

## RE Notes: Fall 2014

September 14, 2014

Teaching: Geraldine and Athea

Number of Children: 11

We came together in our circle and took a few deep breaths before our Opening Words and Chalice Lighting. We shared "Joys & Concerns" and a moment of meditation – listening to the bell.

We then discussed science as a way of learning about the world around us. We then conducted color-mixing experiments with colored baking soda and colored vinegar. Participants used the ingredients to conduct their own color combinations and practiced the combinations that make green, orange and purple.

September 21, 2014

Teaching: Anthea

Number of Children: 8

Today we read the story "Gecko's Complaint" from Connected Wisdom and discussed the ways that we are connected to one another and nature. We discussed the climate change march and how climate and weather affect our lives and the ways that wind, rain, snow and temperature impact people, animals and places.

We then made rain sticks out of re-used cardboard movie poster tubes from Town Hall Theatre, chicken wire and dried rice and beans. We explored the early American cultures that used rain sticks to conjure rain.

We were all impressed when one student stated that "We are all connected by an invisible thread".

September 29, 2014

Teaching: Geraldine

Number of Children: 10

Today we did our usual breathing, chalice lighting, joys and concerns and then to get a little energy out we played the "Yes" game. This is where each person gets to make a suggestion of something to do (such as jump up and down or spin around) and everything shouts back "YES! Lets..." and the say whatever the suggestion is. It's a fun, confidence and feel good game to play. We then slowed things down a little and I read the book "Ten Mindful Movements" by Thich Nhat Hahn and did 5 of the 10 mindful movements he suggests in the book. We then did some "dancing" to old favorites such as "Beanie Bag Dance" and "Bop till you Drop".

October 5, 2014

Teaching: Geraldine (filling in for ArtisTree)

Number of Children: 13

Today we did our usual breathing, chalice lighting, joys and concerns. Since Daniel had mentioned the song "move it... move it" from Madagascar the movie in the Sanctuary, the children really wanted to play Freeze Yoga Dance to the song (an activity we love to do often). We had a lot of fun making up yoga poses and practicing poses we already know. The children then requested "Going on a Bear Hunt" yoga style. This is where we follow the "Going on a bear hunt" song but act out the story using yoga poses along the way. Once we had gotten a lot of energy out, we come together in a circle and had a children's led open discussion about what climate change is and the Peoples Climate March that happened in September. Some pieces that came from the children included "they marched in NYC to get the Presidents attention to take down smoke pipes and put up windmills and trees", "because of climate change we are having more floods, hurricanes and earthquakes" and "we need more trees to help the earth and less smoke pikes".

October 12, 2014

Teaching: Ben & Geraldine

Number of Children: 13

Today Geraldine lead us through the usual breathing, chalice lighting, joys and concerns and then handed things over to Ben. Here is Ben's write up...

Drumming at the North Chapel officially began on this past Sunday at the beautiful new performance hall at Artistree in Pomfret. Thank you to all who assisted with transportation to the event, there was great attendance! The children started learning basic drumming listening and group play skills. There were some good playing and even the parents got involved for a multi-generation group drum at the end of the session. All children are welcome as we look forward to more fun playing in the months to come!