

Faith at Home

For our youngest friends (ages 0 – 3)

January 2021

Theme: Imagination

Music

Dancing with Bears

(stand up and sway or dance)

1-2-3, 1-2-3,
Dancing with bears,
1-2-3, 1-2-3,
Dancing 'round chairs,
1-2-3, 1-2-3,
That's what we'll do,
1-2-3, 1-2-3,
Dancing with you.

[*\(listen to the song\)*](#)

Music & Movement

Snowflake, Snowflake, in the Sky

(tune: Twinkle, Twinkle, Little Star)

Snowflake, snowflake, in the sky,
(open and shut hands like blinking)
Love to watch you floating by,
(swish hands on one side, then the other)
Down you fall upon the ground,
(wiggle fingers and move hands down)
Down you fall without a sound,
(wiggle fingers and move hands down)
Snowflake, snowflake, in the sky,
(open and shut hands like blinking)
Love to watch you floating by.
(swish hands on one side, then the other)

[*\(listen to the song\)*](#)

Living Our Values

Using our imaginations to envision a world without racism.

That Is My Dream

by Langston Hughes
illustrated by Daniel Miyares

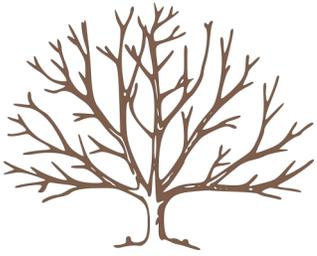
Free [book read-aloud](#)
Purchase [the book](#)

Read

The Wonderful Things You Will Be

by Emily Winfield Martin

Free [book read-aloud](#)
Purchase [the book](#)



Faith at Home

For younger children (ages 4 – 7)

January 2021

Theme: Imagination

Mindfulness & Movement

Body Prayer

Join in a body prayer together. Move through the prayer once together as you learn it. Try it another time now that you know it. Then challenge yourself to try to do the body prayer in silence 3 times.

We begin with our hands in front of us to find our inner quiet

We raise our arms up high to open ourselves to our highest dreams

We bring our hands to our hearts to affirm the strength of our inner voice

We extend our hands out in front of us to offer ourselves in service to others.

Music & Movement

[Snowflake, Snowflake, in the Sky](#)
(tune: *Twinkle, Twinkle, Little Star*)

Snowflake, snowflake, in the sky,
(*open and shut hands like blinking*)

Love to watch you floating by,
(*swish hands on one side, then the other*)

Down you fall upon the ground,
(*wiggle fingers and move hands down*)

Down you fall without a sound,
(*wiggle fingers and move hands down*)

Snowflake, snowflake, in the sky,
(*open and shut hands like blinking*)

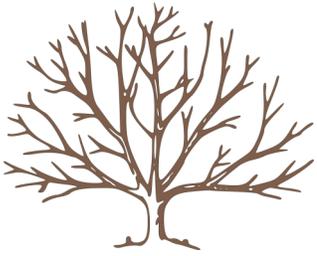
Love to watch you floating by.
(*swish hands on one side, then the other*)

[\(listen to the song\)](#)

Read

[The Wonderful Things You Will Be](#)
by Emily Winfield Martin

Free [book read-aloud](#)
Purchase [the book](#)



Faith at Home

For older children (ages 8 – 10)

January 2021

Theme: Imagination

Mindfulness & Movement

Body Prayer

Join in a body prayer together. Move through the prayer once together as you learn it. Try it another time now that you know it. Then challenge yourself to try to do the body prayer in silence 3 times.

We begin with our hands in front of us to find our inner quiet

We raise our arms up high to open ourselves to our highest dreams

We bring our hands to our hearts to affirm the strength of our inner voice

We extend our hands out in front of us to offer ourselves in service to others.

Read, Discuss, & Create

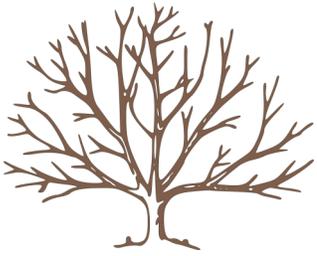
The Everything Seed

by Carole Martingnacco
illustrated by Joy Troyer

Free [book read-aloud](#)
Free copy of the [book text](#)
Purchase [the book](#)

After reading, consider asking and answering these questions: What possibilities exist in you? What would your Everything Seed look like?

The beautiful illustrations in the book are made using a technique from Indonesia known as batik that usually involves fabric, dye, and melted wax. You can make a [look-alike version of batik](#) by using paper, white craft glue, paints, and a paintbrush. Draw your design in glue, allow the glue to dry, and then paint your picture. Use your imagination to create something new! Maybe you could create your own image of an Everything Seed.



Faith at Home

For middle schoolers (ages 11 – 13)

January 2021

Theme: Imagination

Living Our Values

Imagining a World Without Racism

Can you imagine a world without racism, a world where we celebrate our differences and live in beloved community?

Amanda Seales, a comedian and TV host, asks us to think about what role we could take in making a world without racism a possibility.

Watch [the video](#)

After you watch this talk, think about or discuss these questions: What did you think about the idea of all of the “food” on the American table being “cooked in racism?” Are there times in your life where you have been a listener, an ally, a moderator, a truth-teller, or an obstructionist? What role do you think you want to inhabit in the future?

Read, Discuss, & Create

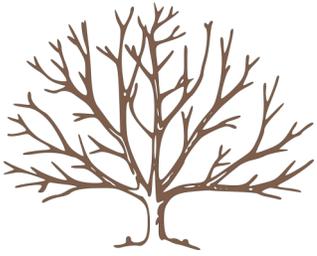
The Everything Seed
by Carole Martingnacco
illustrated by Joy Troyer

Free [book read-aloud](#)
Free copy of the [book text](#)
Purchase [the book](#)

Yes, this is a picture book—but we can still learn a lot of things from a picture book!

After reading, consider asking and answering these questions: What possibilities exist in you? What would your Everything Seed look like?

The beautiful illustrations in the book are made using a technique from Indonesia known as batik that usually involves fabric, dye, and melted wax. You can make a [look-alike version of batik](#) by using paper, white craft glue, paints, and a paintbrush. Draw your design in glue, allow the glue to dry, and then paint your picture. Use your imagination to create something new! Maybe you could create your own image of an Everything Seed.



Faith at Home

For high schoolers (ages 14 – 18)

January 2021

Theme: Imagination

Living Our Values

Imagining a World Without Racism

Can you imagine a world without racism, a world where we celebrate our differences and live in beloved community?

Amanda Seales, a comedian and TV host, asks us to think about what role we could take in making a world without racism a possibility.

Watch [the video](#)

After you watch this talk, think about, write about, or discuss these questions: Are there times in your life where you have been a listener, an ally, a moderator, a truth-teller, or an obstructionist? What role do you think you want to inhabit in the future? What could you do to help you to live that role and be prepared to listen, be an ally, a moderator, or a truth teller when the situation arises?

Living Our Values: Read & Cook

Cooking Up Anti-Racism

Amanda Seales uses the metaphor of all of America sitting at a table together, eating food (ideas). What did you think about the idea of all of the “food” on the American table being “cooked in racism?”

Read or listen to a telling of the life of [Georgia Gilmore](#), a cook who fed and funded the civil rights movement. Her food was made to fund anti-racism and fed Martin Luther King Jr. and other civil rights leaders.

Try out some recipes by Black chefs and cooks. You could use recipes from one of these cookbooks: [Jubilee](#): Recipes from Two Centuries of African American Cooking, [Black Girl Baking](#), or [Hallelujah! The Welcome Table](#). There’s also online resources like this list of [28 Soulful Recipes](#) or these [10 Recipes](#) by Black food bloggers.