


Worldwide Ministries
Great Lakes Region



Passport

**Elementary
Lesson #3**

To Adventure

A Biblical Journey of Self Discovery: Hebrew Scriptures, Vol 1

Passport To Adventure

**Age Group: Children, 1st to 3rd Grade
Ages 6 to 8**

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Welcome

**“There is meaning in every journey that is unknown to the traveler.”
Dietrich Bonhoeffer**

Introduction

- This curriculum is based on the Hebrew Scriptures, beginning with *The Creation Story* and ending with *Moses Parts the Red Sea*.
- It is divided into 12 units of study.
- There are 4 lessons within each of the 12 units, one for each of the groups listed below:
 - ✧ Preschool/Kindergarten, 3 to 5 years
 - ✧ Elementary, 1st to 3rd grade
 - ✧ Tweens, 4th & 5th grade & Uniteens, 6th to 8th grade
 - ✧ Y.O.U., 9th to 12th grade
- The lessons are designed to stand alone or to be offered in a series.
- All lessons are offered as a download only.
- The lessons are available for individual purchase so you can buy only those age groups you are currently serving in your ministry.

Program Overview

Focus of this material:

This material invites our children and teens to step out in faith and to consciously undertake a Spiritual journey. As with an journey, we first have to get, “The Big Divine Idea.” But we cannot stop there. We must know and understand the steps needed to bring an idea into manifestation. We must be willing to leave home or what we are familiar with in order to bring about Spiritual growth. Along the way we meet some interesting characters that invite us to look within and heal what needs to be healed. As with any new undertaking, our faith is sure to be tested. But, if we are willing to move forward with faith, strength and courage, our efforts will be rewarded with renewed Spiritual understanding. And, we just may discover something magnificent about ourselves!

Each week’s lesson include:

- Lesson Objectives
 - ✧ Issue to Explore
 - ✧ Spiritual Principles to Explore
 - ✧ What Students Will Gain From the Lesson
- Complete Supply Lists
- Sacred Circle Connecting Activities
- Story
 - ✧ Bible Story or Storybook That Reflects the Bible Story
 - ✧ Story Focus & Interpretation
 - ✧ Discussion Questions
- 2 Age Appropriate Creative Activities
- Parent Letter: The parent letter is the same for each lesson in the unit.

Managing Our Emotions

Lesson 3

Elementary

The intention of this lesson is to explore tools that help us manage our emotions in positive ways.

Lesson Objectives

Issue to Explore

Sometimes we allow our fears to rule our lives.

Spiritual Principles to Explore

- Spirit is present in every choice we make.
- There is always a consequence of our choices.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

The children will:

- Explore a story that reflects an issue found in the story of Cain & Abel.
- Explore the affect of a choice made.
- Explore ways to manage their emotions and choices.

What You Will Need...

Book

- A Big Fat Enormous Lie*, by Marjorie Wienman Sharmat

Supplies

- Sheets of heavy card stock
- Markers
- Glitter glue
- Pipe cleaners
- Scissors

Sacred Circle

Lesson

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Transition

Use a song and/or musical instruments to transition the children from the opening activities into the circle time

Sacred Circle Set-Up

Invite the students to set up the sacred circle items. Items to possibly include:

- Cloth
- Electric Candle
- Love Offering Box
- Copies of the Prayers
- Sacred Items
- Stuffed Animal Mascot

Welcome

Invite one of the children to create an affirmation that affirms how they are feeling, for example: My name is _____. I am _____. The rest of the circle then affirms the first child by saying, "(Name), you are _____." Continue until all have been affirmed.

Centering Breath

Choose one of the following:

- Breathe through your heart: imagine that your breath is going in and out through your heart.
- Be a Balloon: pump up like a balloon and then release.
- Be a Drain: tighten all muscles, hold and then release.

Prayer

- Share a prayer you would like the children to learn.
- Invite them to share prayer requests and then lead them in a short prayer.

Offering & Blessing:

Provide an opportunity for the children to give a love offering. It can be money or anything they would like to see multiplied in the world. Use the blessing that is appropriate for your age group.

Unity Principle #3

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

Celebrations

Invite the children to share something they would like to celebrate. Use noise makers or pom-poms to cheer after each celebration.

Story

Lesson

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6 to 8

“A Big Fat Enormous Lie” By Marjorie Weinman Sharmat

This is a story about the results of a choice a young boy made.

Story Focus/Interpretation

When we allow our fears to lead us, we may not be happy with the results. We have the power to make positive choices for our life.

Discussion Questions

- What did the boy do?
- What could he have done?
- What reason did he give for doing what he did?
- How is he feeling?
- What is now following him?
- What was happening to the thing?
- What was the boy feeling now?
- What did the boy finally do?
- What happened to the thing that was following him?
- What choice did the boy have when his father asked him what happened?
- What was the consequence of his choice?
- What other choice could he have made?
- What might have been the consequences of that choice?
- How do we know what the best choice is?

Activity #1

Lesson

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Peace Within

Supplies

- Sheets of heavy card stock
- Markers
- Glitter glue
- Pipe cleaners
- Scissors

Share

- When we are facing challenging situations we can forget that we have power. We can calm ourselves and draw forth the power from within us.

Heart Breathing

- Begin to focus on your breath. Notice how it moves in and out of your lungs.
- What does it feel like?
- As you focus on your breath, direct your attention to your heart space.
- As you focus here imagine that your breath is moving in and out through your heart. As you inhale, your heart expands like a blow fish and as you exhale the fish contracts.
- Continue breathing in this manner for a few moments.

Activity

- Invite the children to use the supplies provided to create a symbol or a word that will remind them of their power to choose.
- Invite them to make it as fancy or as simple as they choose.
- They can use the scissors to cut out their symbol or word and they can use the pipe cleaner to make a hanger for it.
- Invite them to hang it where they can see it everyday to remind them of their power of choice.

Activity #2

Lesson

3

Elementary

Ages
6 to 8

And So the Story Goes

Supplies

- Copies of the front cover of the book

Action

- This is a cooperative story activity. Pass around copies of the cover of the book you read earlier.
- Invite the kids to notice what they see in the picture.
- Tell them that we are going to create a new story.
- Start them out by inviting them to imagine that they are the boy or girl that is the star of the story.
- Begin telling the story by saying, "I was not supposed to eat the cookies before dinner but no one was around and the cookie jar was just sitting there, so I..."
- Invite one of the children to continue the next line.
- Based on what that child says, invite the next child to give the next line and so on. Continue around the room.
- Let the children know that they can tell the story as it happened or they can make up new action or a new ending.
- If they struggle with it, prompt them by encouraging them to look at the choices they have each step of the way.
- You can also encourage them to act the story out as they create it.

Discussion/Sharing

- What would you have done with the cookie jar?
- Would you have been honest or told a lie?
- If you lied, what did your lie grow to look like?
- How would you have gotten rid of your lie?



Closing

Lesson 3

Share

Any creations from today.

Share one thing they learned today.

Commit

Say what they might do differently this week as a result of what they learned today.

Affirm

Share the Unity Principle of the day.

Pray

Say the Prayer for Protection or the Prayer of Faith.

Close with prayer of gratitude for something in the day or something in their lives: "I am grateful, God, for _____."

Further Reading and Exploration:

If this subject matter is interesting to you and you would like to explore more, check out the following links and publications:

Mysteries of Genesis by Charles Fillmore

Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.newthoughtlibrary.com/fillmoreCharles/MysteryOfGenesis/>

Metaphysical Bible Dictionary.

(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.truthunity.net/texts/mbd>

Revealing Word.

(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.truthunity.net/texts/rw>



Managing Our Emotions

The intention of this lesson is to explore tools that help us manage our emotions in positive ways.

Lesson Objectives

Issue to Explore

Sometimes unexpected events occur. How we choose to handle this affects our journey.

Spiritual Principles to Explore

- Spirit is present in every choice we make.
- The issues to explore during this lesson are integrity, making choices, and consequences based on the choices that one decided to make.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

“Cain and Abel” Children’s Illustrated Bible, pgs 22-23

This is a story about two brothers and their complicated relationship.

Story Focus/Interpretation

Sometimes we encounter situations that cause our emotions to overrule our better judgment. At those times we must remember that we are as we face up to the consequences of our actions, we will be blessed in many ways.

Students will be able to understand the power of managing their emotions and how it affects the individual and their relationships.

Continue the exploration at home:

For Preschoolers:

- Ask them what they did today.
- Invite them to show you what they made and tell you all about it.

For Elementary Students:

- Ask them to tell you about the story and the choices the boy made.
- Invite them to share what they would have done.
- Ask them to show you what they did in class.

For Teens:

Ask them:

- What impact do your emotions have on your life?
- What are some ways emotions can be managed?
- What are some Unity tools that help us to manage our feelings and emotions?
- Invite the Tweens/Uniteens to share their mantra word with you.

For Further Reading & Exploration

Mysteries of Genesis by Charles Fillmore

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