

Season for Nonviolence

January 30 - April 4

Week One – Introduction

Week Two – Dreaming

Week Three – Courage

Week Four – Gratitude

Week Five – Mission/Service

Week Six – Listening

Week Seven – Forgiveness

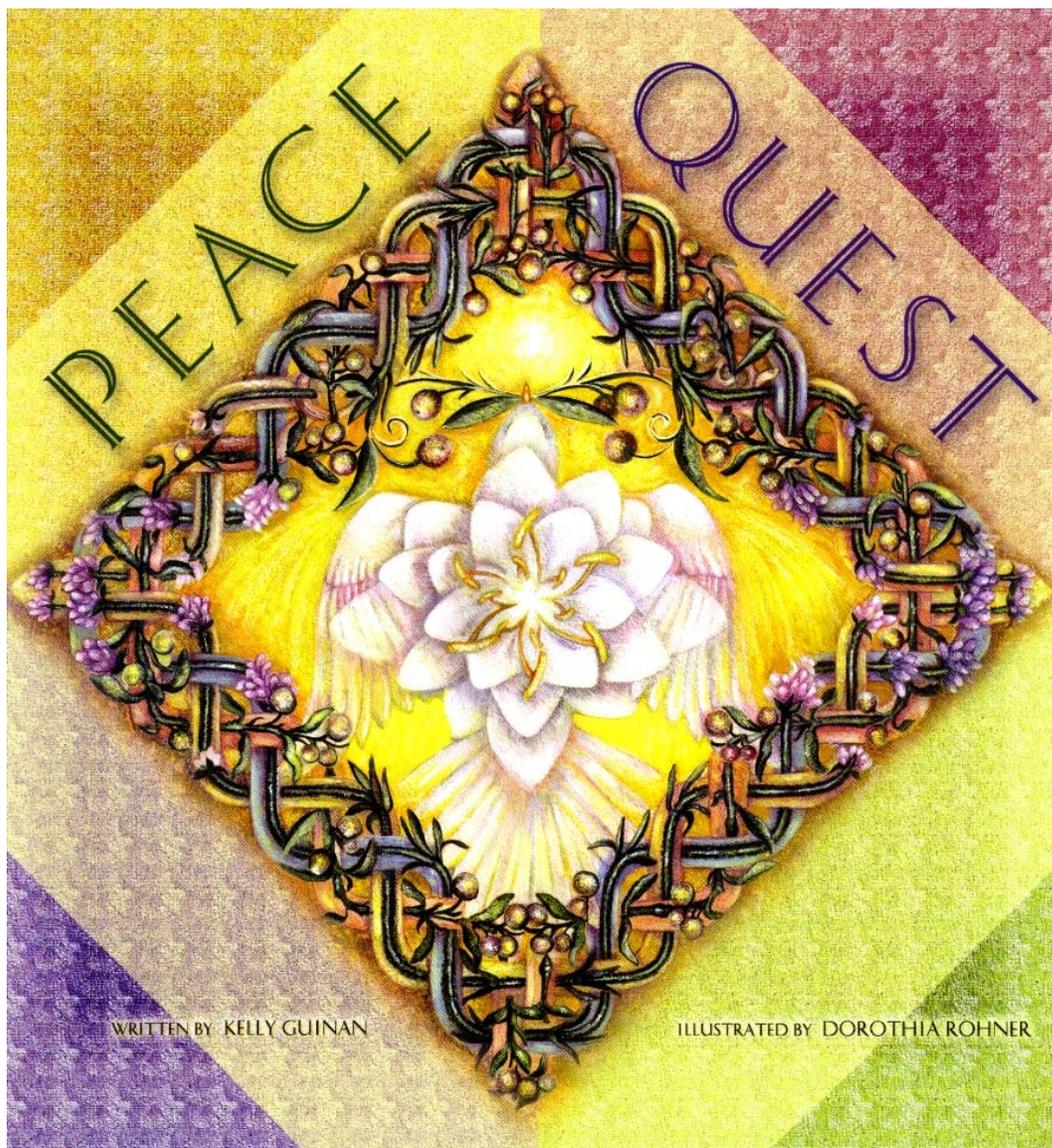
Week Eight – Kindness

Week Nine – Peace in the Midst of Conflict (Review)

Week Ten - Choice (Palm Sunday)

Week Eleven - Mastery (Easter)

Peace Quest by Kelly Guinan (Paperback - May 1, 2002)
must be purchased to participate in the curriculum for
Season for Nonviolence.



“The Children’s March” An Introduction to the Season for Non-Violence Introduction Week

What is the Season of Nonviolence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Teacher Focus: **Recommended for grades 3 and up**

This HBO documentary tells the story of the Children’s March in Birmingham in 1963. At that time the children of Birmingham felt oppressed at every turn, and in the spring of 1963, they played a vital role in restoring humanity to themselves and to a race-divided America. This film shows that we can all do our part to make a difference in the world; it is perhaps best shared with children in grades 3 and up. It may be ordered at no cost from www.teachingtolerance.org.

Unity Principle:

#5 - Everyday, I do my best, I give my best, and I make a difference in the world.

Materials:

The Children’s March, TV and VCR, “Friends Love at All Times” paper dolls, markers, scissors, tape, popcorn in bowls, coloring pages of children around the world, quotes copied and cut out from p. 11 of teacher’s guide for The Children’s March.

Peace Word Search – make a copy for each child. Popsicle sticks.

Preparation:

Make popcorn, cue VCR, put out craft materials, go to www.mssscrafts.com to download this memory verse coloring page “A friend loves at all times” for the paper dolls, or they can just color if they like

Pre-Session Activities:

- Give the coloring sheet to cut and color; they can make a paper doll chain by putting them all together: person, heart, person, heart, etc.
- Create a Peace March Sign: **MUST BE IN THE POSTIVE!**
 - Materials: cardstock with peace symbols, blank cardstock, markers, paint sticks to staple the signs to

- We will be bringing these signs into church if it looks like our group can handle it!
- Peace Word Search – make a copy for each child.
- <http://www.armoredpenguin.com/wordsearch/Data/2008.09/2117/21175758.776.ans.pdf> this is a free sight to make puzzles.
- Prayer Request sticks – use Popsicle sticks and markers to write prayers or prayer request.

Opening Sacred Circle:

Opening prayer: (Have everyone repeat) *Sweet Spirit within me, I am an expression of peace. As peace I go through my day with ease and grace. For this gift, I am grateful and I give thanks. Amen.*

Offering; “Divine love, through me, blesses and multiplies all that I give, and all that I receive.” Pass the offering basket.

Song: “Choose to be a Peacemaker” sung to the tune of London Bridge

Chorus	Kicking and pushing hurt us all,
Choose to be a peacemaker,	Hurt us all, hurt us all.
Peacemaker, peacemaker,	Kicking and pushing hurt us all,
Choose to be a peacemaker,	Let’s find a better way!
Let’s find a better way!	Repeat chorus.

Angry words can hurt us all,
Hurt us all, hurt us all.
Angry words can hurt us all.
Let’s find a better way.!
Repeat chorus.

Class time:

Story: “The Children’s March”

Welcome the children and introduce our subject for the day. Explain that you are going to show them a film about what it was like to be a child in the South during the 60’s. This film will introduce some of the themes we’ll talk about during the 2008 Season for Non-Violence. Ask kids to get comfortable, pass out popcorn. Begin movie ASAP because it is a 40 minute film.

You most likely won’t get through the entire film, so if you want to have time for discussion, I suggest you break the film into 2 twenty minute segments and watch them in consecutive weeks. Ask the children to think about something they can do during in the coming week that will bring peace to someone or some situation. Be ready to tell about it next week.

Discussion:

First 5 questions for first 1-20 min. of film, second 5 questions for last half of film (20-40)

1. What does it mean when they call Birmingham a “police” state?
2. Why didn’t the parents and adults protest?
3. What does it mean to “meet violence with non-violence”?
4. Why do you think Dr. King said “no” at first to kids going to jail?
5. What did the children’s teacher do to help them go to the march?
6. Kelly Ingram Park was the buffer black Birmingham and the white downtown. Do buffers exist in our city?
7. Gwen Webb says, “A lot of people thought the kids were going to get hurt, but the reality was that we were born black in Alabama and we were going to get hurt if we didn’t do something.” What did she mean?
8. The police thought the kids would be frightened to be arrested. Instead, they were happy and singing. Why do you think the kids were full of joy to be arrested?
9. There were 10 kids still standing after everyone else had been knocked down by the hoses. What were they singing?
10. Dr. King told the parents “Don’t worry about your children. They are going to be all right. Don’t hold them back if they want to go to jail for they are doing a job for all of America and for all mankind”. What job were they doing?

Follow-Up Activity:

Cut out quotes from page 11 of the teachers’ guide for “The Children’s March” to hand out to kids to read aloud and discuss.

If you have extra time, play **Quick-Change Artist** - Pair kids off. Let them look at each other for a minute to observe. Each turns their back to partner, changes one or two things about their appearance – untie a shoe, take off an earring, etc, Partners turn back around and try to detect the changes in each other. Repeat with new partners.

Closing prayer:

I am a peacemaker. Go God!

Adaptation of intro to SFNV for younger children:

Materials:

Coloring sheets, crayons, scissors, solid color blanket or towel, quilt or picture of a quilt, 8 inch squares of white paper, 10 inch squares of colored construction paper, hole punch, yarn, music.

Story: “A Quilt of Many Cultures”

Share the following quote with the children and use it to begin a discussion about the cultural diversity in America.

“America is not like a blanket – one piece of unbroken cloth, the same color, the same size.” (show a solid color blanket)

“America is more like a quilt, many pieces, many colors, many sizes (show a quilt or a picture of a quilt) all woven and held together with a common thread.”

Ask kids, “Is our class is more like a blanket (all the same) or more like a quilt?” Get them to tell you what they think and why.

Ask, “What is the common thread that ties us together?”

Children may look different on the outside, but inside we are all children of God. Tell them that they will make their own classroom quilt that will show how their class is made up of many different children who can all work together to make something wonderful.

Give each child a piece of the white paper. Ask each child to draw a picture or a symbol or a poem, anything they like, that tells something about them (custom, celebration, culture, value, belief, something you are good at, proud of). When they finish they should choose a piece of construction paper to mount their quilt square on. Use hole punch and yarn to create a class quilt. Put quilt where all can see and allow each child to tell the class about the patch he/she created and what it means.

Follow-Up Activity:

A Circle of Friends – Chinese game.

Children stand in a large circle, one child in the middle. Play music and the child in the center should walk up to a friend, bow to him, then shake hands. They trade places and the friend goes to the center of the circle. Continue.

If you have extra time, play Quick-Change Artist – see above for rules.

Closing prayer:

Dear Mother-Father God, I do make a difference in the world when I am a peacemaker. I strive daily to live this Truth. For this I am grateful. Amen.

“Dare to Dream”
Peace Hero: Dr. Martin Luther King, Jr.
Season for Non-Violence Curriculum
Lesson 2

Messages of Peace from the life of Dr. Martin Luther King, Jr.

What is the Season of Nonviolence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Teacher Focus:

This lesson is the first in a series of ten lessons that are based on the quest for peace within ourselves, our families and communities, and the greater world around us.

Martin Luther King was the undisputed leader of the civil rights movement and showed us all the power of dreaming. In his famous “I Have a Dream” speech, Dr. King told the nation he dreamed of a day when his four little children would “not be judged by the color of their skin but by the content of their character.” Dr. King’s dream for equality lives on in people all over the world, and we still find hope and inspiration in his powerful words.

Unity Principle:

#3 I create my experiences by what I choose to think and what I feel and believe.
#5 Everyday, I do my best, I give my best, and I make a difference in the world.

Materials:

Crayons, colored pencils, glue sticks, scissors, folded-recycled file folders, strips of scrap paper, Martin Luther King Jr. by Mary Wingnet, CD player, a copy of King’s “I Have A Dream” speech, either in song version – track 8 on Namaste, Identity CD (UT’s Good Book), audio recording of actual speech from <http://seattletimes.nwsourc.com/mlk/index.html> (this site offers free recordings of King’s speeches), *Unite With Me in Song* CD, Unity Courtyard Press, www.crayola.com you can download “Freedom Hands,” *Season for Nonviolence booklets* from the handouts, books or print out a biography from www.wikipedia.com on Martin Luther King, Jr., Rosa Parks, or Harriet Tubman

(You can get inexpensive copies of books from Scholastics.com.). Strips of Rainbow scratch paper and pennies for scratching (order from Oriental Trading Co. or US Toys).

Pre-Session:

- At www.crayola.com you can download “Freedom Hands” directions for pre-session craft. Think of freedoms that you enjoy and write a list. With a friend, place your arm on the folder and trace your forearm and hand. Cut the hands out (hands will be joined at the arm). Color the hands to represent diverse people of the world. Write on of the freedoms on each hand. Glue hands together to make a banner.
- Write “I dream of Peace” on an 8 1/2 x 8 1/2 piece of paper or card stock. Have the children design a piece of art that represents this statement.
- Prayer Sticks (please deposit prayer sticks in the prayer request box in the Narthex at the end of class). Place sacred stones on sacred circle.
- Younger Children:
 - Create images of peace using Play-Doh.
 - On the provided multi-colored hands have the children draw the world and glue the hands together to create a banner.

Sacred Circle:

Opening prayer: Infinite Spirit, we give thanks for our family, our church family, our freedoms, or dreams and the power to make them come true, and all the love between us! Amen!

Affirmation: My dream is the recognition of the blessings to come.

Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the offering basket, say your name and the affirmation, I am a dreamer.*

Affirmation: My dreams are possible.

Lesson Introduction:

Welcome the children and go through introductions. Introduce the subject for the day... that you are going to talk about Peace and what that means. Hint: To keep kids focused on discussion, tell them that you will call on others to restate what others have said.

- Raise your hand if you have an answer to the question “What is Peace?”
- What does peace look like?

- Raise your hand if you have heard of the Season for Non-Violence. Keep your hand up if you know something about the Season for Non-Violence and would like to share it with the class.
- Raise your hand if you know of someone who has worked for peace. Who? What did they do? What about Martin Luther King? Does anyone know what the famous speech he made

Song:

Sing *Peace Like a River*, track 4 from *Unite With Me in Song*

I've got Peace like a river in my soul.

I've got Joy like a fountain in my soul

I've got Love like a mountain

Class time:

Meditation: Ask the children to get comfortable.

Say: Let's begin by breathing together.....take a deep breath in.....and out.....in and out.....now picture a waterfall where the water is rainbow colored....step under the water.....feel the colors fall all around you....feel the reds, yellows, oranges, greens, blues, and purples seep into your skin.....close your eyes and see all the swirling colors dancing around you....now ask them to form into a picture of a beautiful peaceful world.....what does this look like? Are there people, animals, nature? What do the people look like? Where are the people? What are they doing? Now ask in the silence, "How can I help to create this picture of a peaceful world?" Wait in the silence for an answer. Pause....now when you are ready...open your eyes and join us in the sacred circle.

- What did your rainbow colors form into when you asked for an image of a peaceful world?
- What did that feel like?
- Did anyone get an answer of how they can help to create this picture of a peaceful world? Would you like to share the answer with our group?

Story:

Read from one of the books, or print out a biography from www.wikipedia.com on Martin Luther King, Jr, Rosa Parks, or Harriet Tubman (You can get inexpensive copies of books from Scholastics.com.)

Discuss the story:

- What did King say he dreamed of?
- When he said he hoped that his children would not be judged by the color of their skin, but by the content of their character, what did he mean?
- What do you think Dr. King would say about our world today, were he still alive?
- What values did Dr. King believe were important? (freedom, peace, brotherhood)

Creative Expression:

Download, print and distribute *Season for Nonviolence booklets*. www.64days.org
To download a copy of the 64 Days of Peace for children, visit
http://www.yapinc.org/files/live/64DailyPractices_Child.pdf

Explain: The Season for Nonviolence last 64 days. Each day you can look in your booklet for an idea to implement. By doing these activities you will become Peace Ambassadors. Carry the vision of peace.

“I Have a Dream”

Pass out strips of paper

- Do you have a dream for peace? Write it down on scratch paper.
- Does anyone want to share their thoughts?
- Hold your dream in mind while we pray together for peace.
- **Prayer:**
 - O God, you have let us pass this day in peace, we are your precious children, and we shall show our love for you by loving others as ourselves. In you we find eternal love. Amen.

Follow-Up Activity:

Play audio of “I Have a Dream”

Pass out strips of Rainbow scratch paper and pennies for scratching. Allow children to create a symbol that reminds them of peace or what the world will look like once we have peace.

- Do you have a dream for peace?
- Does anyone want to share their thoughts?
- Hold your dream in mind while we pray together for peace.

Closing Prayer:

Mother, Father, God, in this moment we are peace. Thank you for your guidance. Thank you for your love. Thank you for our friends. Thank you for our classroom. Thank you for our church. Amen.

Send SFNV Booklets home with children.

Courage

Peace Hero: Dr. Martin Luther King, Jr.

Season for Non-Violence Curriculum

Lesson 3

What is the Season of Non-violence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Teacher Focus:

The word “courage” comes from the French word for heart. Courage is the ability to do what is in your heart. The question we need to ask ourselves is: do we have it in our hearts to be nonviolent in the face of violence? To practice nonviolence we must learn to master our anger. Those who practice nonviolence look at injustice or cruelty and think: it is possible for this situation to be different; it is possible to bring about a peaceful change.

Courage is the ability to act even when faced with great fear or a sense of incompetence. There is no truth in the statement, “A courageous person is fearless.” If there really was a fear-less-ness, there would be no victory because nothing would have been risked or overcome. Courage or strength of will exercises behavioral integrity which permits individuals to stand by their value systems in authentic ways. Courage is an internal power, which when brought to the surface, provides the ability to work for justice, sometimes alone. Great courage empowers people to do what seems impossible. It is the lifeblood of change and embraces trust at its core.

Unity Principle:

- #2 - I am naturally good because God’s Divinity is in me and in everyone.
- #3 - I create my experiences by what I choose to think and what I feel and believe.
- #5 - Everyday, I do my best, I give my best, and I make a difference in the world.

Materials:

Plain paper, butcher block paper, water, water colors with brushes, Martin Luther King Jr. by Mary Wingnet, CD player, *Unite With Me in Song* CD, Unity Courtyard Press, or *Namaste* CD, small drums and percussion instruments, scissors, string, 2 small spools, 2 large wooden spools, foam heart frames and decorating supplies or construction paper

Preparation:

Gather craft supplies, cue *Unite With Me in Song* CD to track 4, "Peace Like A River" or *Namaste* "I Have a Dream", track 8 or "Om Shanti" by Rickie Byers Beckwith, *In the Land of the I am* CD

Pre-session:

Make a banner that represents COURAGE and LOVE.

Use butcher block paper taped down to a table. Write the words Courage and Love on it. Allow the children to express these words using the supplies listed. (Or give each child an 11x17 piece of paper.) You may glue on the crepe paper, doilies, cut out hearts, and use markers to write loving messages.

Colors of Peace: Invite the children to paint a picture of a place that represents a peaceful place to them.

Sacred Circle:**Opening prayer:**

Invite a child to read the prayer: Dear God, Thank you for this time together. We are here to speak out for peace, to be courageous. We know that we are expressing You when we are courageous. And for this we are grateful. Amen.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am courage.*

Affirmation: I am courage.

Songs:

Om Shanti by Rickie Byers Beckwith, *In the Land of the I am* CD

Peace like a River, track 4 from *Unite with Me in Song*,

I've got Peace like a river in my soul.

I've got Joy like a fountain in my soul

I've got Love like a mountain in my soul

I Have a Dream, track 8 from *Namaste*,

Hand out instruments and let kids play them along to the beat of the song.

Encourage those children who don't have an instrument to sing, and then let them have a turn playing an instrument.

Class Time:

Meditation:

Invite the children to sit and remain still for a moment, breathing deeply. Say: When someone stands up to violence, a force for change is released. Today, choose to be an advocate for nonviolence. Whenever you see someone being treated unfairly, think of a way to speak up for the person. Decide right now that you will be the one to stop the violence and release peace into the world. Spend a minute thinking about your commitment to nonviolence. Know that God is always with you and you are the courage of God in expression. Breathe in and breathe out courage and love. For it is with love that courage is the right choice. And so we give thanks for this time of reflection. Amen.

Story:

- Raise your hand if you have heard the term “non-violence”. What does non-violence mean? (Peace)
- Raise your hand if you have heard of the Season for Non-Violence. Keep your hand up if you know something about the Season for Non-Violence and would like to share it with the class.

Share with the children:

The word “courage” comes from the French word for heart. Courage is the ability to do what is in your heart.

- What is in your heart? (Love, etc)

Rosa Parks ([February 4, 1913](#) – [October 24, 2005](#)) was an [African American civil rights activist](#) whom the [U.S. Congress](#) later called "Mother of the Modern-Day [Civil Rights Movement](#)".

On [December 1, 1955](#), Parks became famous for refusing to obey bus driver [James Blake](#)'s order that she give up her seat to make room for a white passenger. This action of [civil disobedience](#) started the [Montgomery Bus Boycott](#), which is one of the largest movements against [racial segregation](#). In addition, this launched [Martin Luther King, Jr.](#), who was involved with the boycott, to prominence in the civil rights movement. She has had a lasting legacy worldwide.

http://en.wikipedia.org/wiki/Rosa_Parks

Martin Luther King Jr., by Mary Wingnet, chapter 2, p. 15-22

Discussion:

- Who was Rosa Parks?
- What did she do?
- How was Rosa Parks courageous?
- What values did the other protestors show? (patience, courage, strength)

Creative Expression

Hearts of Courage

Foam Heart frames. Purchase foam hearts and/or frames and decorations for them. Invite the children to make hearts of love and courage. Or use construction paper and supplies used for pre-session. With hearts of love everyone can be courageous.

Stronger than you think

Materials: scissors, string, 2 small spools, 2 large wooden spools

Construct a device as pictured. Cut the string into an 18 inch section, thread it through a middle spool, and tie each end to a small and large spool (see picture).

Hold the object by the middle spool with the smaller spool on top. The weight of the larger spool will pull the smaller spool down where it will be stopped by the middle spool. Now, ask the peacemakers to make the large spool rise without touching anything and without turning the whole thing upside down.

The task seems impossible due to the law of gravity. Demonstrate the “Impossible” using the hidden energy of centripetal force by slowly swinging the top spool in a circle. As the momentum builds, the larger spool will “magically” rise.

Discussion:

- Relate the force of gravity to something in life which seems impossible. What would happen if all people would look deep within themselves and draw on the strength which resides there?
- How would the world look different if everyone exercised courage for the cause of peace and justice?
- Tell about a time when you remained true to yourself by being courageous.

Closing Prayer:

Dear Father, Mother, God, thank you for this time together. We share a dream for peace with people all around the world. (*Children can share their dream or pass*) “I dream of a world where...”

Each of us will try today to love others as we do our own family. Let us pass this week in peace, remembering that every person deserves freedom and respect. For these things we pray. Amen.

Gratitude

Peace Hero: Mahatma Gandhi

Season for Non-Violence Curriculum

Lesson 4

What is the Season of Non-violence?

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Unity Principle:

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

Teacher Insights:

The ability to live through an aura of gratitude is perhaps the strongest motivating factor in life. It means life is approached with expectancy and abundance. It is a hope-filled philosophy which refuses to be satisfied with what is and presses continually for the good that could be. This proactive shift in attitude can be developed and nurtured through a conscious effort to focus on the positive and through the process of expressing gratitude.

Pre-session: Butcher paper large enough for the whole class to write or draw things that they own. (*You will use this again after the Gandhi story below.*)

Sacred Circle:

Opening Prayer: Infinite Spirit, we give thanks for our family, our church family, and all the love between us! Amen!

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am grateful.*

Song: Thank You for this Day Spirit - Native American Church Chant
Karen Drucker CD

Thank you for this day Spirit, thank you for this day.
Thank you for this day Spirit, thank you for this day.
This healing, this healing, this healing day.
This healing, this healing, this healing day.

Thank you for my friends Spirit, thank you for my friends.
Thank you for my friends Spirit, thank you for my friends.
My wonderful, my wonderful, my wonderful friends.

My wonderful, my wonderful, my wonderful friends.

Thank you for my life Spirit, thank you for my life.
Thank you for my life Spirit, thank you for my life.
This beautiful, this beautiful, this beautiful life.
This beautiful, this beautiful, this beautiful life.

Thank you for this church Spirit, thank you for this church.
Thank you for this church Spirit, thank you for this church.
This loving, this loving, this loving church.
This loving, this loving, this loving church.

Thank you for this day Spirit, thank you for this day.
Thank you for this day Spirit, thank you for this day.
This healing, this healing, this healing day.
This healing, this healing, this healing day.

Class Time:

(For this lesson please break up the two stories with meditation.)

Story:

Possible Book: *Gandhi: India's Great Soul* by Maura D. Shaw
(Spiritual biographies for young readers)

Share with the class:

Who was Gandhi?

Gandhi lived a simple life. He owned only what he needed. He dressed in handmade clothes of a poor Indian. When Gandhi died in 1948, his only worldly possessions were two pairs of sandals, his watch and glasses, bowls, spoons, and a book of songs. Because he was not worried about taking care of many possessions, he could give his time to making life better for other people.

- Mahatma Gandhi was born in 1869 and was assassinated in 1948.
- He was a major political and spiritual leader of India and the Indian independence movement. He was the leader of one of the largest countries in the world, but he never wore fancy clothes or lived in palaces.
- Gandhi taught the people of India – and the people of the world – how to resist violence without being violent.
- He often was put in jail because his peaceful power threatened the government that ruled his country unfairly.
- He used fasts (refusing to eat for a cause) for long periods of time to protest ways the British government was treating the people of India wrongly.
- Non-cooperation and peaceful resistance were Gandhi's "weapons" in the fight against injustice. He believed that all violence was not good and could not be justified.
- Gandhi influenced important leaders and political movements.
- Martin Luther King Jr., Nelson Mandela, and many other people have been influenced by Gandhi.

Using the big sheet of paper from Pre-session, go back and have the children circle everything that is necessary to live.

Discussions:

What does this exercise tell us about material things?

How can we live like Gandhi?

What things are you willing to give up?

How can you express nonviolence?

Gratitude Meditation: *(For this lesson break up the two stories with meditation.)*

Invite the children to get comfortable in their own space without touching anyone else.

Materials: Small gong or chime. You may even have a bowl of stones for each child to have before or after the meditation.

Say: Let us begin our time of quiet reflection in which we quiet our minds and allow Spirit, the still small voice inside, to speak to us. Take a deep breathe in, feel this breath as it moves through your nose, down your throat, and deep into the pit of your stomach. Slowly release this breathe back out into the room. Breathe in....trace the flow of your breath....in and out. With each breath feel yourself slip deeper into a cool calm place....see yourself sitting on raft the size of a pillow in the middle of a cool, calm lake. The water is completely still. In every direction, you only see water. Cool, calm water. Sitting here before you are a bowl of sacred stones. Reach into the bowl, feel the smooth surface of the stone. Hold it in your hand. Warm the stone. As you hold it, reflect on something in your life that you are grateful for. Feel that gratitude fill the stone. The warmth of your hand is the love you have for this person, this experience, this object. Fill the stone with thankfulness. Now, when you hear the chime, toss the stone into the refection pool and reach for another stone. Infuse it with something new that you are grateful for....and when you hear the chime, toss it into the reflecting pool ... (teacher....once the chime stops sounding, chime the chime again...continue for about 8-10 chimes). Thank you Spirit for all our many blessings. We are so very grateful. Amen.

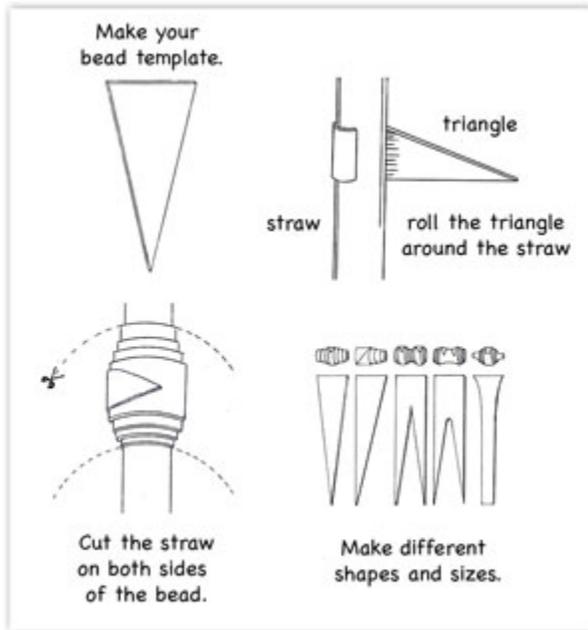
Creative Expression:

Materials: String or leather cord, stones, and 22 gauge wires, needle nosed pliers, white markers.

Have the children write on their stones some of the things they were grateful for. Place the rock at the center of a 15-inch-long piece of wire and wrap the wire around the rock a few times to secure it. Twist together the ends, and then wrap the twist around a pencil to form a loop. Use pliers to close the loop, and then cut off any excess wire. To finish, thread a necklace-length piece of leather cord through the loop and knot the ends. Now, the children have the things they are grateful for next to their hearts!

Or you could make gratitude beads and then string them.

<http://kids-crafts.blogspot.com/2007/04/paper-bead-necklace.html>



What you'll need:

- scraps of magazine pictures, wallpaper or colored paper
- ruler
- [scissors](#)
- pencil
- [glue](#)
- drinking straws
- heavy thread or yarn

Read these instructions first before you begin:

1. With scissors, cut long triangles from the scraps of paper that you've collected. Make them about 1/2 inch wide and 2 1/2 inches long.
2. Have the children write something they are grateful for on the slip or suggest they think about the person, place or thing while they are making the bead.
3. Cover one side of your triangle with glue or Modge Podge making sure you put it on the side that's less colorful. You want the colorful side to be on the outside.
4. Place the glued side of the bottom of the triangle on a straw and roll it up (see the illustrations below.)
5. Once the triangle is completely rolled around your straw, cut the straw on both sides of the newly formed paper bead.
6. You can make different shapes and sizes of beads. Simply make your triangles smaller or larger. Look at the different shapes you can use too (see below.)
7. Let all your beautiful beads dry and then string them together with yarn or thread, knotting the thread together.

You won't believe how gorgeous these beads turn out and its fun to make them too.

Games: Bouncing blessings p.44 Peace Quest

Materials: a balloon blown up

Ask the peacemakers to form a circle and to face each other. Use an inflated balloon to offer up spontaneous expressions of gratitude. As the balloon comes to peacemakers, they will look inside it and imagine something they are thankful for. They will pass the balloon around the circle by bouncing it on fingertips, announcing gratitude at each bounce. The difficulty in controlling the balloon in the desired direction will probably stimulate laughter, which of course contributes significantly to the lesson.

Discussion: Discuss the variety of things named by the peacemakers, including why the participants named the things they did. Were there more possessions, people, or concepts (such as love or happiness) named?

After the discussion, ask the peacemakers to think of the four things they are MOST thankful for. Replay the game now that a prioritization has occurred.

Closing Prayer:

Have a child read: Thank you God for this time of gratitude, for this we are thankful.
Amen.

Mission/Service:
Peace Hero: Mahatma Gandhi
Season for Non-Violence Curriculum
Lesson 5

Gandhi said:

“My life is my message. Be the change you want to see in the world.”

What is the Season of Non-violence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Unity Principle:

#5 - I do and give my best by living the Truth I know. I MAKE A DIFFERENCE.

Pre-session: Go and be a Light in your World!

Make service cards or invite older children to share their ideas with the younger children. Copy the words of things you would like to do as service to others. Copy them on your cards or make up your own service projects. Take them home and give them to family, friends or teachers and complete the service task. (*For example: wash the dishes, take out the trash, pull weeds, shovel the driveway, dust the house, etc.*)

Sacred Circle:

Ask: **What is Service?**

Explain:

Service is when people join together and work to make a positive difference. The key is active participation. They get involved in something beyond their own life and cooperate with others to help or create positive change. When people engage in this way, they discover new traits within their self, learn about others, and enlarge their sense of connectedness.

Many times people get discouraged about some of the world's problems and never do anything to help. They become overwhelmed before they even start. They can list a multitude of reasons why they can't, which when looked at objectively are really excuses. Perhaps one way to stop this "can't do" attitude is to quit thinking about how huge THE world is and concentrate efforts on YOUR world. If everyone would simply bring one ray of hope to his/her immediate world, what a different it would make in the world.

Ask children:

What were some of your service project ideas?

Opening Prayer:

Infinite Love, thank you for my life and all the wonderful things I get to contribute to the world. In this moment, I see myself helping to make the world a better place with my thoughts and actions. And so it is, Amen.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am giving.*

Song: Just Do It *by Karen Drucker, Songs of the Spirit III CD*

Class time:

Mahatma Gandhi

Peaceful Resistance – Salt

Read to the children:

The people of India began to believe that peaceful resistance could succeed. In 1930 Gandhi decided to show the world how powerful a single act of peaceful resistance could be. He planned to break the British law against Indians making their own salt from seawater. The British government had made a lot of money by charging a tax on salt and all Indians were required to pay it. Gandhi and many of his friends marched 240 miles from the Satyagraha Ashram to the sea. There on the beach Gandhi committed a crime – he picked up a lump of raw sea salt in his hand. Soon people all over India were making their own salt as a peaceful protest to the British tax. Many thousands of people were arrested, including Gandhi, but the protest encouraged the Indians to dream of freedom.

When we read about Gandhi's Salt March, you might wonder why he cared so much about ordinary salt. You probably have a salt shaker in the kitchen, and a box of salt in the cabinet. Maybe you've even mixed up some salt and flour and water to make play dough. But in the tropical parts of India, people need salt every day so they can work hard in the hot sun. When they sweat, they use up a lot of the salt in their bodies.

Gandhi believed that it was wrong to charge the poor Indian workers a lot of money for the salt that they could make for free from the saltwater in the ocean. It was a necessity of life.

Gandhi's beliefs:

Gandhi believed with all his heart that every good action and thought in our day could help to make the world a better place. He said, "God whispered into my ears, 'Nothing great could be achieved unless one cares for the smallest thing.' God hangs the greatest weight on the smallest pegs."

Here is an example: When you have a new box of colored chalk, are you eager to draw on the chalkboard or on the sidewalk? Do you love to open a brand new box of crayons? When the stick of chalk wears down to just a little stub, or the crayon breaks in half, what do you do with it? Do you throw away the crayon or the piece of chalk, thinking it is too small to be of any use?

Gandhi said that it was an act of violence against the environment to throw away anything that could still be used. Precious resources were used to make everything. If we waste resources, then people will have even less of what they need.

Discussion:

In what ways can you save resources? *Recycle, turn off water while brushing teeth, and using paper wisely (one paper towel in the restroom, using both sides of notebook paper, etc.) This helps the environment and us.*

What is God whispering in your ear?

In what ways can you make a difference?

What can you do to express peace?

Even the good “little” things we do in our lives make a difference in the world!

What might be a necessity of life for you? The air you breathe? The water you drink?

What if someone passes a law that said you had to pay a quarter each time you took a deep breath of air? What if a large company owned all the water on the Earth and charged you lots of money to drink, shower, or wash your hands?

How would you feel?

Meditation:

Fishing in the Universe for Answers

Materials: a large blanket and a Glow-stick for each child.

Invite the children to find a space on the floor where they are comfortable.

Say: Breathe in and out....feel yourself breathe deeply. Now imagine yourself on the shore of an ocean. In this moment, we ask ourselves, “What is mine to do in this world?”

We look out at the ocean and see the waves go in and out on the shore. Like a shell in the sand moving around by the wave we can cast our question to the sea and let it go. Now we must wait for our answer. Sit quietly and wait by the shore. Feel the sun on your shoulders.....feel the wind blowing through your hair....smell the fresh air all around you....know that the God will respond to your question with the right and perfect answer when you are ready to receive it. See yourself ready to receive your answer.....see the wave roll in.....reach for the shell.....and reach for your answer.....every contribution is important....what is yours to do in this world? Your answer may come as a feeling, as a picture, as word. It may be something as simple as smiling at people or telling a teacher thank you. Thank the Universe, thank God for your answer and when you are ready, open your eyes and return to the group.

- Would anyone like to share the answer God gave them in meditation? (Celebrate all answers with a big “Yeah, GOD!”)
- What other things could you vision at the shore? (*For example: Help with a friend making a decision, help with your spelling test, etc ...*)

Creative Expression:

Swirling Colors of Peace

Materials: Using colored pencils draw or write the word that came to you in meditation. Have watercolors, small cups for water, and paper for each child. Use water colors to paint the ocean’s waves over the words or drawing. The words or drawing will show through when it dries.

(I took and put drops of paint on the paper, wet the brush and let Spirit swirl it around. See examples.)

While the children are creating, discuss their ideas, words, or perhaps talk about how they will implement their service cards.

Swirling colors, option.

Materials: shallow dish, warm whole milk, dish soap, food coloring, paper plates, straws. We each help to create the world around us. We make an impact on the world with our thoughts and actions. Together, when we mix all our talents (“ingredients”) we create something unique and beautiful.

Show all the ingredients to the peacemakers and ask them to predict what would happen if all the ingredients were mixed together. Pour the warm milk into the pie plate; add a few drops of each food coloring at various places in the milk. Add a few drops of dish washing liquid to the mixture. (The effect is a bubbling, swirling canvas of color. The soap molecules attach to the milk’s fat and water molecules giving the mixture a life of its own.) The group may want to repeat the process experimenting with a variety of color combinations. Let the children take some of the mixture out with a finger at the end of a straw. Have them let the mixture out of the straw onto the paper plate. Then they may use the straw to blow the mixture and make a unique piece of art from the ingredients of all our potential.

Creative Expression 2:

Go Light Your World

Create a candle by combining the fruit:

Materials: sliced bananas, forks, pineapple sections, orange or apple slices, maraschino cherries, plates, lettuce leaf, wipes.

It is better to light a candle than to curse the darkness – Chinese proverb.

Many times people get discouraged about some of the world’s problems and never do anything to help. They become overwhelmed before they even start. They can list a multitude of reasons why they can’t, which when looked at objectively are really excuses. Perhaps one way to stop this “can’t do” attitude is to quit thinking about how huge THE world is and concentrate efforts on YOUR world. If everyone would simply bring one ray of hope to his/her immediate world, what a difference it could make in the world.

Creative Expression 3:

Each student should have a glow stick after the meditation. Sing *This Little Light of Mine* and then discuss how each of them plans to shine their light throughout the day.

Encourage students to reflect at bedtime about how they shined their light into the world today. Encourage parents when they pick their children up to have an ongoing conversation with their kids about how they are shining their lights today.

Another option: Have students bring Glow-sticks into the service and pass them out to adults as a reminder to shine their light into the world today. Encourage congregants to reflect on their day when they turn off the lights for the night.

Closing:

Have a child read: Thank you God for the gift of service, for this we are thankful.

Listening

Peace Hero: Mother Teresa

Season for Non-Violence Curriculum

Lesson 6

What is the Season of Non-violence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Unity Principle:

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

Scripture: Isaiah 41:1- *“Listen to me in silence, O coastlands; let the peoples renew their strength; let them approach, then let them speak; let us together draw near for judgment.”* NRSV

Pre-session:

- Interview & Introductions – have the children find a new friend and introduce them to the rest of the group by stating their name, age/grade, and three unique things about them.
- Draw a picture of a quiet place you could go to in order to listen to God in your heart.
- Prayer Sticks and journals

Sacred Circle:

Opening Prayer: Dear God, thank you for our two ears so that we may listen to You and our mouths to speak kind words from the message we receive from You. As we turn to the silence, we find the peace that is always there. Amen.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am listening.*

Song: Oyaheya, by Rickie Byars-Beckwith from the *Blessed Always Agape Chant Anthology* CD

Class Time:

Meditation:

Have the children find a quiet and comfortable spot to prepare for mediation. Take a few deep breaths and close your eyes to get centered and listen for the Spirit's voice within you. Think of the one thing that brings you joy. Now appreciate that thing, place or person. With this joy thought allow yourself to listen. Listen to the sounds around you, the sounds in the room. Now focus on your thing of joy.

You will find that this listening is more like a full-body listening because it takes place not only through the ears but through your entire body, energy field, and beyond. Listening gets you in touch with the Awareness of God that is paying attention to this moment. It aligns you with your true nature.

You can allow listening to be a spiritual practice by just paying attention to your heart. You can't listen and think at the same time, so if you catch yourself thinking, just bring yourself back to listening. Let any judgments, opinions, stories, beliefs, or labels, arise and then return to listening. Just keep coming back to listening and see how this transforms your life. Do this as often as you can until you become established listening as your natural state, and you will find yourself more and more aligned with your true Self—with peace, contentment, joy, acceptance, and love. Let us go into the Silence for a moment to listen and remember. (Pause)

Now, take a few deep breaths and close your eyes to get centered and listen for Spirit's voice within you. If your mind doesn't want to be quiet – take a few more deep breaths and bring yourself back to listening.

This is a good place to stop if the children are getting restless. Just add last paragraph *.

Let us go into the Silence for 2 minutes (make age appropriate) to listen and remember how connected to God and each other we always are. Take a deep breath. Now see yourself as the center of a bicycle wheel. Like spokes on a wheel, you have spokes shooting out all around you. See these spokes as golden strings. They reach out in all directions connecting you with everything in your world. YOU ARE CONNECTED. See a golden light shooting out of the top of your head. Pull it down through your body: through your head, your heart, your belly, your legs, your feet. See this light going through your body and deep within the Earth. See this golden light traveling through your body and out each of the spokes of the wheel. God's loving light moves through us and touches everyone we are connected with. Thank you God.

Let us go into the Silence for 2 minutes (make age appropriate) to listen and remember how connected to God and each other we always are. When you hear the sound of the chime, I will begin to count you back to this space. Pause: Chime, 10, 9, 8, 7, 6.....

*As we return to this space we thank God for this special time of Silence and listening. When you are ready you can open your eyes and use your ears to listen to God's message today.

Story:

Why it is important to listen in different settings? Communication is an important part of our lives, to listen and speak to our loved ones makes for stronger relationships. Our Peace Hero today is Mother Teresa. She listened to her inner voice which spoke to her on two separate occasions. God told her to serve the poor people. She sacrificed everything in her life to go to the convent to become a nun and then after teaching there for many years left and helped the sick, dying, and poor people of Calcutta, India. We can change the world if we listen to our inner voice.

Have children take turns reading the facts about Mother Teresa from hand out.

Creative Expression:

Teacher Insights: Communication skills are not innate; they must be learned and practiced for effective interaction to occur. True communication means the message is not simply heard, but understood. Thus, comprehension is based on experience more than vocabulary. Nonverbal communication is traditionally associated with body posture and gesture, distance, facial expression, and tone of voice. This exercise, however, established the concept of action as a nonverbal communicative tool.

Modeling Clay or another option, make the modeling dough on pg 78 of Peace Quest or use store bought clay.

Copy page below and cut into cards to use in class or use the directions below under activity. Make at least 2 sets, depending on the size of your class. Refer to copy from Peace Quest "I Can't Hear What You Say" pg. 78 & play game.

Activity:

Divide the peacemakers into 2 teams. This game is like charades but the children must use play dough. The teacher will give 1 person on each team the first thing to make. The child who guesses it will then be the next person to create the next item for the team. The teacher will whisper in the ear of this child the next item to create. The item will be communicated only by making the item with the play-dough.

The items are:

Dog

Sun

Frog

Worm

Earth

Love
Family

Creative Expression GAME: God is everywhere game

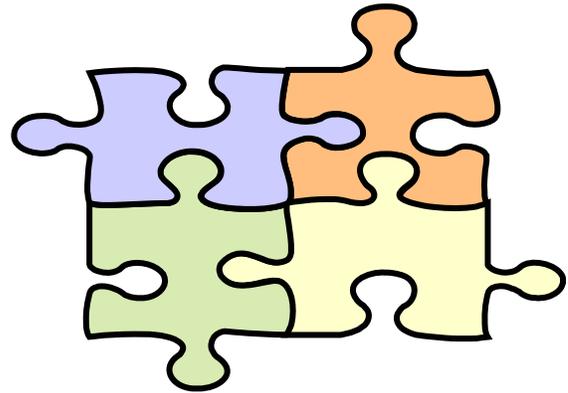
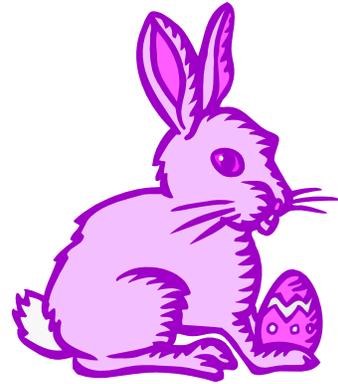
Similar to the game: I am going on a trip and I am taking an Alligator.....I am going on a trip and I am taking a banana.....Based on the alphabet. This game is about listening to everyone's answers and remembering them. For littler children, they do not have to answer in alphabetical order....they can just say something that is where God is.....

The phrase is: I look around my world and I see God _____.

Closing Prayer:

Have a child read: Thank you God for the gift of listening. I am aware of times I need to quiet my mind and mouth to listen to someone. We go forward this week listening to the Spirit and acting in love. Amen.





Forgiveness

Peace Hero: Mother Teresa

Season for Non-Violence Curriculum

Lesson 7

What is the Season of Non-violence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997. In the coming 10 weeks, we will be learning about the lives of 4 peace heroes: Martin Luther King Jr., Mahatma Gandhi, Mother Theresa, and Jesus.

Teacher Focus:

Who Is Mother Theresa?

Our peace hero today is Mother Theresa. Please see the biography of Mother Theresa at the end of the lesson as well as fun facts to learn more about her and teach the children. We are talking about Mother Theresa during our lesson on Forgiveness because she is an example of a person who never judged anyone; therefore, she never really had a need to forgive others (that we know of). She showed up with the Christ Consciousness of Love throughout her life. Please read the fun facts as well.

Unity Principle:

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

Scripture: Matthew 18:21-22. "Then Peter came and said to him, "Lord, if another member of the church sins against me, how often should I forgive? As many as seven times? Jesus said to him, "Not seven times, but, I tell you, seventy-seven times." NRSV

Pre-session: Puzzles- particularly a peace puzzle, age appropriate. Or purchase blank puzzle boards from US Toys or Oriental Trading Co. and have children create their own peace design on the puzzle.

Sacred Circle:

Opening Prayer: Dear God, thank you for giving me the gift of forgiveness. As we turn to our Christ nature, we find it easier to forgive others. For this we are grateful. Amen.

Love Offering Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am forgiveness.*

Song: Open the Eyes of My Heart *with Michael W. Smith*
<http://www.youtube.com/watch?v=XJ3tn2nJrDo>

Class Time:

Meditation: Have the children find a quiet and comfortable spot to prepare for mediation. Close your eyes. Breathe in deeply. Everything we do will be easy and relaxed. Do not try. Simply be. Now, we will breathe down to a quiet place. We will be counting down from ten to one. When we reach one, you will feel very, very relaxed. Now, breathe ... Breathe in, ten and out peace. In nine and out peace. (Count down to one)

And now, picture a tranquil lake. See how the sun glints off the water. See a bird gliding gently overhead. It is tranquil and calm. You are tranquil and calm and deeply at peace. And now, there is energy gathering in the sky above you. It is gentle loving energy. And now, all this gentle loving energy is dipping down to you, in a cone of energy, a swirling cone of loving energy, peaceful energy, and gentle energy. And now, the cone of energy dips lower and covers your throat. And here, it clears away the things which keep you from expressing yourself fully and openly and lovingly. It opens up your throat so that you can speak your truth. And now the energy cone dips lower and covers your heart. And here, it takes away the anger and the blame and replaces it with forgiveness.

And now the cone dips down and covers the rest of your body. And here, you feel deeply rooted to this physical experience, very much a part of the earth, very much a part of all that is. All fear of this physical existence is swept away in the cone of energy. Now the energy lifts off slowly, slowly, lifts up and returns to the sky, swirling and taking with it all of the negative energy which was removed, and sends this to the light where it is accepted and transformed. And now, you feel completely clean and clear. You have a clean slate in which to recreate your life. You feel as if you were just born, brand new, and ready for life and love.

Accept this truth of yourself. Accept that you are worthy of the great love of the universe. See now the spark inside you. See the glow inside you. This is the glow of your being, your creativity, your love of life and self. Now, let it expand. Now just sit quietly and feel yourself shine, see yourself shine. Shine. Shine.

(Silence for age appropriate levels.) And now, breathe in deeply several times. Move your toes around, then your legs. Move your hands and then your arms. Lift your arms up over your head and stretch. Roll your shoulders gently. Take a deep breath and open your eyes. And as you go out into the world today, remember to shine.

Story:

What is forgiveness?

Forgiveness, according to Webster, is the act of excusing a mistake using compassionate feelings and a supporting willingness to pardon.

Why is forgiveness an important aspect of Peace and non-violence?

If we don't forgive **we** continue to suffer, not the other person or situation.

Do you have an example of an opportunity in the last week that you have chosen forgiveness?

(Use Slate)

Do you think there is someone out there who may need to forgive you?

(Use Slate)

What are ways you find it easier to forgive others?

Have you had to forgive someone more than once?

(Use Slate)

Discuss the power of forgiveness.

How does it make you feel when you do forgive someone?

(Use Slate – write down feelings, happy, peaceful, etc.)

The law of attraction states, “Thoughts held in mind, produce after their kind.”

How do you think the act of forgiveness works with the law of attraction?

Creative Expression:

Wipe the Slate Clean

Prepare ahead the slate recipe on pg 103 from the book, Peace Quest.

Each child will have their own baggie, or SLATE. Using their finger, have them write a word or symbol to represent what they need to forgive or what another might need to forgive them. After they do this have them wipe the slate clean (FORGIVE themselves or others). They can do this over and over. Or you could have them do it during the discussion time after the questions that are marked.

Other age appropriate creative expressions can be to collage a forgiveness mosaic, using scraps of magazines and scrap paper.

Materials: Food Coloring, clear packing tape, plastic sandwich bags, “slate.”

(Advanced preparation: Mix 1cup cornstarch, 1/3 cup of sugar, 4 cups of water and heat over medium heat until thick. Let the mixture cool to room temperature).

Instructions: Assist the peacemakers in assembling their “slate.” Please have the kids use the same Zip-Lock bags that their snacks came in order to recycle. Place the substance into plastic bags which seal shut at the top. Add a few drops of food coloring into the bag and seal it. Knead (squish around) to distribute the color thoroughly. Re-enforce the seal with clear wide packing tape. The amount of substance in the bag is determined by the size of the bag. When placed flat on the

table, the substance should be approximately $\frac{1}{4}$ inch thick with room to be displaced slightly when the slate is used.

The bag, which has now become a slate, is placed on a flat surface. Use a finger to draw designs in to the slate. When a new picture is desired, no problems simply redistribute the slate's contents by rubbing the palm over the bag.

As the fun is occurring, make sure the peacemakers understand that fixing a real hurt is not as easy as simply wiping this slate clean.

Closure: Teacher pulls each child's strip (from pre-session) out of the basket, the child says, "I Forgive_____." Tearing up the paper and throwing it in the trashcan.

Younger Children Class Time:

"STOP, THINK, PEACE!"

Teacher Role Play (from the Children's Peace Pavilion)

Materials: 2 pre-made puppets

One teacher creates a disagreement over a favorite toy between the 2 pre-made puppets. After a short while, the other teacher asks the puppets to:

STOP: holding hands out in stopping motion

Think: index fingers pointing to the brain.

Peace: both hands up showing peace signs.

Kids practice, stop, think, peace motions.

Ask the kids:

How could these puppets make better choices about how to solve the disagreement over the toy? Take answers...role play that.

Then the teachers role play with the puppets ending with each puppet forgiving each other.

Creative Expression: Children create their own puppets

Materials: popsicle sticks, 2 faces, tape, crayons

Return to circle time: Repeat the process. This time have the kids role play two at a time. When the puppets start to disagree, the kids in the audience yell out and do the motions to: Stop, think, Peace. The teachers will need to help the kid's the first few times to determine the appropriate time to do Stop, think, peace.

Meditation: Peace Staircase

Learn Yoga Cooling Breathes First: Curl your tongue like a straw or flat. Breathe in. The breath should feel cool. This is a cooling breath.

Everyone close you eyes. Picture yourself at the top of a staircase with 5 steps.

This is the Peace staircase. We are going to walk down this staircase. On each

step you will take a cooling breath. When you hear the chime you will take another step down and take a cooling breath. Ready, 5, chime breath.....4, chime, breath, 3, chime, breath, 2, chime ask yourself “Who do I need to forgive?” Notice whose face you see. Do you see your mom’s face, your teacher’s, your face? Whose face do you see? 1, chime, breathe. See that person standing before you. Put your hands in a “Namaste” bow to the person and say, I forgive you.” Now open your eyes.

- Who did you see at the bottom of the stairs?
- How did it feel to forgive them?
- Why do we forgive? For ourselves.....

Closure: Teacher pulls each child’s strip (from pre-session) out of the basket, the child says, “I Forgive_____.” Tearing up the paper and throwing it in the trashcan.

Closing Prayer:

Have a child read: Thank you God for the gift of forgiveness. I know that when I forgive I am closer to you. We go forward this week forgiving through love and the presence of the Christ within. Amen.

Kindness

Peace Hero: Mother Teresa

Season for Non-Violence Curriculum

Lesson 8

What is the Season of Nonviolence?

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

Scripture: Joshua 2:12. "Now then, since I have dealt kindly with you, swear to me by the Lord that you in turn will deal kindly with my family. Give me a sign of good faith."
NRSV

Pre-session: *Have a flip chart, table top easel to put on floor or adjustable easel that you can adjust low to the ground, and markers. Allow children to brainstorm some Random Acts of Kindness you have done or want to do as a Unity Community. (You might write one or two on the paper first.)*

Make loving hearts to pass out to family and friends. Use construction paper, doilies, foam cut outs, etc.

Sacred Circle:

Opening Prayer: Dear God, my words and actions are filled with kindness and compassion. God is blessing me right now! Amen.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am Kind.*

Song: The Peace Song

Class time:

Meditation: Ask the children to close their eyes and relax. Suggest that they pay attention to their bodies, noticing the sensation of lying down. Then, think along with me as I say the following: Send loving-kindness to yourself. Really love yourself. Want

yourself to be happy. Put a smile on your face and see how your body reacts to that medicine. If we use our imagination we can create peace on Earth.

Pray: I love myself. I balance my anger and sadness with joy and love. I am free from pain. I balance my difficulties and challenges with free time and lessons learned. I am whole and healthy. My body is alive and strong. I am filled with loving-kindness. I am happy. I am really excited and enthusiastic about life. I am at peace.

I spread this loving-kindness and peace out to my family & friends. I see them free from pain. I see them happy and whole. I see them full of hope and peace.

I send love now to all people. Everywhere on this earth, all beings on the planet are free from suffering. I see them free from pain, grief, and despair. I see all creatures truly happy. There is peace on the planet now. Thank you God! Amen!

Story:

Have children take turns reading each line to the poem below.

Poem: This was Mother Teresa's Prayer is a poem which she had printed on her business cards – (Have poem printed out for each child see handouts two pages down.)

Mother Teresa's Prayer

The fruit of Silence is Prayer
 The fruit of Prayer is Faith
 The fruit of Faith is Love
 The fruit of Love is Service
 The fruit of Service is Peace.

Let's say this together.

Last week we learned some facts about Mother Teresa. Can anyone share any of them that they remember? (Use fact sheet from handout next page and share a few if none responds).

Mother Teresa wrote her poem. Let's see if we can write a poem for peace.

Allow the ones who can write to do their own poem. For the younger children, use the white board and have them give you suggestions and write it out. Those who can copy it allow them to try, those who can not let them draw pictures to represent the poem. Save a copy of the poem for me.

You might begin with:

Peace for me is _____

Peace for you is _____

Peace for our family is _____

Peace for our church is _____

Peace for the world is _____.

If time the children can decorate or color their poems.

Creative Expression:

See attached copy for Butterfly Effect – Wings of Kindness

Page 126 in Peace Quest lists the supplies: washable markers, coffee filters, spray bottle, water, pipe cleaners, and old newspapers.

Also the food activity **Go Light Your World** on page 128 is another option – those materials are: sliced bananas, forks, pineapple, apple, and orange sections, maraschino cherries, plates and lettuce leaves – yum!

Closing Prayer:

Have a child read: Thank you God for the gift of kindness. I am You in expression. I am kind.

Fun facts about Mother Teresa

“Let every action of mine be something beautiful for God.”

- She is quoted with a lot of wisdom. Another saying of hers was “Kind words can be short and easy to speak, but their echoes are truly endless.”
- Her ambition in life was to alleviate suffering of the poor.
- Her mission in life was caring for others.
- She was born in Albania in August, 1910
- When she was 12 she got a “call from God” to help others.
- She died of a heart attack in September, 1997
- She took a vow in life to live in poverty, purity and obey.
- She was a gifted musician and writer, knew several languages, practiced medicine, loved her family and prayed for everyone everyday.
- She earned the Nobel Peace Prize in 1979 along with a check for \$190,000 which she gave all of it to her charity to help the poor in India.
- She helped to build 430 missions in over 95 countries. Now, 10 years after her death, there are 4500 brothers and sisters working in missionaries in over 126 countries.
- She was the principle leader of her convent until 1948 when she got another “call from God” to serve humanity.
- She had a great love for children. She taught the homeless children how to read, write and do math. She lived a simple life of prayer, small meals, and humble clothing. She helped one person at a time. She imagined that each person was Jesus Christ himself and honored the Christ in everyone.
- People who met her were quoted as saying “to meet her was to sense the power of tenderness and the strength of love.”

Mother Teresa’s Prayer

The fruit of Silence is Prayer
The fruit of Prayer is Faith
The fruit of Faith is Love
The fruit of Love is Service
The fruit of Service is Peace.

My Prayer for Peace

Peace for me is _____
Peace for you is _____
Peace for our family is _____
Peace for our church is _____
Peace for the world is _____.

Mother Teresa's Prayer

The fruit of Silence is Prayer
The fruit of Prayer is Faith
The fruit of Faith is Love
The fruit of Love is Service
The fruit of Service is Peace.

My Prayer for Peace

Peace for me is _____
Peace for you is _____
Peace for our family is _____
Peace for our church is _____
Peace for the world is _____.

Peace In the Midst of Conflict
Peace Hero Review
Season for Non-Violence Curriculum
Lesson 9

What is the Season of Nonviolence?

A Season of Non-violence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The celebration of Season for Non-Violence began in 1997.

Unity Principle:

#4 - Through prayer and meditation, we access the peace within.

Scripture: Isaiah 26:3. *“Those of steadfast mind you keep in peace – in peace because they trust in you.”* NRSV

Pre-session:

Torn Apart

Materials: construction papers various colors, glue, and white paper.

Have students tear construction paper into small pieces (similar to how it feels when peace is broken) and then create something beautiful either together or individually (the feeling we have when we feel we are in the center of peace).

Sacred Circle:

Opening Prayer: Dear God, thank you for this day and for the peace that lives within us. As we turn to the love in our hearts, we find the peace that is always there. Amen.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and I am peace.*

Song: I love myself so much; From Rickie Byars Beckwith
Blessed Always Agape Chant Anthology CD

Class Time:

Heart Meditation: Have the children find a quiet spot to sit, close their eyes and imagine breathing into their heart. Invite them to place their hand on their heart and feel the breath as it moves into the heart space. As they continue breathing,

ask them to imagine someone or something they deeply love – it could be a grandparent, parent, trusted friend or pet. As they think of the person or pet, invite them to feel the love they have for them and let it begin to grow in their hearts. Continue breathing into the heart and let it grow and fill their bodies. Feel the love move down their arms to their hands, down their bodies through their legs to their feet and up through the neck to their head. Their whole body is filled with appreciation and love. Now have them send that love to their family and friends and to people in other countries. Imagine the whole planet earth surrounded with our love and blessing. This is how we can have peace on earth. Our hearts hold the key.

Story:

Review some of the highlights of the Season for Nonviolence lessons. Remind the children of past themes, stories, crafts, etc. that have been a part of the series.

Discussion:

Who have been the Peace Heroes we have talked about during the Season for Nonviolence? Martin Luther King Jr., Mother Teresa, Jesus, Mahatma Gandhi. What are some of the tools we have learned during the Season for Nonviolence? These are all part of our Peacemaker's Tool Kit:

Dreaming
 Courage
 Forgiveness
 Gratitude
 Prayer
 Service
 Listening
 Forgiveness
 Kindness
 Choice

All of these tools can help us to be at peace during times of conflict and these tools are all found in our hearts.

Creative Expression: Peace Quilt

Materials: Squares of construction paper, various colors.

Copy words on page below onto cardstock and place in a decorated shoebox entitled "Peacemaker's Tool Kit".

Let the children choose a card from the Peacemaker's Tool Kit.

Have the children decorate their square with a picture depicting the word they have chosen, (e.g. for "Gratitude", they could draw a picture of something they are grateful for, etc.) When complete, put all of the squares together, assembling as a quilt on a wall, preferably a wall that is visible to all members of the church –

perhaps in the fellowship area. Adults could also be invited to be a part of creating the Peace Quilt.

Younger Book and discussion idea:

My Many Colored Days by Dr. Seuss

Do you have days when you feel red? What are those days like?

Do you have days when you feel _____? What are those days like?

What color did you see for peace?

We can all have different colors that take us to a place of peace.

Creative Expression:

Sidewalk chalk

Peacemakers go outside to the sidewalk. Allow them to create a Peace Walk along the sidewalk with images of peace.

Or:

Have the children paint with watercolors their color of peace in the world.

Today is the day for the Children's March. You can show some highlights from the DVD to parents and children after service.

Have children bring your peace signs from the first day (or keep them until the day) to use on the march. Remember this is not an "anti-war" march but a peace march.

Have a chant leader for the march and repeat this chant from the Children's Peace Pavilion in Independence, MO.:

I want to be a peacemaker...repeat

In my house ...repeat

At my school ...repeat

In my neighborhood ...repeat

And all around the world ... repeat.

Closing Prayer:

Dear sweet Spirit abiding in us now, remind me to the peace within. I am a peacemaker. And I am grateful. Amen.

Dreaming

Courage

Forgiveness

Gratitude

Prayer

Service

Listening

Forgiveness

Kindness

Choice

Choice
Palm Sunday
JESUS
Season for Non-Violence Curriculum
Bonus Lesson if needed during the Season for Nonviolence

What is the Season of Nonviolence?

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Palm Sunday is a day to celebrate Jesus' arrival in Jerusalem the week before Easter.

Scripture: Matt. 21: 1-9; Matt. 26: 36-39

Unity Principles:

#3- I create my world through my thoughts and choices.

#4- Through prayer and meditation, I connect with the Christ within.

Pre-session:

Materials: Palm leaves, sheets of paper, crayons without wrappers

Palm Branch Rubbings: Give each peacemaker a palm branch. Invite them to create a rubbing of the branch by placing a piece of paper over the branch and rubbing over it with a crayon. Then they might write or draw words/images of things that remind them of Easter.

Sacred Circle time:

Opening Prayer:

Blessed Spirit, we give thanks for the love that lives within us. As we listen to the story of Jesus' entry into Jerusalem we are shown how to choose peace. Thank you for our time together and for the person who has shown us how to live a life connected to God, Jesus. AMEN.

Love Offering: Divine Love, Through Me, Blesses and Multiplies, All that I have, all that I give, and all that I receive. Thank you, God! *Pass the basket, say your name, and repeat affirmation, I am peace.*

Class Time:

Meditation:

Take a deep breath in. And out. Breathe in Spirit. Breathe out Spirit. In Unity, we know that everything in our life is God. Breathe in God, Breathe out God. See yourself on a path. You are barefoot. You can feel the soft, sweet grass under your feet. Begin to walk along this grass path. Ahead of you see a group of trees that lead into a forest. Begin to walk towards it now, when you enter the forest, the light changes. Feel how the wind has gotten cooler; the grass is a bit damper. The trees around you block out the light, but you can see streams of sunlight working their way through the trees as the wind blows. Continue walking along this path. Ahead you see an old rusty gate, walk towards it. As you get to the gate, open it, hear it screech. When you come through the gate, you look around and see that you have entered a beautiful garden. In this area of the forest, the trees have moved back so that there is a fountain of light pouring in upon roses, lilies, ferns, and much more. Butterflies play in the flowers, birds sing, and deer rest in the meadow. In the very center of the garden is a beautiful golden temple. Inside the temple you see a clear glass ball on a stand. This ball will show you your future. As you get closer, think of a choice that you need to make soon that you are having trouble deciding what to do. Stand before the ball, place your hands on it, and ask God to show you what happens if you choose one way or another. Look deep into the ball and watch. I am going to leave you here to get your answers. When you hear the chime we will return to our sacred space. Pause, chime.

- Would anyone like to tell us about their choices and what the crystal ball showed them?

Story: Today, we will be using plastic eggs filled with symbols of the Easter story in order to discuss the meaning of the events in the week before Easter.

Fill three eggs with:

1. A piece of fake fur (or toy donkey) to symbolize the donkey
2. A small palm frond (or toy palm tree) to symbolize waving palms
3. A pair of praying hands to symbolize prayer in the Garden of Gethsemane

Using these props, tell the story below section by section, also found in Matt. 1-9:

Egg 1 - Fur: Jesus rode into Jerusalem riding on a donkey. In those days, in times of war, a king or warrior always rode on a horse to show his power. Jesus was choosing to show peace by riding on a donkey.

Egg 2 - Palm Fronds: When Jesus rode into Jerusalem, the people were very excited to see him that they waved palm branches and laid them down in front of him. The area where Jesus lived was in a desert region. Palms showed there was water nearby and in the desert, water was very valuable. So palm branches show how much they valued Jesus.

Found in Matt. 26:36-39:

Egg 3 - Praying hands: Jesus knew that soon these people would not be welcoming him with palms anymore, that they would turn against him. When he felt afraid of what was

going to happen he went to a garden with the disciples. They fell asleep as Jesus prayed for guidance. His prayer was, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want” NRSV. Jesus chose to overcome his fear and follow the guidance from God. He chose to live in a peaceful way even though he felt afraid. We always have the opportunity to choose nonviolence even if we are afraid.

Discussion:

What are some times when you don’t feel like you have a choice?

(Examples include: Going to school, doing homework, having to help with housework, etc.)

In these cases, what is our choice?

(Examples include: To resist or do something willingly, with a cheerful heart.)

Share a time when you did something you didn’t want to do because it was the right thing to do.

What did Jesus do in the garden when he was afraid?

(Examples include: Prayed to God, released it into God’s hands.)

Through prayer, we can be strengthened in order to go through all experiences, even when we don’t want to do it.

Creative Expression:

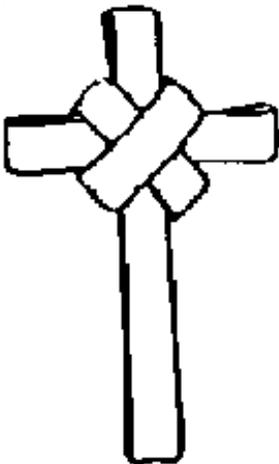
Choosing the Way to Peace – page 54 Peace Quest

Enlarge the maze on page 54 of the book Peace Quest and copy on a piece of poster board. Using a small donkey (made from construction paper or found in toy farm animal sets in dollar store), have the children take turns guiding the donkey through the maze, deciding which choice will lead to peace. You may want to use different words depending on the age of the children you are working with. Upon arriving at the Place of Peace, have something to give each child as a symbol (e.g. praying hands stickers, peace signs, etc.)

Creative Expression Alternative – attached find instructions how to make a palm leaf cross.

Pattern from www.just4kidsmagazine.com/rainbowcastle/palmcross

1. Take a palm frond about 1/2 inch wide and 13 inches and hold upright
2. Fold the top down, away from you, and the bottom up, away from you, to form the shaft of a cross of desired length
3. Turn the end down and twist around to the right and across the front of the shaft to make a crossbar in proportion to the length.
4. Fold the end around behind the shaft.



5. Bring the end from behind, under the centre. Fold from the bottom right to the top left and under again from the bottom left to the top right.

6. Fasten the end through the back loops to lock.

You can also visit this Youtube website to see how to make them:

<http://www.youtube.com/watch?v=FKaCpnTRomw>

Or Rainbow Streamers: (taken from Unity publication “The Holiday Spirit)

Using:

Paint stirring sticks

Crepe paper streamers in rainbow colors, cut in strips

Scissors

Glue

Have children choose strips of crepe paper streamers and glue to the top half of paint sticks. During the procession at the end of the Palm Sunday service, have children enter the church waving their rainbow streamers.

(You can invite children to write choices of peace, words of Palm Sunday i.e. praying hands, the donkey, or palm leaves.)

Older Creative Expression: Dominoes

Materials: large number of dominoes

Insights: Attitudes and actions have many wide-ranging ramifications. A choice not only affects the individual but also has an influence on others. As decisions are made, consideration must be given to the effect those choices will have on surrounding people. This effect can be positive or negative and can set up a succession of responses.

Instructions: Divide the class into 3 groups. Ask them to work together and use the dominoes to create a chain reaction. Set the dominoes up on their ends in a wide variety of patterns and shapes. Tip one domino over to set off a tumbling sculpture.

Closing Prayer:

Have a child read: Thank you God for the gift of choice. I know that when I stop and pray I will make the right choice. Amen.

Easter
Peace Hero: Jesus
Season for Non-Violence Curriculum
Bonus Lesson if needed during the Season for Nonviolence

What is the Season of Nonviolence?

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Scripture: The Resurrection - Matt. 28:1-10

Pre-session:

You will need a copy of the butterfly for each child, crayons and/or markers. Invite the children to color the butterfly. (If you want you can use glitter or watercolor, etc.)

OR: Have a “fold-over” baggie for each child, a pipe cleaner, and some Easter grass. Invite each child to put the Easter grass in the baggie. Fold-over the flap. Take the pipe cleaner and fold it in half over the center of the baggie and twist it to look like the body of a butterfly. Curl the ends of the pipe cleaner to look like antennae. The wings of the butterfly are the Easter grass in the baggie.

Either way each child will have a butterfly. If some finish quickly have them make extras for their friends who have not yet arrived to church.

You can invite older children to draw the life cycle of a butterfly. And incorporate the drawing into the opening/ introduction description of the life cycle.

Sacred Circle:

Opening Prayer: Dear Sweet Spirit, thank you for this beautiful day we know that this day is a special day for us. It is on his day that we are reminded of the Truth of our being, that we are the spark of Divinity, we are One with You. For this we are grateful. Amen.

Introduction:

Ask the children: “Who made a butterfly?” Ask them: “Do you know how a butterfly relates to Easter?”

Explain: Jesus was buried in a tomb. A tomb is a cave, or hole in a mountain, with a big stone rolled in front of it. When Mary and Mary Magdalene went to pray outside the tomb they discovered the stone had been moved and Jesus was gone. They were frightened until they realized Jesus had been resurrected. Resurrected means that his body was filled with light and he was totally Spirit. Jesus was expressing his Christ self.

The butterfly is like this experience. Ask: “Who knows how a butterfly starts out?” Yes, as a caterpillar. Then the caterpillar makes a cocoon. The cocoon is like the tomb. When the caterpillar rests in the cocoon it looks as if there is no more life to the caterpillar, but when she breaks out from the cocoon she is a beautiful butterfly. That is what happened to Jesus. When his body died in the tomb he turned into a perfect expression of God, like the butterfly. Jesus was completely Spirit.

We too can have a resurrection experience when we are in perfect alignment with God, when we express from our Christ self. When we express from our Christ self we are peace. When we are at peace, we express peace. Say “yes” to peace!

Songs:

I Feel the Spirit by Rickie Byars Beckwith

Use Me by Rickie Byars Beckwith

Both songs are on the *Blessed Always Agape Chant Anthology* CD

Offering:

Divine love through me, blesses and multiplies all that I have, I that I give and all that I receive. Amen.

As you pass the basket, say your first name and our affirmation. Example: I am _____. And I am the Spirit of God and I am peace.

Affirmation: I am the Spirit of God and I am peace.

Class time:

Meditation:

Say: I invite each of you to lie down on the floor if you choose. Take a deep breath and imagine yourself as a caterpillar. You are furry and warm and very comfortable. Oh, but now you find yourself cocooning. Think to yourself as to how you would feel if you were in a cocoon. Would you feel warm or cool? Relax into your moment of change. Take a deep breath as you feel yourself accepting God into your heart. And as you breathe you can feel a sense of peace through every part of your being. Breathe deeply and allow God to shine through you as your Christ light. Your light is getting strong and shining bright. You can feel your arms and legs and you start to move. Breathe. Allow your light to lift you into a sitting position. Slowly open your eyes and look at the Christ light beaming from you and from everyone else. Wow, you are a beautiful expression of God. Can you see

peace? Can you feel peace? Can you express peace? Together let's say our affirmation: I am the Spirit of God and I am peace. Together: I am the Spirit of God and I am peace.

Scripture: (Copy the scripture on a card or a note paper shaped like a dove. Have one of the children read the scripture.)

Luke 23:43 – *“Father, into thy hands I commit my spirit.”*

Share: These words tell us to trust God, to allow God to work through us. No matter what happens we can find strength, divine guidance, and ultimately peace by committing to God. Are you willing to commit to God? Are you willing to commit to peace?

Read the Story:

Book: *The Legend of the Sand Dollar* by Chris Auer

Or *The Sand Dollar Poem* below, Author Unknown

There's a pretty little legend
That I would like to tell
Of the birth and death of Jesus
Found in this lowly shell.

If you examine closely,
You'll see that you find here
Four nail holes and a fifth one
Made by a Roman's spear.

On one side; the Easter lily,
It's center is the star
That appeared unto the shepherds
And led them from afar.

The Christmas poinsettia
Etched on the other side
Reminds us of his birthday,
Our happy Christmastide.

Now break the center open,
And here you will release
The five doves awaiting
To spread goodwill and peace.

This simple little symbol
(Jesus) Christ left for you and me
To help us spread his gospel

Through all eternity.

Creative Expression:

Two ways to present:

1. Purchase at a craft store (or order from Oriental trading Co. \$5.00 for a basket of 50 sand dollars) a sand dollar for each child. Pass out the sand dollars before reading the story or the poem. After the reading, break open one of the sand dollars to show the doves. If other children want to break their sand dollar open, assist them with that task. (It's good to have a colored paper or plastic plate to break the sand dollar over. I just pushed in the bottom to break open.)
2. Or have a copy of a picture of a sand dollar for each child and have several real sand dollars that you can break open to give each child a dove. (Five doves in each sand dollar divided by the number of children equal how many sand dollars you will need to purchase.)

You can copy a poem for each child to take home or decorate in class if time.

Closing Prayer:

Have a child read: Thank you God for the gift of peace. I am the Spirit of God and I am peace.

Side Note:

Some Christian churches teach that Jesus died on the cross to 'save' us from our sins. Unity believes that we do not need to be 'saved' from our sins. To some, saving means to choose Jesus as our Lord and savior. In Unity, we know that we are all children of God with the divinity, or Christ, within every one of us. That God has gifted this to us. We do not have to get it. In Unity, sin is error thinking or making the wrong choice. We can cross out error thinking with denials. Then we can make affirmations to guide us to the connection with our inner knowing or divinity. In this moment we are expressing our Christ self. We use Jesus as an example to know this is possible for us and as a way-shower to guide us. Jesus expressed his Christ self in the resurrection and in many ways during his life. Through miracles, parables, and teachings Jesus taught us that we too can be a true expression of the Christ within.

The Sand Dollar Poem

Author Unknown

There's a pretty little legend
That I would like to tell
Of the birth and death of Jesus
Found in this lowly shell.

If you examine closely,
You'll see that you find here
Four nail holes and a fifth one
Made by a Roman's spear.

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Now break the center open,
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To spread goodwill and peace.

This simple little symbol
(Jesus) Christ left for you and me
To help us spread his gospel
Through all eternity.

Om Shanti *by Rickie Byers-Beckwith*

Om Shanti, Om Shanti, Om Shanti, Shanti Om.

Repeat 3 times.

Ommmmmmmm.

Peace inside my mind

God and only God is moving me

Peace inside my mind

God and only God I live to see.

Repeat 3 times.

Repeat Om Shanti.

Ommmm. Om Shanti Om.

Peace inside my heart

God and only God is moving me

Peace inside my heart

God and only God I live to see.

Repeat Om Shanti.

Peace inside the earth

God and only God is moving me

Peace inside the earth

God and only God I live to see.

Repeat.

Repeat Om Shanti.

Repeat 2 times.

Resources for Season for Nonviolence

Writers for this curriculum include: Katie Barnes, Unity Plaza on the Temple; Gayla Crum, Unity Church of the Heartland, Olathe; Lily Berkley, Unity Christ Church of North Kansas City; Francie Potter, Unity Village Chapel and Jane Simmons, AUCI.

Resources include the following:

- Association of Unity Churches International, www.unity.org
- Websites for Season for Nonviolence - www.nonviolenceworks.com (\$64) and/ or www.teachingtolerance.org (free)
- Season for Non-Violence booklets can be reproduced for free from the website www.64-days.org
- To download a copy of the 64 Days of Peace for children, visit http://www.yapinc.org/files/live/64DailyPractices_Child.pdf
- Order the Children's March video, Rhinos and Raspberries, and Starting Small curriculum (free). www.teachingtolerance.org
- <http://www.armoredpenguin.com/wordsearch/Data/2008.09/2117/21175758.776.ans.pdf> this is a free sight to make puzzles.
- Craft materials, go to www.msscrafter.com
- <http://kids-crafts.blogspot.com/2007/04/paper-bead-necklace.html>
- www.crayola.com you can download "Freedom Hands
- <http://www.celebratingpeace.com/book.html> , **Peace Quest**, by Kelly Guilan, this book is a must for ideas and activities.
- Family Peace Pledge and 64 Days of Affirmations from www.agnt.org
- **STOP, THINK, PEACE!** Children's Peace Pavilion, Independence, MO., www.kidpeace.org
- http://www.64-days.org/attachments/64%20Daily_Practices_CHILDREN-booklet.pdf

- <http://seattletimes.nwsourc.com/mlk/index.html> (this site offers free recordings of King's speeches)
- biography from www.wikipedia.com on Martin Luther King, Jr., Rosa Parks, or Harriet Tubman (You can get inexpensive copies of books from Scholastics.com.)
- Rainbow scratch paper and pennies for scratching (order from Oriental Trading Co. or US Toys
- *The Zax* by Dr. Seuss
- *The Butter Battle Book* by Dr. Seuss
- *My Many Colored Days* by Dr. Seuss
- *Martin Luther King Jr.* by Mary Wingnet
- *India's Great Soul* by Maura D. Shaw (Spiritual biographies for young readers)
- *The Legend of the Sand Dollar* by Chris Auer
Or *The Sand Dollar Poem* below, Author Unknown
- **Music**
Unite With Me in Song CD to track 4,"Peace Like A River"

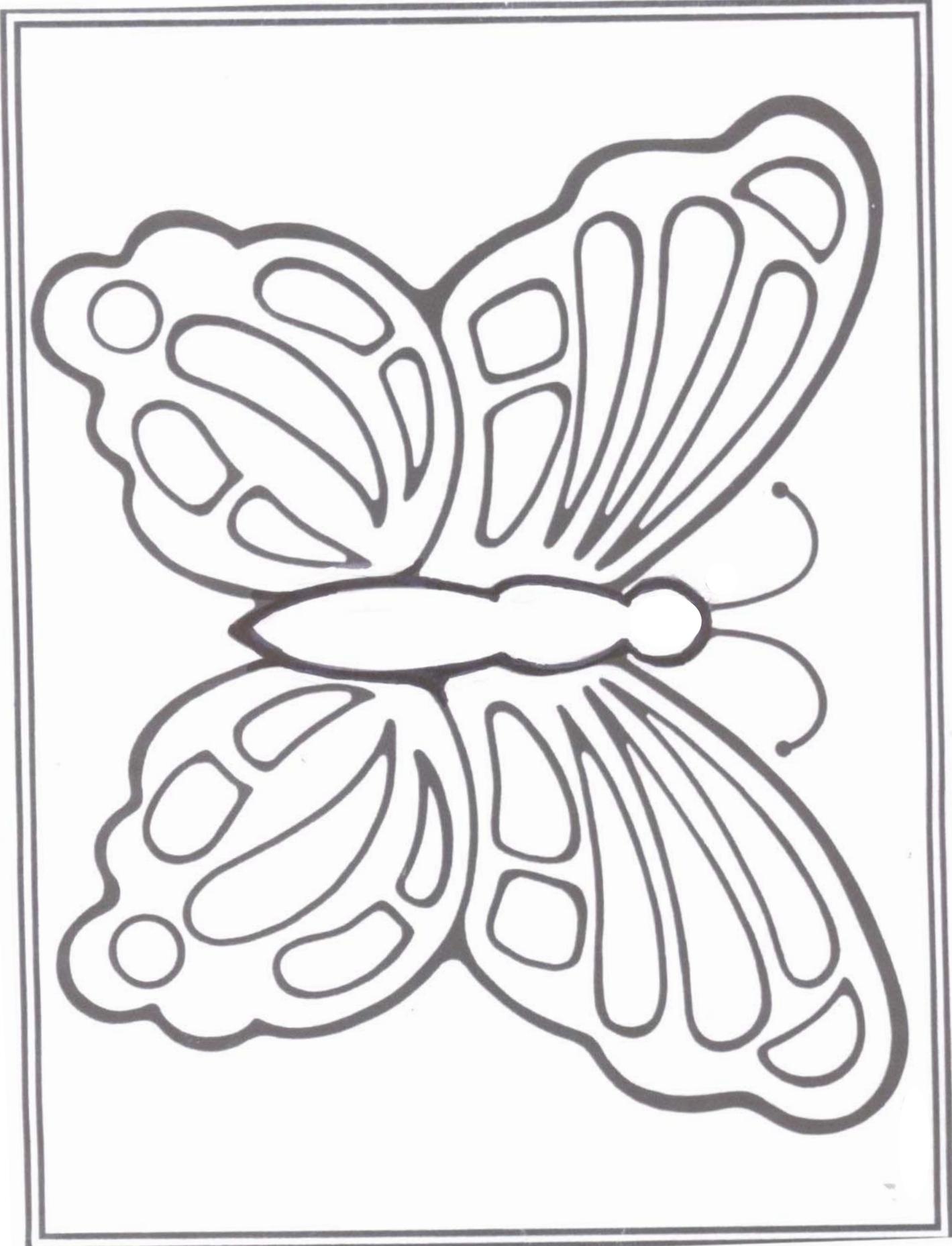
Namaste CD, "I Have a Dream," track 8

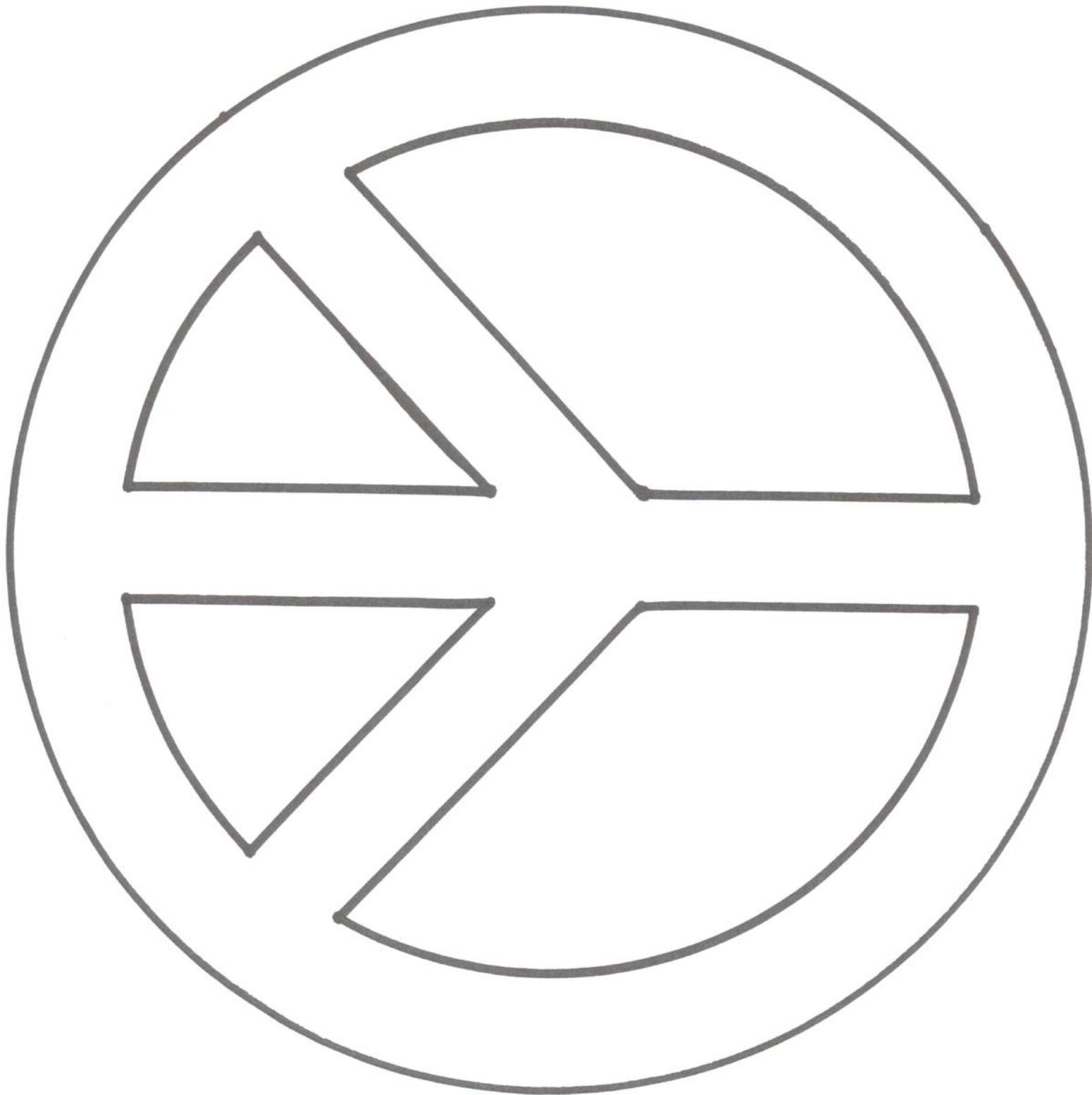
In the Land of the I am CD, "Om Shanti," by Rickie Byers Beckwith
Blessed Always Agape Chant Anthology CD, "Oyaheya, I Feel the Spirit, Use Me, I love
Myself So Much" by Rickie Byars Beckwith

Native American Church Chant CD, "Thank You for this Day Spirit," by Karen Drucker
Songs of the Spirit III CD, "Just Do It," by Karen Drucker

"This Little Light of Mine"

<http://www.youtube.com/watch?v=XJ3tn2nJrDo> , "Open the Eyes of My Heart" by Michael W. Smith





Peace Word Search

M	A	H	A	T	M	A	G	H	A	N	D	I	G	I
A	E	I	T	F	O	R	G	I	V	E	N	E	S	S
R	G	L	I	S	T	E	N	I	N	G	S	E	R	C
T	N	E	I	C	H	O	I	C	E	D	R	E	R	U
I	N	F	R	I	E	N	D	S	P	R	H	S	E	L
N	D	E	H	E	R	O	E	C	O	E	E	J	G	T
L	O	V	E	N	T	R	S	P	S	A	A	E	O	U
U	L	H	C	C	E	T	O	E	I	M	R	S	L	R
T	M	A	I	N	R	G	R	A	T	I	T	U	D	E
H	P	R	A	Y	E	R	N	C	I	N	C	S	E	S
E	E	M	E	P	S	O	I	E	V	G	H	E	N	T
R	C	O	U	R	A	G	E	A	E	V	M	R	R	H
K	I	N	D	N	E	S	S	I	A	D	V	V	U	R
I	A	Y	N	I	E	P	O	E	S	U	A	I	L	T
N	O	N	-	R	E	S	I	S	T	A	N	C	E	T
G	I	T	I	N	I	S	T	M	A	S	T	E	R	Y

choice	courage	cultures
dreaming	forgiveness	friends
Golden Rule	gratitude	harmony
heart	hero	Jesus
kindness	listening	love
Mahatma Ghandi	Martin Luther King	mastery
Mother Teresa	non-resistance	peace
positive	prayer	service

Created by Francie Potter

Peace

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Word search

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	M	A	H	A	T	M	A	G	H	A	N	D	I	G	I
2	A	E	I	T	F	O	R	G	I	V	E	N	E	S	S
3	R	G	L	I	S	T	E	N	I	N	G	S	E	R	C
4	T	N	E	I	C	H	O	I	C	E	D	R	E	R	U
5	I	N	F	R	I	E	N	D	S	P	R	H	S	E	L
6	N	D	E	H	E	R	O	E	C	O	E	E	J	G	T
7	L	O	V	E	N	T	R	S	P	S	A	A	E	O	U
8	U	L	H	C	C	E	T	O	E	I	M	R	S	L	R
9	T	M	A	I	N	R	G	R	A	T	I	T	U	D	E
10	H	P	R	A	Y	E	R	N	C	I	N	C	S	E	S
11	E	E	M	E	P	S	O	I	E	V	G	H	E	N	T
12	R	C	O	U	R	A	G	E	A	E	V	M	R	R	H
13	K	I	N	D	N	E	S	S	I	A	D	V	V	U	R
14	I	A	Y	N	I	E	P	O	E	S	U	A	I	L	T
15	N	O	N	-	R	E	S	I	S	T	A	N	C	E	T
16	G	I	T	I	N	I	S	T	M	A	S	T	E	R	Y

(E4, E) choice	(B12, E) courage	(O3, S) cultures
(K4, S) dreaming	(E2, E) forgiveness	(C5, E) friends
(N6, S) Golden Rule	(G9, E) gratitude	(C8, S) harmony
(L5, S) heart	(D6, E) hero	(M6, S) Jesus
(A13, E) kindness	(C3, E) listening	(A7, E) love
(A1, E) Mahatma Ghandi	(A1, S) Martin Luther King	(I16, E) mastery
(F1, S) Mother Teresa	(A15, E) non- resistance	(I7, S) peace
(J5, S) positive	(B10, E) prayer	(M10, S) service