

RE Notes –January and February 2015

North Chapel RE Update

01/18/2015

Anthea Teaching

3 children attending

Today we had a small enthusiastic but relaxed class. We studied the different shapes of native animal footprints in the snow and reviewed the differences between cat, dog, moose and deer prints.

We then made Valentine cards depicting animal prints.

North Chapel RE Update

01/25/2015

Geraldine Teaching

4 children attending

This Sunday we had a wonderful morning. The children spent a good deal of time talking about their joys and concerns and catching up with each other.

We then discussed "mindful eating". I had prepared some strawberries, pears, cheese and crackers and each of us explored what it felt like to eat slowly, concentrating on the taste, smell, texture of the food we were eating and then we wrote down what came to us.

We then shared some "Food Contemplations" from a book titled "Planting Seeds (Practicing Mindfulness with Children)" by Thich Nhat Hanh.

Contemplations at Mealtime

1. The food is the gift of the whole universe. The earth, the sky, the rain and the sun.
2. We thank the people who have made this food, especially the farmers, the people at the market and the cooks.
3. We only put on our plate as much food as we can eat.
4. We want to chew the food slowly so that we can enjoy it.
5. We want to eat in a way that nurtures our compassion, protects other species and the environment, and reverses global warming.
6. This food gives us energy to practice being more loving and understanding.

7. We eat this food in order to be healthy and happy and to love each other as a family.

From Planting Seeds – Practicing Mindfulness with Children by Thich Nhat Hanh

North Chapel RE Update

02/01/2015

Geraldine Teaching

5 children attending

This Sunday we again had a wonderful morning. Once we get settled into our circle and shared our joys and concerns, the children enjoyed sharing some beautiful conversation. I find it is important to not always rush the children to get on with our task or our learning for the day but whenever possible, to follow their lead and let some natural learning happen. Sharing stories, expressing interest and/or showing compassion and just getting to know each other, especially if they don't go to the same school, is so powerful.

We then discussed "Happiness" and the power that finding things within each day that make us happy, is so important. We spoke about "Happiness Jars" (which we were supposed to make but ran out of time so will do another time) and the children shared ideas about their "Happiness Jar".

To finish off we read a story from "Buddha at Bedtime" about a magic tree "The Princesses and the Kingshuk Tree" (The lesson being: What we first see may not always give us the whole picture. A wise person knows that to discover the truth about anything, they must learn from other people's insights as well as their own.")

North Chapel RE Update

02/08/2015

Anthea Teaching

3 children attending

This Sunday we studied the science of bubbles. We explored what bubbles are, their components, characteristic shapes and why some bubbles sink and others rise. Then we used household items (including funnels, strawberry baskets, drinking straws and paper towel rolls) as improvised bubble wands. Kids explored which items made the biggest or the most bubbles.

Homemade Bubble Recipe:

6 cups of water

1 cup of dishwashing liquid (e.g. Dawn)

1/4 cup corn syrup

It works even better if you let the mixture sit overnight.