Akeelah and the Bee (2006, PG) - A Movie about overcoming challenges, stepping into new possibilities.
 - Akeelah’s journey shows courage, growth, and transformation through learning and community support.
- Moana (2016, PG) A movie about personal growth, following your calling, and transforming your world.
 - Moana leaves what is familiar, faces challenges, and discovers her strength and purpose.
- Soul (2020, PG) - A movie about self-discovery, purpose, and appreciating new opportunities.
 - A reminder that every day is a chance to start fresh and embrace life.
- Raya and the Last Dragon (2021, PG) - A Movie about trust, community, and renewal.
 - Shows how hope and perseverance can heal divisions and create new beginnings.

Extinguish It!

We are Unitarian Universalists (open wide toward each other)

Who put love at the center of our lives (hands on heart)

As we extinguish our chalice (cup your hands like a chalice)

And as we go out into the world, (use finger to make a walking motion)

Let us remember that each new day gives us a chance to transform and start again
(Get down in a runners starting stance)

December Packet Stories At-a-Glance

To support leaders as they assemble a session that best fits their children's developmental needs, this section provides an overview of all the wisdom tales and storybooks in our RE packets each month.

Wisdom Tales (from the upper elementary packet)

- [The Light of Hope](#)
- [A Lamp in Every Corner](#)
- [The Hanukkah Story and the Light of Hope](#)
- [One Candle](#)
- [The Messiah is One of Us](#)
- [Silent Night - A Story of Hope in Song](#)
- [The Rebirth of the Sun](#)
- [The Shortest Day: Celebrating the Winter Solstice](#)
- [How the Resolution Came to Be](#)
- [The Story of Mussa and Nagib](#)

Story Books (from the lower elementary & one room schoolhouse packet)

- **A Flicker of Hope by Julia Cook**
- **Hanukkah Cookies with Sprinkles by David A. Adler**
- **A Hanukkah with Mazel by Joel Edward Stein**
- **The Feather: A Story of New Beginnings**
- **My Tree a story about New Beginnings by Hope Lim and Il Sung Na**

Soul Work Table Activities

Many congregations have a multi-sensory table in the sanctuary to support children, youth, and adults who find it easier to focus when their hands are busy. Some of our Christian cousins call it a “Prayground.” Read about how they approach it [HERE](#) and [HERE](#). In UU circles, the tables are often for all ages, meaning adults are invited to use it too. We love calling it “Soul Work Table,” but of course, feel free to give it whatever creative name you want.

- [Choosing Hope Coloring Sheet](#)
- We also suggest using some of the creative activities from this packet and any other manipulatives you choose on your soul works table.

RE Companion Resources

2025 - 2026 Chalice Chapel Songbook

<https://drive.google.com/file/d/1qgnKOouVChrXydvCBz9laRCizCOkTHLc/view?usp=sharing>

This song book offers kid-friendly hymns that align with each of this year's spiritual theme for each month. This resource was created and generously shared with permission by DRE Dana Lundquist and RE volunteer Chris Wise from the Unitarian Universalist Fellowship of Raleigh

- Sept Building Belonging - 1021 Lean on Me
- Oct Cultivating Compassion - #1031 May we be filled with loving kindness
- Nov Nurturing Gratitude - #402 From You I Receive
- Dec Choosing Hope - #1022 Open the Window
- Jan Practicing Resistance - # 1017 Building a New Way
- Feb Embodying Resilience - # 389 Gathered Here
- Mar Paying Attention - #1007 There's a River Flowing My Soul
- Apr Embracing Possibility - #1024 When the Spirit Says Do
- May Awakening Curiosity - #1003 Where Do We Come From?

Feeding Our Spirit: Exploring Our UU Values through Fun in the Kitchen

https://www.soulmatterssharingcircle.com/store/p945/RE_Summer_Feeding_Our_Spirit.html

Unitarian Universalism calls us to live our values with creativity, experimentation, and joy. And what better way to explore those values than through cooking, conversation, and community? This additional companion resource explores and highlights our UU values in a fresh and delicious way: through the joys and creativity of cooking! Each session centers on one of our new UU values and is paired with an introduction, story options, thoughtful discussion prompts, and three hands-on recipes. It gives people of every generation a chance to engage with their faith actively: to examine it, try it on, turn it over, take it apart, and rebuild it again and again. Perfect for Sunday mornings, midweek gatherings, or evening programs, this curriculum builds UU identity,

fosters connection, and creates sweet memories. Whether in the kitchen at home, in a classroom, or in a church fellowship hall, these recipes help kids and adults alike practice gratitude, curiosity, generosity, and hope—while mixing, baking, and sharing food together.

While each recipe is aligned with one of our UU values, here is how we propose also aligning with our monthly themes:

September: Building Belonging

- Love - Chocolate Chip Mug Cake (simple comfort food to share)
- Interdependence - Bagels (every topping adds to belonging, just like people!)

October: Cultivating Compassion

- Love - Cinnamon Rolls (warm, shareable comfort food)
- Justice - Chicken Noodle Soup (classic symbol of caring for others when they're sick)

November: Nurturing Gratitude

- Generosity - Hot Chocolate Mix (easy to give away as thank-you gifts)
- Justice - Caprese Salad Stacks (appreciating seasonal foods, gratitude for the earth's gifts)

December: Choosing Hope

- Pluralism - Rainbow Pasta Salad (many colors, many people—hope in diversity)
- Transformation - Homemade Ice Cream (magic + joy = hope)

January: Practicing Resistance

- Equity - Deep Dish Mug Pizza (resisting “fast food only” culture, making your own)
- Justice - Soft Pretzels (twisted like arms linked in solidarity!)

February: Embodying Resilience

- Transformation - Carrot Pineapple Muffins (taking rough carrots, turning into something sweet)
- Generosity - Sugar Scrub Gift (self-care + care for others = resilience)

March: Paying Attention

- Pluralism - Elephant Toothpaste (a big, messy, surprising experiment that makes us notice!)
- Love - Pudding Pops (slow down, savor, pay attention to small joys)

April: Embracing Possibility

- Interdependence - Rock Candy (waiting patiently to see crystals form = possibility)
- Transformation - Painted Toast (ordinary bread becomes art = endless possibilities)

May: Awakening Curiosity

- Pluralism - Mug Jelly Doughnuts (curious surprise inside!)
- Equity - Taco Bar (so many ways to build your own = curiosity in choice)

June: Flourishing Together

- Equity - Fruit and Yogurt Parfaits (layered together = flourishing community)
- Generosity - Baked Nutella French Toast (big, celebratory dish to share)

Other Resources and Sources of Support

RE Leader Facebook Page

Don't forget about our RE Leader Support Facebook page. Here is where our colleagues post bulletin board pictures, share books, and ideas. It's a great ongoing source of support. Your colleagues are available to support you at the click of a button and with the ease of a post: <https://www.facebook.com/groups/545202255591601/>

Inspiration Facebook Page

Offer your teachers and parents spiritual nourishment and inspiration by encouraging them to join the Soul Matters Inspiration Facebook Page. Use the memes for your congregational FB page, as well:

<https://www.facebook.com/soulmatterssharingcircle/>

Soul Matters Music Playlists

We create two different playlists on the monthly theme each month: one in Spotify and another in YouTube. Music connects us to the themes in a way like nothing else.

Click [here](#) for links to the [Spotify playlists](#) for each month. Click [here](#) to check out the [YouTube playlists](#).

Soulful Home Family Guides

Invite your parents to explore the themes at home with their family by subscribing to our monthly parent guides, **Soulful Home**. Here's the link to the Soulful Home page on our website:

<https://www.soulmatterssharingcircle.com/soulful-home.html>.

Soul Matters RE Packet Author & Contributors

Packet Author: April Rosario, Soul Matters Director of RE Resources

Thanks to all the Soul Matters Religious Educators who send in suggestions for our monthly packets! Whenever you have stories, games, or activities you'd like to suggest, just email April at soulmattersre@gmail.com



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