



Soul Matters

Embracing Possibility



Elementary RE
Lower Level
April 2026

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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 Our Unique 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.

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

This section names and introduces the session theme using an "[object lesson](#)" approach that centers our UU values of curiosity and questioning.

- **Read It and Talk About It! - Stories to Inspire Us**

Stories help us build our identities and bond with each other. So, in addition to offering a theme-based story, this section offers questions that help the children personally connect with the story and share their own personal stories with each other.

- **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 Embracing Possibility

Hello Friends!

Welcome to the April Soul Matters RE Packet for **Lower Elementary** kids. This month's theme is Embracing Possibility, and to honor that, all month long, we are going to explore *how* we can embrace possibilities.

Here are the four ways of embracing possibly we will be looking at in our sessions this month:

Session One: Embracing the Possibilities that lie Beyond Grief and Loss (Easter)

Session Two: Embracing the Possibility of Building a Better World

Session Three: Embracing the Possibility of Healing the Earth (Earth Day)

Session Four: Embracing the Possibilities in Each of Us

One of the things I love most about this theme is how naturally it invites us to lift up UU values and meaningful calendar connections.

For instance, in our first session, we explore the UU value of Transformation as we reflect on the possibilities found in the Christian Easter story.

In our third session, we celebrate Earth Day through the lens of our UU value of Interdependence.

Finally, our fourth session leans into the fun of National Superhero Day as a way to recognize the possibilities that live within each of us.

As always, thank you for the many ways you help birth the possibilities within the children in your care — empowering them with inspiring stories, celebrating their unique talents, and reinforcing the belief that a better world is attainable.

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

Calendar Connections

April 2026

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

Interfaith

- [Lent](#) (Christian) - Feb. 18 - April 2, 2026
- [Passover](#) (Jewish) - April 1 - 9, 2026 (more [here](#))
- [Maundy Thursday](#)/Holy Thursday (Christian) - April 2, 2026
- [Good Friday](#) - (Christian) April 3, 2026
- [Easter](#) (Christian) - April 5, 2026
- [Yom HaShoah](#) - begins April 13, 2026, at sunset

Unitarian Universalist

- [William Ellery Channing](#)'s Birthday - April 7 (1780)
- Death of [Sophia Lyon Fahs](#) - April 14 (1978)
- [Hosea Ballou](#)'s Birthday - April 30 (1771) (more [here](#))
- [Climate Justice Month](#) - March 22 to April 22

National & Cultural

- [Arab American Heritage Month](#)
- [Jazz Appreciation Month](#) (more [here](#))
- [National Poetry Month](#) (more [here](#))
- [Dr. Carter G. Woodson](#), the founder of Black History Week, dies - April 3 (1950)
- Martin Luther King Jr gives his "mountaintop speech" - April 3 (1968)
- Martin Luther King Jr Assassinated - April 4 (1968)
- [Day of Silence](#) (LGBTQ) - April 4, 2025, second Friday of April. (more [here](#) and [here](#))
- [Vimy Ridge Day](#) (Canada) - April 9
- [Fair Housing Act passed](#) - April 11 (1968)
- Nonbinary Parents Day - April 19, always the third Sunday in April (More [here](#) and [here](#))
- [Earth Day](#) - April 22
- [Lesbian Visibility Day](#) - April 26
- [Workers Memorial Day](#) - April 28 (more [here](#), [here](#), [here](#) and [here](#))

For Fun and On the Fringe

- [April Fool's Day](#) - April 1 (more [here](#) and [here](#))
- [Star Trek Day](#) - April 5 (more [here](#))
- [National Tell a Story Day](#) - April 27
- [National Superhero Day](#) - April 28 (more [here](#))
- [Creation of the World Wide Web](#) - April 30, 1993

Session One:

Embracing the Possibilities That Lie Beyond Grief and Loss

Theme Angle

All month long, we are exploring how we can embrace possibilities. This week, we are exploring how to embrace the possibilities that lie beyond grief and loss. As we do that, our UU Value of Transformation will be part of the conversation. Sad and disappointing things happen to all of us; grandparents or pets die, friends move away, and sometimes we don't make the team or get the part in the play. When such things happen, it seems like the sadness we feel will never go away. This session lifts up how our UU faith encourages us to trust in the possibility that things will get better. As we do that, we will have the chance to tell the story of Easter, which our Christian friends are observing today.

***Leader Note:** While few UU's believe that Jesus' body came alive after he was executed, we can still gain insight from many parts of the Easter story. Visit these resources, which help explain how UU's understand and find meaning in the crucifixion and resurrection story:*

- [*Skeptical of sacred stories? Each of us must decide the personal meaning of the Passover and Easter stories.*](#)
- [*Be open to resurrection - We need to be open to resurrection—looking up, not down; listening, not stopping up our ears; feeling deeply rather than numbing ourselves with the daily routine.*](#)
- [*An Open Letter to a Unitarian Child at Easter*](#)

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)

Help us remember that even after sad things happen (Make a sad face and move your fingers downward from your eyes as if tears are rolling down your face),

We can embrace (hug yourself) new possibilities

Introduce It!

The Wonder Box

Reflection Object to Gather Ahead of Time:

A cross (such as [HERE](#) or [HERE](#)) or make your own [HERE](#)



Introduction & Reveal

- Welcome the group and acknowledge or remind everyone of the theme of the month: **Embracing Possibility.**
- Remind kids that our mystery object gives us a clue about how we are exploring our monthly theme today.
- Shake the box and invite kids to guess what is inside.
- Open the box and reveal the object.

Wondering & Takeaway

- **Ask if anyone knows what the cross is a symbol of.**
- **Ask:** "I wonder what this (hold up the object) might have to do with our theme of the month?"
 - Pause for kids to share thoughts.
- **Share Object Lesson:**
 - Start by explaining that today, some of our Christian friends are celebrating Easter — a story about love continuing even after sadness and loss. Even though many UUs don't believe that Jesus' body came back to life, we can still learn from the story.
 - Highlight that today we're exploring something that happens to everyone: sadness and disappointment.
 - Lift up that when sad things happen, our hearts can feel very heavy and it might feel like the sadness will last forever.
 - Lift up that our UU faith doesn't promise that sadness will never happen. But it does invite us to trust that happiness and connection will return after sad things happen,
- **Call to Exploration:** Say that you all will now explore this idea some more through today's activities.
- **Build Excitement:** "Are you ready? Let's begin!"

Read It and Talk About It!

Stories to Inspire Us

Picture Book: The Easter Story by Brian Wildsmith

Set It Up

"This is a story about the last days of Jesus' life, told through the eyes of a small donkey. It is the Easter story from the Bible, which our Christian friends celebrate."

Leader Note: You may want to make a point before or after the story of reminding kids that while many of our Christian friends tell the Easter story this way. We don't all believe the same things about what happened, but we can listen for what the story teaches us about love, loss, and new beginnings.

Video Preview: <https://www.facebook.com/watch/?v=529957774622191>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- How did your feelings change as you listened to the story?
- Have you ever - like the disciples - hoped something would happen but ended up not happening?
- What stayed alive even when Jesus was gone?
- Who helps you see new possibilities when things are hard?
- Our UU faith tells us that even after hard things, new possibilities can grow. Where do you see that in this story?

Picture Book: The Country Bunny and the Little Gold Shoes by DuBose Heyward

Set It Up

"Easter is about believing that new life and new possibilities can come after hard times. This story shows us how that can happen in everyday ways."

Video Preview: https://www.youtube.com/watch?v=hOg_jmu0tNY

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- At the beginning of the story, what did people think the Country Bunny couldn't do?
- What possibilities did the Country Bunny believe in for herself?
- What new possibilities opened up because she didn't give up?
- Our UU faith says we are always growing and changing. Where do you see transformation in this story?

Picture Book: Meet Jesus; The Life of A Beloved Teacher **by Lynn Tuttle Gunney**

Description

"Meet Jesus is a picture book that introduces young children... to Jesus and his lessons of love, kindness, forgiveness and peace. Meet Jesus emphasizes the humanity rather than the divinity of Jesus, giving the story broad appeal for liberal or progressive Christians and non-Christians alike."

- from the UUA Bookstore

Set It Up

"Easter is the story of Jesus, and his lessons about love, kindness, forgiveness and peace. As Unitarian Universalists, we believe that Jesus still "lives on" as we continue to learn from and act out these lessons he taught."

Book: <https://www.uuabookstore.org/Meet-Jesus-P17599.aspx>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Engage It!

Hands-On Activities, Crafts & Games for Experiential Learning

Hands-On Activity: Bubbles Pop, So Does Sadness

This activity should take 5-10 minutes and can be done with any number of children

Activity Prep

Gather and set bubble solution and wands.

Optional: Hide the bubble bottles around the room or outdoor space like an egg hunt.

Set It Up

“Sometimes we are having a lot of fun, and then suddenly—pop!—something ends, or something sad happens. When this occurs, our hearts feel heavy.

Today, we are going to play with bubbles to remember something important: Even after a bubble pops, we can always make more bubbles. It’s the same way with our happiness. As our UU faith teaches us, fun, joy, and laughter can come back, even after sadness.

So, let’s watch what happens when bubbles are made, when they pop, and when we create new ones again.”

Directions

- Decide whether to hide the bubble bottles for a playful search or to hand them out directly.
- Invite children to find a bottle or take turns sharing bubble solution and wands.
- Encourage children to notice the bubbles: how they begin as shiny soap, float through the air, and eventually pop.
- Gently name what’s happening: “That bubble popped—but look! Here comes another one!”
- Continue until interest fades or bubble solution runs out.
- Invite children to gather in a circle.

Discussion Questions:

- How did it feel when your bubble popped?
- How did it feel to make a new one?
- Can you think of a time when you felt sad, and then fun came back later?

Sum It Up

“Let’s remember this game and its message that sometimes fun pops, and sometimes we feel sad. But just like bubbles, fun can always come back. May we remember that even after hard moments, there is always the possibility of joy again.”

Hands-On Activity: Easter Egg Chalice Coloring Page!

This activity should take 10-15 minutes and can be done with any number of children

Activity Prep

Print and set out the [Easter egg chalice coloring page](#)

Set It Up

“Today we’ve been talking about how sometimes hard or sad things happen—like when someone we love goes away, or when things don’t turn out the way we hoped. It can feel like the fun or happiness is gone forever. But our UU faith reminds us of something really important: new possibilities can grow, even after something hard or sad.

This picture is a special one. The egg reminds us of new beginnings and surprises. The chalice is a symbol of our faith and our faith reminds us that we are never alone, and that love and hope are always with us. As we color today, we’re going to think about the possibilities that can come after sadness—times when joy and fun return.”

Directions

- Give each child an Easter Egg Chalice coloring page.
- Invite children to color the egg and chalice in any way they choose.
- As they color, gently invite reflection with prompts like:
 - “What happy or hopeful colors do you want to use today?”
 - “If this egg could open and show something new, what would be inside?”
 - “What helps you feel better when you’re sad?”
- Encourage creativity—there’s no “right” way to color.

Sum It Up

“Let’s remember this activity and its message that just like an egg can hold something new inside, our hearts can hold new joy, new fun, and new possibility—even after sad times.”

Game: “From Sad to Glad” Egg Hunt

This activity should take 15-20 minutes and can be done with any number of children

Activity Prep

Gather and set plastic eggs each filled with a piece of candy and picture or word (happy face, heart, sun, rainbow, flower, “friend,” “hope,” etc.) and a basket or bag for each child.

Set It Up

“Sometimes our feelings feel heavy or sad; Like when something hard happens. But our UU faith teaches us that sadness doesn’t last forever. Joy and fun can come back again. Today, we’re going to look for eggs that remind us of the happy and hopeful things that can show up in places we least expect after sad times.”

Directions

- Hide eggs around the room
- Invite children to find a few eggs each.
- When everyone has an egg, gather in a circle.
- One at a time, children open their egg and show what’s inside.
- Ask:
 - “How does this make you feel?”
 - “When might this kind of joy show up?”

Sum It Up

“Let’s remember this game and its message that happy and hopeful things that can show up in places we least expect after sad times.”

Game: Pin the Tail on the Bunny

This activity should take 10-15 minutes and can be done with any number of children

Activity Prep

Gather and set out a blindfold, tape and cotton balls, make an outline of a bunny on mural paper, or several sheets of copier paper taped together.

Leader Note: Consider inviting the children to color the bunny before playing the game.

Set It Up

“In this game a bunny is sad and having a hard time because it lost its tail. We are going to help it by possibly returning its tail. Let’s see who can get the closest.”

Directions

- Hang up your bunny poster and have kids line up across the room
- One at a time give kids a cotton ball with tape (rolled so that it will stick to both the poster and the cotton ball)
- Next blindfold a child, spin them around a few times to disorient them, then have them try to stick the cotton ball tail as close to the bunnies rear end as possible,
- The person whose tail is closest wins the game.

Sum It Up

“Let’s remember this game and its message that happy and hopeful things that can show up after sad times.”

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 side of head)
That even after sad things happen (Make a sad face and move your fingers
downward from your eyes as if tears are rolling down your face),
We can embrace (hug yourself) new possibilities

Session Two:

Embracing the Possibilities Of Building a Better World

Theme Angle

All month long we are exploring how we can embrace possibilities. This week, we are exploring what it means to embrace the possibility of building a better world.

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)
Help us practice building (stack hands on top of each other)
the world we hope for! (cup your hands like you are holding a globe)

Introduce It!

The Wonder Box

Reflection Object to Gather Ahead of Time: Blocks



Introduction & Reveal

- Welcome the group and acknowledge or remind everyone of the theme of the month: **Embracing Possibility.**
- Remind kids that our mystery object gives us a clue about how we are exploring our monthly theme today.
- Shake the box and invite kids to guess what is inside.
- Open the box and reveal the object.

Wondering & Takeaway

- **Ask:** "I wonder what this (hold up the object) might have to do with our theme of the month?"
 - Pause for kids to share thoughts.
- **Share Object Lesson:**
 - Start by reminding kids that all month long, we are exploring different ways we can find possibilities, and today is all about exploring the possibility of building a better world.
 - Lift up that sometimes people are not kind to each other. That can make us feel sad or mad. It can feel hard. But our Unitarian Universalist faith tells us something important: We can help make the world better.
 - **Stack the blocks one at a time.**
 - Explain that you can build a tower one block at a time. A better world can be built in a similar way.
 - Highlight that a better world is built one person at a time, one kind choice at a time. Offer examples like:
 - We can use our words.
 - We can use our kind hands.
 - We can use our big hearts.
 - We can use our brave voices.
 - We can share.
 - Remind kids that our faith asks us to keep trying, keep caring, and keep building together. Because every person matters and every kind choice matters.
- **Call to Exploration:** Say that you all will now explore this idea some more through today's activities.
- **Build Excitement:** "Are you ready? Let's begin!"

Read It and Talk About It!

Stories to Inspire Us

Picture Book: The Big Umbrella by Amy June Bates

Set It Up

"This story is about an umbrella...but not just any umbrella. This umbrella is special because it's big enough to make room for everyone. As we listen, let's think about what it would be like if our world worked the same way. If there was always space for new people, new ideas, and differences, the world would be a kinder and better place for everyone."

Video Preview: <https://www.youtube.com/watch?v=2DbyEC3T52Y>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- What does a world that fits everyone look like?
- How can we build or make room for others in our school, neighborhood or community?
- What small thing can we do to help build a world where everyone feels welcome?

Picture Book: Say Something by Peter Reynolds

Set It Up

"The world needs your voice. If you have a brilliant idea... say something! If you see an injustice... say something!... Each of us, each and every day, have the chance to say something: with our actions, our words, and our voices. ...There are so many ways to tell the world who you are... what you are thinking... and what you believe. And how you'll make it better. The time is now: SAY SOMETHING!".

- School Library Journal

Video Preview: <https://www.youtube.com/watch?v=d4waMR24zsl>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- What was your favorite way that the author used to say something? How did it help build a better world?
- How have you spoken up when you experienced something bad going on? What happened?
- Why do you think the world needs your voice?
- What do you wish adults would speak up about?

Picture Book: The Circles All Around Us by Brad Montague

Set It Up

“This story reminds us that, as our UU faith also says, it is important to make our relationship circles bigger and more full of care. That’s how we help build a world where everyone belongs.”

Video Preview: <https://www.youtube.com/watch?v=kp7viQaaUOg>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to “[Build and Bond](#).”

- Have you ever built a bigger circle of friends by including someone new?
- What is something kind, caring, or helpful that you bring to your circles? How does that help build the kind of world you want to live in?
- How do our differences make our circles stronger? Why do you think a better world needs people who are different from one another?

Engage It!

Hands-On Activities, Crafts & Games for Experiential Learning

Hands On Activity: Our Big Umbrella of Belonging

Leader Note: This activity is best paired with the book [The Big Umbrella](#)

This activity should take 15-30 minutes and can be done with any number of children

Activity Prep

Gather and set out a large sheet of mural paper (or taped-together poster boards), pre-cut a large umbrella shape, or kids can help draw one, construction paper, crayons, markers, scissors, glue sticks, Optional: stickers, yarn, fabric scraps for decorating

Set It Up

"Today, we are exploring some of the possible ways we can build a better world. To help us do that, we are going to work on a project that reminds us to always space for new people, new ideas, and differences under our umbrellas as a way of building a kindred and better world for everyone."

Directions

- Explain that you are going to make a great big umbrella that shows how your UU community makes room for everyone.
- Invite kids to create a self-portrait using crayons or markers. Encourage them to include something that makes them unique—glasses, hairstyle, favorite color shirt, etc.
- After they finish, invite them to share what they drew and something special about themselves.
- Help kids glue their portraits under the large umbrella on the mural paper. As the group grows, talk about how the umbrella gets "bigger" to hold them all.
- Finish by writing words of welcome or UU values like "Belonging," "Kindness," "Curiosity," and "Love" around the umbrella.

Discuss It

- How does it feel to see yourself included?"
- What can we do this week to make someone feel welcome?

Hands On Activity: Make a Speaking Tube

Leader Note: This activity is best paired with the book Say Something

This activity should take 15-20 minutes and can be done with any number of children

Activity Prep

Gather and set out paper towel tubes or toilet tissue tubes (or create a megaphone simply by stapling a piece of cardstock in a tube shape), crayons, markers, stickers, yarn, fabric scraps for decorating

Set It Up

“Today, we are exploring possible ways we can help build a better world. In the story Say Something, we learned that our words are important. When we say something kind or brave, it doesn’t just stay with us. Our words travel from person to person just like we do.”

Directions

- Invite the children to decorate the speaking tubes with stickers and markers.
- Offer a parade and invite the children to use their tubes to sing louder!

Sum It Up

“Let’s remember this activity and its message that words can be kind, brave, and helpful. When we choose our words carefully, we help make the world better.”

Hands-On Activity: We are Building A New Way Percussion Circle

This activity should take 15-20 minutes and can be done with any number of kids

Activity Prep

Gather & set out percussion instruments, hymnals or song lyrics, and a device to play Building a New Way - UUSGU Virtual Choir on

Leader Note: If you do not have percussion instruments, you can invite kids to use body percussion and clap, snap, stomp, etc. along with the song

Set It Up

“Today, we are exploring the possibilities of building a better world. As Unitarian Universalists, we often express our values and the ideas we want to lift up in song, and one of those songs is called "Building a New Way." So for today’s activity, we are going to learn the song and then have some fun with it.”

Directions

- Begin by teaching everyone the words to the song
- Next, explain with a percussion circle and allow them to choose an instrument
- Start with simple, repetitive rhythms and build upon the rhythm gradually. Be sure to emphasize the importance of listening to others in the circle to create a unified sound; let them explore different instruments and allow room for creativity while maintaining a steady beat as the leader
- Finally, play Building a [New Way - UUSGU Virtual Choir](#) and invite kids to sing and play along

Sum It Up

“Let’s remember this activity, and its message that it is possible to build a new way.”

Cooperative Play: Possibility Legos

This activity should take 20+ minutes and is best done with groups of 2+

Activity Prep

Gather & set out a shared bin or table full of LEGO bricks and create a space for a shared building

Set It Up

“Today we’re going to use LEGO to explore something really important: how we build a better world together. When we play cooperatively, we practice listening, sharing ideas, and helping each other. That’s exactly how a better world gets built—not by one person alone, but by people working side by side.

Each LEGO piece is like a possibility. On its own, it’s small. But when we put pieces together, we can build something strong, creative, and new. As we play today, let’s notice how cooperation helps us create more than we could on our own.”

Directions

- Invite kids to gather around the LEGO and remind them that this is cooperative free play, not competitive building.
- Encourage them to build together, sharing pieces, ideas, and space. Let the group decide what they want to build—a city, a community, a playground, a shelter, or something completely new.

As they play, gently remind them:

- Everyone’s idea matters
- There’s more than one right way to build
- Helping each other makes the structure stronger

Optional Prompts use sparingly while building:

- “What makes this a good place for people to live?”
- “How does this part help everyone?”
- “Who might feel welcome here?”

Sum It Up

“Let’s remember this activity and its message that just like with LEGO, building a better world takes cooperation, patience, and care. When we work together and make space for everyone, we discover new possibilities for how the world can be.”

Game: I'm Looking for a Friend Who....

This activity should take 5-10 minutes and is best with 4+ people

Set It Up

"Today, we are exploring how we can build a better world. One way we can do that is by celebrating our sameness and differences. To help us practice what that looks and feels like, we are going to play a game called, *I'm Looking for a Friend Who...*"

Directions

- Invite kids to stand in a big circle.
- The leader begins the game by singing the song slowly and clearly while everyone else skips or walks around the circle:
 - I'm looking for a friend who,
A friend who,
A friend who...
I'm looking for a friend who...
Has curly hair / likes bananas / is wearing red / has a pet / likes to dance / speaks another language / was born in a different place / has freckles / likes spicy food / loves to draw/ plays a sport / has a sibling / has two moms/ has to dad/ is wearing stripes / etc. *(This last line will change every time.)*
- Anyone for whom the statement is true sits down where they are or runs into the middle of the circle.
- Everyone then stands back up, and the leader continues singing again and with a new statement.
- If you'd like, after a few turns to give the kids a chance to lead and think of questions.

Sum It Up

"Let's remember this activity and its message that one way we can build a better world is to celebrate each other."

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 side of head)*
To practice building *(stack hands on top of each other)*
the world we hope for! *(cup your hands like you are holding a globe)*

Session Three:

Embracing the Possibility of Healing the Earth (Earth Day)

Theme Angle

This month we have been exploring how we can embrace possibilities. This week, in honor of Earth Day, we are exploring the possibility of healing the damage we have done to the natural world. As we do that, we will lift up our UU value of **Interdependence**.

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)

Help us embrace (hug yourself)

The possibility of healing the Earth ([Sign the Word Healing](#))

Introduce It!

The Wonder Box

Reflection Object to Gather Ahead of Time:

A picture of earth, a band aid, and reusable straw, reusable cup, a reusable lunch box etc.



Introduction & Reveal

- Welcome the group and acknowledge or remind everyone of the theme of the month: **Embracing Possibility.**
- Remind kids that our mystery object gives us a clue about how we are exploring our monthly theme today.
- Shake the box and invite kids to guess what is inside.
- Open the box and reveal the object.

Wondering & Takeaway

- **Ask:** "I wonder what this (hold up the object) might have to do with our theme of the month?"
 - Pause for kids to share thoughts.
- **Share Object Lesson:**
 - Start by explaining that today, in honor of Earth Day, we are exploring the possibility of healing the damage we have done to the natural world.
 - Lift up that all the items in the wonder box are reusable, meaning they don't get thrown away after one use. This is one example of things we can do to help heal our earth.
 - When we work to take care of the earth we are living into our UU value of Interdependence. Interdependence reminds us that we are part of the web of creatures and creation and that our faith calls us to care for nature and our connection to it.
- **Call to Exploration:** Say that you all will now explore this idea some more through today's activities.
- **Build Excitement:** "Are you ready? Let's begin!"

Read It and Talk About It!

Stories to Inspire Us

Picture Book: All the World by Liz Garton Scanlon

Set It Up

"This story reminds us that everything, from food and family to weather and waves, is connected. Just like our UU faith teaches, interdependence means everything and everyone has a place. We're all part of one big, beautiful world."

Video Preview: <https://www.youtube.com/watch?v=cMmwA-DeQiA>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- The book listed so many wonderful things that are part of our interconnected world. What is one of your favorite wonderful things?
- What are some of the things you saw in the pictures that help people feel happy and cared for?
- What are some of the things in the story that help everything grow and stay connected?

Picture Book: Creekfinding: A True Story by Jacqueline Briggs Martin

Set It Up

"Since Earth Day is in a few days, today we are exploring how we are interdependent with our earth and its web of creatures and creation. So with that in mind, I want to share with you a true story about a man named Mike who went looking for that creek long after it was buried under fields of corn and brought it back to life, and with it, a whole world of nature. Are you ready to hear it? Great! Let's begin."

Video Preview: <https://www.youtube.com/watch?v=rLXRzBBHvMo>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to "[Build and Bond](#)."

- This is a story about healing and taking care of the earth. Where or what about the earth would you like to take care of?
- In this book, Mike heals the creek so that brook trout could return, even though it had been turned into corn fields. Can you think of any nature that you know that was healed?
- Does the story make you want to take a walk in nature? Where would you go?

Engage It!

Hands-On Activities, Crafts & Games for Experiential Learning

Mindfulness Moment: Earth Day Themed Yoga (10-15 minutes)

This activity should take 5-10 minutes and can be done with any number of kids

Set It Up

“Our mindfulness moment today is a guided, nature-inspired yoga and mindfulness practice. As we move and breathe, we’re going to pay attention to the Earth around us and within us. This practice will help us notice the ways we can bring calm, care, and healing to ourselves, to the natural world, and to all the creatures we share it with. Let’s begin.”

Directions

Invite kids to spread out around your space and guide them through these gentle yoga poses inspired by nature

- Mountain Pose (Tadasana) – Strength & Stability
 - Stand tall, feet rooted into the earth.
 - Close your eyes and imagine yourself as a strong, steady mountain.
 - Breathe deeply, feeling grounded and powerful.
- Tree Pose (Vrksasana) – Strength & Balance
 - Stand tall, grounding your feet like tree roots.
 - Slowly lift one foot to rest on your ankle or thigh.
 - Bring hands together like branches reaching for the sky.
 - Breathe deeply and feel steady, like a strong tree.
- Flowing River (Side Stretch) – Flexibility & Letting Go
 - Stand with feet apart, arms reaching overhead.
 - Gently sway side to side like a flowing river.
 - Feel your body moving with ease, like water.
- Sun Salutation (Upward & Forward Stretch) – Energy & Joy
 - Reach up toward the sky, soaking in sunlight like a sunflower.
 - Fold forward, letting go of tension, until your hands reach the ground
 - Slowly roll up, feeling refreshed and bright.
- Eagle Pose (Garudasana) – Focus & Strength
 - Cross one leg over the other and bend your knees slightly.
 - Wrap your arms together in front, like eagle wings.
 - Hold your balance, imagining yourself soaring high above the earth.

- Ocean Wave Pose (Cat-Cow Flow) – Flow & Breath
 - Start on hands and knees.
 - Inhale, arch your back, and lift your head (like a wave rising).
 - Exhale, round your spine, and tuck your chin (like a wave rolling onto shore).
 - Feel your breath moving like the ocean.
- Butterfly Pose (Baddha Konasana) – Openness & Transformation
 - Sit with feet together, knees open wide.
 - Flap knees gently like butterfly wings.
 - Close your eyes and imagine yourself growing and changing, just like nature.
- Deer Pose (Seated Twist Right Leg In Front) – Flexibility & Awareness
 - Sit with one leg bent in front and the other behind.
 - Gently twist your torso, looking over one shoulder.
 - Imagine being quiet and alert, like a deer in the forest.
- Deer Pose (Seated Twist Left Leg In Front) – Flexibility & Awareness
 - Switch so the other leg is now bent in front and the other behind.
 - Gently twist your torso, looking over one shoulder.
 - Imagine being quiet and alert, like a deer in the forest.
- Turtle Pose (Kurmasana) – Rest & Protection
 - Sit with your legs wide, bend forward, and slide your arms under your knees.
 - Close your eyes, feeling safe and still, like a turtle in its shell.
 - Rest and listen to the quiet sounds of nature.
- Cobra Pose (Bhujangasana) – Energy & Renewal
 - Lie on your belly with your hands under your shoulders.
 - Inhale, lift your chest like a snake rising in the sun.
 - Exhale, lower down, feeling warmth and renewal.
- Resting Bear Pose (Child’s Pose) – Quiet & Grounding
 - Kneel and bring your forehead to the ground, arms stretched forward.
 - Breathe deeply and **imagine being safe and cozy, like a bear in its den.**

Sum It Up

“Let’s remember this activity and its message to carry the strength of trees, the flow of rivers, and the joy of the sun with us today and always.”

Caring for Creatures: DIY Birdfeeders

This activity should take 15-30 minutes and can be done with any number of children

Activity Prep

Gather and set For each child - A bowl and mixing spoon, 1 cup birdseed, 3 tablespoons flour, 2 tablespoons water, 1 table soon corn syrup or honey, Cooking Spray, 5 plastic easter eggs, Yarn, and a muffin tin.

Set It Up

"We are in a space now where we are letting go of winter and letting in spring, and for lots of us, our backyards are going to become possible places for the birds to hang out once again. Our UU value of Interdependence reminds us that we are connected to all living things and nature. So for our next activity, we are going to hold up how we can care for nature's creatures and honor Earth Day by helping out the birds and making our yard or our patio a possible place for them to have a snack."

Directions

- Invite each child to measure out, add to their bowl and mix together the flour, water, and corn syrup/honey.
- Once it is well mixed, have them measure and stir in their birdseed.
- Once their mixture is complete it is time to mold it into egg shapes.
- Spray the inside of each of the plastic eggs with cooking spray to ensure that the mixture doesn't get stuck and makes it easy for it to come out when you are done.
- Scoop the mixture into both sides of the plastic egg...a little excess is actually good because you will close the egg up and you want it tightly filled. Excess will squeeze out the sides and you will just wipe it off.
- Make sure you close the egg completely so that you make sure the top and bottom half are firmly packed together.
- After all of the eggs are filled and closed up, you will then want to open one end of the plastic egg. *(I suggest opening the smaller, bottom end of the egg, but be careful as not to pull the 2 halves apart.)*
- Place the plastic egg with one half removed and set it in my mini muffin tin for drying. *(You will let them dry like this for a couple of hours)*
- While they dry we will make their hangers.
 - Cut 4 pieces of yarn to about 30-32" and tie the two pieces together with a knot in the center, now tie the third piece in the center, and then the fourth.
 - Once the feeders are dry remove the other half of the plastic egg. Have one person hold the egg, and another lay the knot on the center of the base of the egg and spread the yarn out like a star.
 - Take two strands in each hand and use them to tie a tight double knot at the top of the egg.
 - Create a loop that the ornaments could be hung by on the tree.

Hands-On Activity: Oobleck Play

<https://www.pbs.org/parents/crafts-and-experiments/how-to-make-oobleck>

This activity should take 15+ minutes and can be done with any number of children

Activity Prep

Gather and set cornstarch, water, food coloring, measuring cups, and a plate or pan for each person.

***Leader Note:** It is best to cover the tables with newspaper and let spilled Oobleck dry for a fast and ease of cleaning up.*

Set It Up

“Today we’re celebrating Earth Day and talking about the possibility of healing our planet. Sometimes we think helping the Earth has to be hard or serious—but what if it can also be fun? Today we’re going to play with something amazing called Oobleck. It’s weird, squishy, and surprising... and it’s made from natural ingredients that won’t hurt the Earth. Just like Oobleck, the Earth can surprise us. When we treat it gently and make caring choices, healing becomes possible.”

Directions

- Invite kids to each measure out 1/4 cup of cornstarch into their plate or pan.
- Add five tablespoons of water per 1/4 cup and mix.
- Add more water little by little until the concoction is malleable.
- Squeeze and play.
- Try adding some food coloring.
- As kids play highlight these facts
 - **Not everything fun has to be plastic or harmful. We can choose things that come from the Earth and return to the Earth** - Oobleck is made from cornstarch and water—plants + nature. No harsh chemicals. When you’re done, it goes back to the Earth safely.
 - **When we choose things that don’t hurt the Earth, we give the planet a chance to heal.** - Oobleck is biodegradable, that means nothing is wasted. It can be hosed down on the grass or place it on a compost pile or in a compost bin. We don’t pour it down the drain, because it can get stuck—and part of caring for the Earth is caring for our water too.”
 - When we treat Oobleck gently, it flows. When we’re rough, it gets hard. The Earth is kind of like that. When we care for it, it responds.

Sum It Up

“Let’s remember this game and its message that we are Interdependence and are all connected to the Earth, and what we use affects the Earth.”

Game: Earth Day Scavenger Hunt

This activity should take 5-10 minutes and can be done with any number of children

Set It Up

“Earth Day is right around the corner and it is a day when we remember that the Earth takes care of us but also that we can take care of the Earth too!

Sometimes we think helping the Earth has to be something big or hard. But one of the most important ways we care for the Earth is by paying attention. When we notice the world around us, we’re more likely to protect it and help it heal.

This scavenger hunt is about looking closely, moving gently, and remembering that healing is possible. The Earth is always growing, changing, and doing its best to heal—and our choices can help.”

Directions

- Invite kids to find, point to, or name something in our space that....
 - Walk to something that can be recycled
 - Stand next to something that can be used again
 - Touch something made from paper
 - Find something that once came from a tree or plant
 - Point to something that helps save energy
 - Walk quietly to something that helps keep this place clean
 - Stand near something that uses water
 - Touch something that is old but still useful
 - Find something that many people share
 - Walk to something that reminds you of the Earth (green, blue, brown)
 - Stand next to something that helps people feel safe
 - Move your body near something that shows care or kindness

Sum It Up

“Let’s remember this game and its message that there are so many possible chances to care for the Earth. When we move gently, notice carefully, and make thoughtful choices, we help healing happen.”

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 to us embrace (hug yourself)

the possibility of healing the Earth. ([Sign the Word Healing](#))

Session Four:

Embracing the Possibilities in Each of Us

Theme Angle

This month we have been exploring how we can embrace possibilities. Today, we are exploring how to embrace and identify the unique possibilities in each of us. Our UU faith affirms that we are more capable and powerful than we sometimes think. To help us celebrate that, we will have some fun with **National Superhero Day**, which is on April 28.

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)

Help us embrace (give yourself a hug)

each of our unique powers and possibilities! (curl your arms upward & [flex your muscles](#))

Introduce It!

The Wonder Box

Reflection Object to Gather Ahead of Time:

A toy superhero



Introduction & Reveal

- Welcome the group and acknowledge or remind everyone of the theme of the month: **Embracing Possibility.**
- Remind kids that our mystery object gives us a clue about how we are exploring our monthly theme today.
- Shake the box and invite kids to guess what is inside.
- Open the box and reveal the object.

Wondering & Takeaway

- **Ask:** "I wonder what this (hold up the object) might have to do with our theme of the month?"
 - Pause for kids to share thoughts.
- **Share Object Lesson:**
 - Start by explaining today you are exploring the possibilities in each of us.
 - Lift up that this means believing that you can grow, try new things, and become more than you are right now. It means saying, "I can try," "I can learn," and "I might surprise myself."
 - Remind kids that they don't actually need powers to be a superhero. Embracing possibilities means using the unique strengths you already have to help others and being open to what you might become.
 - Highlight that our Unitarian Universalist faith teaches us that every person has worth and that each of us has gifts inside us. Embracing possibilities means trusting that those gifts can grow.
- **Call to Exploration:** Say that you all will now explore this idea some more through today's activities.
- **Build Excitement:** "Are you ready? Let's begin!"

Read It and Talk About It!

Stories to Inspire Us

Picture Book: The Dot by Peter H. Reynolds

Set It Up

“This story reminds us that inside every one of us are possibilities, even ones we haven’t discovered yet. Sometimes we don’t realize how capable or powerful we are until someone helps us see it.”

Video Preview: <https://www.youtube.com/watch?v=sg-aGFsOk1I>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to “[Build and Bond](#).”

- At the beginning of the story, how does Vashti feel about her abilities?
- What helped Vashti begin to see a new possibility in herself?
- Have you ever tried something you didn’t think you were good at and surprised yourself?
- What does this story teach us about the power that lives inside each of us?
- What is one possibility inside you that you want to keep growing?

Picture Book: Superheroes Are Everywhere by Kamala Harris

Set It Up

“This story reminds us that superheroes aren’t just in movies. They’re everywhere, in our families, schools, and communities. It reminds us that every one of us can be a superhero by being brave, kind, and helpful.”

Video Preview: <https://www.youtube.com/watch?v=T7igOWYIJN0>

Sum It Up

In your own words, remind the children of how the story is connected to the session's theme angle.

Discuss it: Reflection Questions to “[Build and Bond](#).”

- Who are some of the superheroes in this story? Are they like the ones in movies? How are they different?
- What makes them “super” if they don’t have capes or superpowers?
- The story says superheroes can be brave, kind, or helpful. Which of these have you been this week?
- What is something you do that makes the world better, even in a small way?
- If you could be a superhero for one thing this week, what would it be?

Engage It!

Hands-On Activities, Crafts & Games for Experiential Learning

Hands-On Activity: Starting with a Dot

Leader Note: This activity is best paired with the story, [The Dot](#)

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

Activity Prep

Gather and set paper (any size), colored pencils markers, crayons, or paint dotters.

Set It Up

“Our faith reminds us that we are always becoming. Like Vashti, we don’t have to know everything we’re capable of yet we just have to begin. A dot doesn’t look like much, but it can turn into almost anything. Embracing possibilities means seeing what your dot can become.”

Directions

- Invite each child to make one dot (any size) anywhere on their paper.
- Then invite them to explore what it can become and encourage them to turn their dot into something else:
- a picture, a pattern, a creature, a symbol, or just more dots!
- Remind them that there is no right or wrong way. Every dot is enough.

Sum It Up

“Let’s remember this game and its message that even small beginnings can grow into something meaningful. Each of us carries possibilities that are still becoming.”

Hands-On Activity: Hidden Superpower Shields

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

Activity Prep

Gather & set out cardstock or paper shield templates, markers, crayons, collage materials, stickers, metallic pens, glue.

Set It Up

“Today we’re celebrating National Superhero Day, but instead of talking about superheroes from movies or comics, we’re going to explore the kind of superheroes our faith believes in—real people, like you.

Our faith teaches us that every person has inherent worth and dignity—that means each of us has strengths and possibilities inside us—even ones we’re still discovering.

This shield isn’t for fighting villains. It’s for reminding us of our inner power. On the outside, you’ll show a strength people might already see in you. On the inside, you’ll name a power that’s still growing. Sometimes our greatest strengths are the ones we don’t notice yet.”

Directions

- Invite kids to decorate the front of their shields with things they're already proud of, a strength others can see (kindness, bravery, creativity, humor)
- Then invite them to decorate the inside (fold or flip side) of their shields with a power they're still discovering or growing into.
- Let kids show off their shields

Sum It Up

"Let's remember this activity and its message that you are more powerful than you think."

Game: Possibilities in Action

This activity should take 15-30 minutes and can be done with any number of children

Set It Up

"Our UU faith teaches us that each of us is full of possibilities—gifts, strengths, and talents that we may not even know we have yet. Today we're going to have fun sharing and discovering new possibilities in ourselves—but without using words! We're going to play a game of charades to act them out."

Directions

- Begin by having kids take a few minutes to think of possibilities they have inside themselves, dreams they have, or things they want to try. Examples: Learned to ride a bike, trying a new food, performing on a stage, learning a new game etc.
- Then one at a time have kids act out their possibility without words.
- The rest of the group guesses what it is.
- Be sure to celebrate each possibility

Discuss It

- What did you notice about all the different talents and possibilities in our group?
- How does it feel to see what others are capable of?
- Which possibilities do you want to keep exploring in yourself?

Sum It Up

"Let's remember this game and its message that we are each full of possibilities!"

Game: Everyday Heroes Go Fish

This activity should take 10-20 minutes and is best done with 2+ people.

Activity Prep : Print [Everyday Hero Go Fish Cards](#)

Set It Up

“Sometimes when we think about superheroes, we imagine giant problems and dramatic rescues. But most of the time, the world is changed by ordinary people making brave, caring choices. Today we’re playing **Everyday Heroes: Go Fish for Superpowers**. Each card shows an everyday action — something real kids do — that connects to our UU values. As you collect cards, you’ll see that superheroes don’t need capes. They use kindness, fairness, generosity, courage, and care for the Earth. All superpowers you already have!”

Directions

- Shuffle all cards together.
- Deal 5 cards to each player.
- Place the rest face-down in a pile (the “Go Fish” pile).
- Remind kids to look at their hands but keep cards secret.
- Player 1 asks another player for a specific value card - “Do you have any Generosity cards?” or “Do you have a Justice card?”
- If the player asked has one hand it over
- If not, they say “Go Fish!”, and the asking player draws one card.
- If a player completes a set of 4 matching value cards, they:
 - Lay the set down.
 - Name the value and read the actions aloud
 - Say: “I’ve discovered my ____ superpower!”
- Play continues clockwise.
- The game ends when all sets are collected or the deck runs out.
- Everyone celebrates the many ways we are powerful together.

Sum It Up

“Let’s remember this activity and its message that each of us has the ability to help make the world more just, loving, and kind—starting right where we are.”

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 side of head)

To embrace (give yourself a hug)

each of our unique powers and possibilities! (curl your arms upward & [flex your muscles](#))

April 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 Brothers](#)
- [The Easter Story](#)
- [Adin Ballou and The Hopedale Community](#)
- [The Brave Little Parrot](#)
- [Joseph Priestley](#)
- [Why the Sky Is Far Away](#)
- [The Real Superman](#)
- [The Journey of the Birds](#)

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

- The Easter Story by Brian Wildsmith
- The Country Bunny and the Little Gold Shoes by DuBose Heyward
- Meet Jesus by Lynn Tuttle Gunney Author,
- The Big Umbrella by Amy June Bates
- The Circles All Around Us by Brad Montague
- All the World by Liz Garton Scanlon
- Creekfinding: A True Story by Jacqueline Briggs Martin
- The Dot by Peter H. Reynolds
- Superheroes Are Everywhere by Kamala Harris

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.

- [Embracing Possibility 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

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.

To Learn more:

<https://docs.google.com/document/d/1HB0PmKUS7cMLKJi6Zmq8SopiCNLviMAWHxfDi9alavo/edit?usp=sharing>

To purchase:

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

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

- **Huge thanks to this packet's author: April Rosario, Soul Matters Director of RE Resources**
- Thanks as well 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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