



Soul Matters

Magic Summer



Sessions

<i>Session #1 - Make Seed Balls</i>	2
<i>Session #2 - Explore Water Justice</i>	5
<i>Session #3 - Create Book Notes</i>	7
<i>Session #4 - Stir up Treats for the Humane Society</i>	10
<i>Session #5 - Cards of Encouragement for Elders</i>	13
<i>Session #6 - Beautify Mother Earth</i>	16
<i>Session #7- Taste Fair Trade Chocolates</i>	3
<i>Session #8 - Stay Centered</i>	21
<i>Session #9 - Mini Care Packages for The Homeless</i>	25

Welcome to Magic Summer!

Many of you have asked for a Soul Matters Summer curriculum. You wished it to be simple and engaging. You wished it to be easy for volunteers and staff to prepare and offer. You wished it to reflect the excitement about meeting again in person.

Magic Summer was written with these goals in mind, just for you. We hope it draws in the children and families. We hope it captures the “magic” of gathering in person to have fun and help others.

We provide you with eight simple Sunday morning lessons (and one more that takes a bit more planning) based on my three magic “S’s.” These three magic “S’s” are what we, as faith communities, need to provide our children and our families to find the magic to connect to their deepest inner lives, their community and to the joy of life around them. The three magic “S’s” are:

- Service to Others.
- Silence and Mindfulness
- Sunshine and Movement

The first magic “S” is **Service to Others**. Helping others is a magic antidote to the isolation, worry and sense of loss children may have experienced during COVID, as well as the other environmental, racial and political challenges swirling around us these days. This curriculum invites them to gather and joyously work together. With this program, children become helpers and build a sense of agency, empowerment and enjoyment after a time of uncertainty and lack of control. That is magic!

The second magic “S” is **Silence and Mindfulness**. These active, short activities invite the children to listen for their inner voice, to magically imagine and visualize a special character, and to feel the gentle power of mindfulness and centering.

The third magic “S” is **Sunshine and Movement**. Summertime is a magical time of less formal learning, and of more connection to nature and the outside. In these sessions, we include outside games, which reinforce the message and also allow the children to revel in the joy of being together again. We also offer indoor variations. All of the games also introduce the secret fourth magical “S” of **Silliness**, that special magical humor which helps us stay lighthearted and carefree, able to make it through when life gets hard.

These three magical “S’s” are my remedies to modern day centerless, social-media saturated, consumer culture. They are also remedies for the isolation and worry of the pandemic. So, offer this fun program with deep teachable moments, for your children as they return to community. May you, too, find agency, fun and magic in these times.

Katie. Katie Covey, DRE of Soul Matters Sharing Circle

Session #7- Taste Fair Trade Chocolates

Something that tastes so good, should also be FOR the good, and the farmers should be treated fairly. Chocolate tastes magical.



Supplies

- Chalice and LED candle
- Fair Trade chocolate bar for the Wonder Box
- Fair Trade chocolates (enough for one piece, then ¼ of a bar per child), these [brands](#) can often be found in grocery stores like [Trader Joes](#) or order [online](#).
- Hershey's (or other non-fair trade) chocolates (enough for one piece, then ¼ of a bar per child)
- Poster making supplies - paper, chocolate wrappers, glue, markers
- Enough chocolate bars to share for coffee hour, optional.
- Laptop to show the video, optional.

Chalice Lighting

We light this chalice for the warmth of love, the light of truth and the energy of action. May the magic of summer guide us on our way!

Or your own congregation's words.

Wonder Box - Fair Trade Chocolate

Object: a bar of Fair-Trade Chocolate

Suggested Script: "What's in the Wonder Box today? It's a bar of chocolate.

When we think of how good chocolate tastes, we might assume that the people who grow the cocoa beans for chocolate are really lucky to grow such yummy food. But in fact, some of them are hurting because they can't make enough food to buy food for their families and medicine for their children when they are sick. We think that something that tastes so good and magical, should also be FOR the good, and the farmers should be treated fairly. That is one of our UU principles - Be kind in all you do.

What is Fair Trade? Fair Trade gives the people who make or grow the thing you buy, a fair price. Often only a little bit goes to the people who grow the cocoa in chocolate. With Fair Trade chocolate, workers are paid fairly so that they can buy better food, medicine, and education for their families and children. They also work in safer farms"

Silence: Chocolate Meditation

Invite the children to take one small piece of chocolate in their hand but do not eat it, yet. The first should be a piece of Hershey's. The second is a piece of Fair-Trade Chocolate.

Read the Chocolate Meditation found at <https://www.psychologytoday.com/us/blog/mindfulness-in-frantic-world/201109/the-chocolate-meditation>

Here is an excerpt:

"... Pop it in your mouth. See if it's possible to hold it on your tongue and let it melt, noticing any tendency to suck at it. Chocolate has over 300 different flavors. See if you can sense some of them..."

Did you notice any difference in the two tastes of chocolate? One is Fair Trade (hold up a wrapped bar), and one is Hersey's. The first bite was from the Hershey's bar, the second bite was from the Fair-Trade bar. What did you think? If they don't taste much different, why not buy the Fair-Trade Bar? Yes, it costs us more right now, but in the end, we are sharing the cost so the farmers have a fair and just price, too.

Service Project: Fair Trade Chocolate

Suggested Script:

"This summer we are exploring service to others. How can we help make the world a better place? Our 2nd Principle tells us to be kind in all you do. One way is to support Fair Trade Chocolate."

If you have the ability to show the video below, do so.

Little Change Maker Series. Fairtrade <https://vimeo.com/181309791>

Create some posters for Fair Trade chocolate. Use the wrappers as decor on the posters. Place them on the coffee table in your congregation. Invite them to purchase Fair Trade products whenever they can.

Optional: Cut the bars into small pieces enough so everyone at coffee hour can try a taste of the chocolates.

Sunshine/Movement

You've learned about Fair Trade Chocolate, now it's time to play outdoors (or indoors) and connect with agriculture and growing things. Get your moves on in the sunshine or wiggles out if the weather doesn't permit being outdoors.

[The Farmer in the Dell](#) (UU version below! Watch the video for a fun circle game to play while singing.)

There are many kinds/genders of farmers. Pick several children to be farmers if you have enough children!

The farmer (s) in the dell
The farmer (s) in the dell
Hi-ho, the derry-o
The farmer (s) in the dell

The farmer(s) choose a mate
The farmer(s) choose a mate
Hi-ho, the derry-o
The farmer(s) choose a mate

The mates take a child
Hi-ho, the derry-o
The mates take the child

(Continue making the characters and animals plural if you need to...)

The child takes the nurse
The child takes the nurse
Hi-ho, the derry-o
The child takes the nurse

The nurse takes the cow
The nurse takes the cow
Hi-ho, the derry-o
The nurse takes the cow

The cow takes the dog

The cow takes the dog
Hi-ho, the derry-o
The cow takes the dog

The dog takes the cat
The dog takes the cat
Hi-ho, the derry-o
The dog takes the cat

The cat takes the mouse
The cat takes the mouse
Hi-ho, the derry-o
The cat takes the mouse

The mouse takes the cheese
The mouse takes the cheese
Hi-ho, the derry-o
The mouse takes the cheese

The cheese stands alone
The cheese stands alone
Hi-ho, the derry-o
The cheese stands alone.

Now go backwards and sing "The farmer says goodbye..." as in the video.

Closing Words

Gather in a circle and hold hands.

Repeat each phrase after the leader:

May we be fair/ when we enjoy our food/ and remember those/ who grow it for us. Amen. Blessed Be.

Some Resources to Remember:

Individual Packets for Summer Programming

Consider purchasing one or more of our [Individual Packets](#) for even more summer programming ideas. For instance, with the purchase of the “Threshold” RE packet, you could create Sundays with doors of Welcoming, Imagination, Shelter and others. Tons of ideas!

Soulful Home Family Guides

Invite your parents to explore the themes at home with their entire family by subscribing to our monthly parent guides, **Soulful Home**.

Here’s the link to the Soulful Home page on our website:

<https://www.soulmatterssharingcircle.com/soulful-home.html>.

Here’s [a link](#) to a PDF flyer you can share with families.

Inspiration Facebook Page

To keep you inspired as a group leader, check out our Soul Matters Facebook inspiration page:

<https://www.facebook.com/soulmatterssharingcircle/>

Consider also sharing it with your families!

Magic Summer Author

***Katie Covey, DRE of Soul Matters Sharing Circle
with the help of the rest of the Soul Matters Team***



© 2022 Soul Matters ALL RIGHTS RESERVED

Magic Summer is for use ONLY by congregations who have purchased the curriculum from Soul Matters.

To subscribe to this and other resources, visit us at

<https://www.soulmatterssharingcircle.com/our-store.html>