

Journeys in the Spirit

Children



Sheet 33.A Getting ready Inner stories – ourselves & each other



For adults – some more thoughts about the theme:

How do we even begin to have the courage to live in understanding that we are internally resourced because we are literally interconnected to Everything in the universe?

Do we actually believe... that we have an abundance of 'wonder-full' (yes...wonder what, why, where, how, when, why... oh, I am full of wonder at these possibilities! how wonder-FULL to be full of inner skills). Are we our own direct resource of the reality of embodying the sacred internally? Do we actually believe we are directly in touch with God or the Divine...with a universal field of Knowing?

If as Quakers we believe this, it is something really important to gift this knowing and understanding to our children. Whether they will call themselves a Quaker or not let them live their life with some grounding into this insight (in-sight) let us resource children to find answers in the quietness of their own self, in their meeting of every person they encounter in their life, in the way they live their life.

It is quite a profound belief. It is hard to hold onto this idea when faced with difficulties within our own and other people's lives.

We also live in a time when there is so much conflicting information ideas and different influences from such a wide spectrum of cultures, religions, internet, education, politics and family that we all need to develop a sense of an inner compass to assist us through the vast array of influences. It is easy to forget that we are full of personal and shared skills of gentleness, vibrancy, appreciation, laughter, delight, curiosity and awe as well as a thousand different things. It's very important to give attention to the Quaker belief to 'seek to uplift' the good within each of us.

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Sheet 33.B

Engage

Peace Pilgrim – one persons story



(Photo by James B. Burton)

Some information: A grey haired woman calling herself “Peace Pilgrim” walked more than 25 thousand miles on a personal pilgrimage for peace. She vowed to “remain a wanderer until mankind has learned the way of peace, walking until given shelter and fasting until given food”. In the course of her 28 year pilgrimage she touched the hearts and minds and lives of thousands of individuals all across N. America. Her message was both simple and profound and continues to inspire people all over the world –

“This is the way of peace: overcome evil with good, and falsehood with truth, and hatred with love.”

Bringing the peace inside ourselves to other people:

Peace Pilgrim suggests that World Peace starts within ourselves. Peace Pilgrim had also been a member of the Wider Quaker Fellowship. After telling all or part of her story ask the following wondering questions:

I wonder, in what peaceful ways people in our Meeting, school, village, town or street can say and share that there is good in everybody.

I wonder, if you could peacefully change one thing in our world – school, Meeting, family, friends – what it would be.

I wonder, is there anything we can do now together to say and share that there is good in everybody.

The first pages of the book for children:

Once there was a woman who some people say was very special.

She walked across the United States six times. She carried no money or food and said, “I will fast until given food and walk until given shelter.”

She slept in many places, such as in barns, on haystacks or along the roadside unless she was offered a place to stay. Adults and children liked her because she was full of interesting stories about how people could have peace within themselves and among each other.



The whole children’s book can be downloaded from: <http://www.peacepilgrim.com/ccbook/cb1.htm>
The Peace Pilgrim web site can be found at: <http://www.peacepilgrim.com>

Text by Gary D. Guthrie - Drawings by Barbara Werner

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Sheet 33.C

Respond

Making little people - 1



Journeys in the Spirit

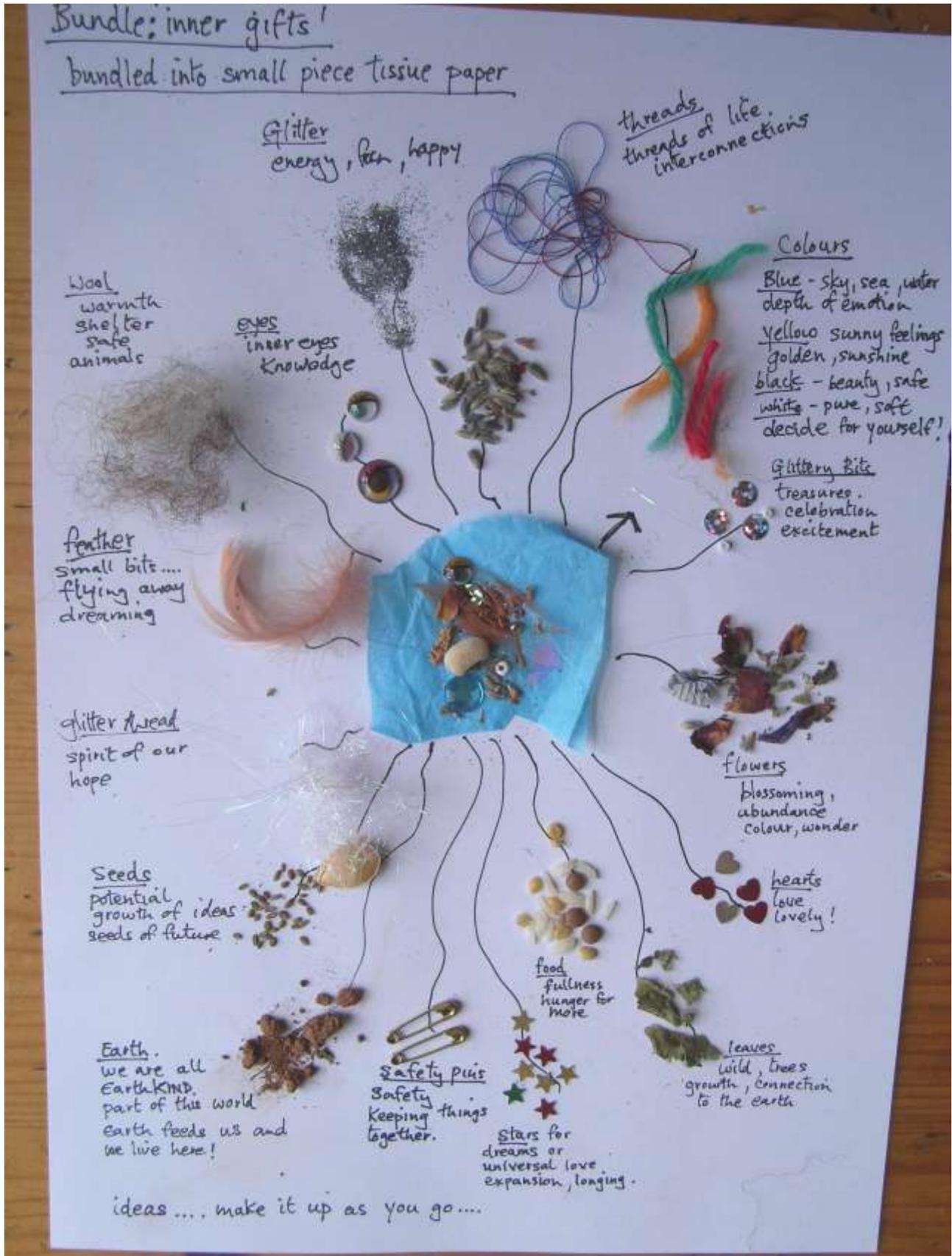
Children



Sheet 33.D

Respond

Making little people - 2



Journeys in the Spirit

Children



Sheet 33.E

Topical activity

You and me and CO2

Depending on the ages of your group say something like: "In this session we are going to think together about the ways in which everybody uses fossil fuels and how we can use less. We can think about what each of us can do as individuals, as families, and as a Meeting. Some of you may already be involved in projects like Eco – schools, or be actively involved with your family.

This session will be a chance to share ideas and support each other, because it is not always easy to change. Children can help their parents make changes – parents can help children.

Remember, we are doing this because we love and care for everybody and everything on our planet – and the planet itself. We do this because we feel good about where we live, Earth, and not because we feel bad about what is happening. "



Everybody sits quietly around a table. You could have a globe or picture of the Earth in the middle. Read from Advices and Queries 1.02.41 or 42. Then ask children to think for a few minutes about the ways in which they or their families use fossil fuels – petrol, oil. Extend their thoughts and sharing with kindly, probing questions – "that's interesting, I wonder if"

Here are some ideas for activities:

Using an energy meter to measure how much energy is consumed by common household appliances.

These can be bought for less than £20 from Electronics stores such as Maplin. Someone in Meeting may already have one they can lend. If this device is bought for the Meeting it could be loaned out to individuals afterwards to check their personal energy consumption. These devices plug into the socket of an electrical appliance and measure the amount of energy consumed in watts. Check the energy consumption of appliances already in the Meeting House, such as fridge or kettle. Bring in some extra small electrical equipment, such as a phone charger, hairdryer, curling tongs, laptop. On a large piece of paper, list appliances in order of energy consumption, from highest to lowest, to present to Meeting. *Careful adult supervision needed for younger members of the group, especially around things that get hot!*

Design and use a questionnaire which can be used in Meeting to raise awareness of energy saving.

This questionnaire could be about the Meeting House, or for individuals. This could be done as a whole group activity. Questions could be in form of simple multiple choices. E.g. How many low energy light bulbs are you currently using in your house? a) all b) some c) none. What other questions could there be? If the questionnaire is for individuals, it could be typed up and circulated amongst Meeting members the following week. If it is for the Meeting House, it could be given to the Clerk, or another appropriate person.

Write a song about saving energy, or ways in which we waste energy.

If anyone can play guitar or a musical instrument to accompany, so much the better. Use a tune that everyone knows. This could be a well-known pop song, a nursery rhyme or a traditional song such as "Three Blind Mice". Keep the ideas simple. Here is one made earlier! - to the tune of "Three Blind Mice":

*"Insulate your house. Insulate your house.
Draft proof your doors, draft proof your doors
Your house will be snug and warm this way.
Your gas bills low they will stay
And energy will be saved everyday.
Insulate your house etc"*

This could be sung to the rest of Meeting after Meeting.

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Sheet 33.F

Topical activity

You and me and CO2

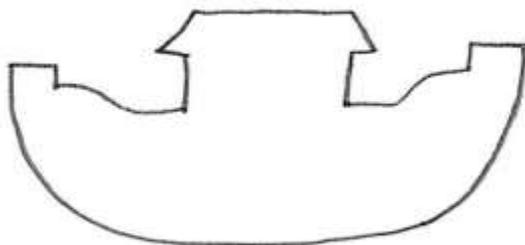


BUILD YOUR OWN CARDBOARD ARK!

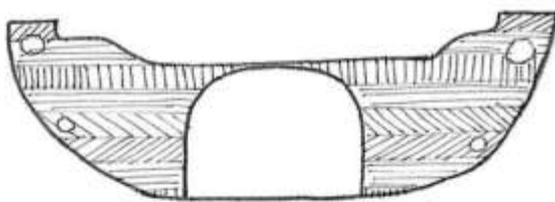
To build your own ARK, all you need is cardboard, scissors and pens.

(This activity is printed with permission of www.operationnoah.org/)

STEP 1: Draw a basic ark shape onto cardboard and cut it out.

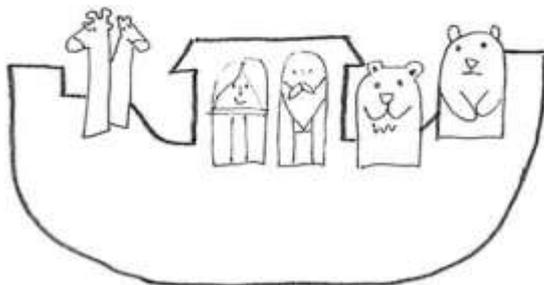


STEP 2: Using the first shape as your guide, draw around it, and cut out a second ARK shape, minus cabin section.

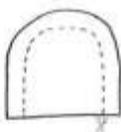


STEP 3: Cut out strips of corrugated card and stick onto the second shape to give an impression of

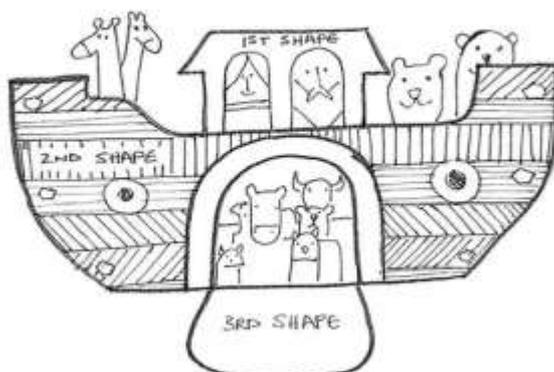
STEP 4: You can also add extra decorations. Port holes and nuts and bolts can be made out of cardboard scrap paper and stuck on to the ARK.



STEP 5: Draw and cut out animals and figures. Stick them onto the first shape along the edge.



STEP 6: Cut out shape for the ARK door and frame.



STEP 7: Stick all the parts together and add more animals into the doorway!

Other ideas and links.

You could tell a Noah's Ark story and ask some wondering questions afterwards:

I wonder which part of this story you liked the best?

I wonder which part of this story you think is most important?

I wonder if there is part of this story that is in you or you are in?

I wonder if there is part of this story that you could leave out and still have all the story that you need?

There is a Godly Play story of 'The Flood'. For information see contact details on Page 4 of this issue.

Internet resources:

www.eco-schools.org.uk/ - see Rupert the Bear ideas for younger children

<http://www.carboncontrol.org.uk> (need to register but free)
<http://www.apples4theteacher.com/coloring-pages/earth-day/save-our-planet.html>

http://abcteach.com/directory/think_green_teach_green/earth_day/

<http://www.ecofriendlykids.co.uk/fun-ways-teach-kids-about-saving-energy-home.html>