

## Global Heart • Sacred Space

### Building a Personal Altar

Global Heart Connection:

*We see life as a continuous exploration of choices and opportunities for enhancing our evolution as spiritual beings. We support individuals in their personal growth and spiritual transformation.*

Theme: Evolution

Core Concept: Wholeness

Lesson Topic: Facing The Greatest Fear

## Unit Twelve, Lesson 2

|                                   |  |
|-----------------------------------|--|
| <b>Teacher/Facilitator Notes</b>  | <b>Grade(s):</b> <i>Preschool</i>  |
| <b>Global Heart Value: Growth</b> | <i>We make our decisions and guide our growth by continuous sensitivity to the unfolding vision of God for our community and by devotion to our shared values and guiding principles.</i>  |
| <b>Materials Needed:</b>          | <p><b>BOOK:</b><br/><u><a href="#">The Little Engine That Could</a></u> by Watty Piper - book or video</p> <p><b>MUSIC:</b> Imagine (there are various interpretations of this song – all are great!!)<br/>“Imagine” – John Lennon on “Imagine” CD<br/>“Imagine” – Eva Cassidy on “Imagine” CD<br/>“Imagine” – Jami Lula on “Something’s Calling Me” CD, or “Light of the World”</p> <p><b>SUPPLIES:</b></p> <p>Video Player and CD Player</p> <p>Coloring Pages:<br/><a href="http://www.free-coloring-pages.com/trains.html">http://www.free-coloring-pages.com/trains.html</a><br/><a href="http://webpages.charter.net/mortickles/coloring.htm">http://webpages.charter.net/mortickles/coloring.htm</a></p> <p>Easy Train Craft:<br/><a href="http://www.dltk-kids.com/crafts/transportation/mtrain.html">http://www.dltk-kids.com/crafts/transportation/mtrain.html</a></p> <p>Crayons (or paint or markers)<br/>Paper (thick – like card stock if possible to print on)<br/>Scissors and glue<br/>Cotton balls<br/>Photos or magazine clippings of children or toys<br/>Spaghetti or linguini</p> <p>Option for another Train Craft:<br/><a href="http://www.daniellesplace.com/html/educational_crafts.html">http://www.daniellesplace.com/html/educational_crafts.html</a></p> |



|   |   |
|---|---|
| <p><b>Set-up:</b><br/>Time: Minimum 20 minutes and up to 30 minutes</p> <p>Purpose: To prepare the teachers' consciousness and physical environment for maximum benefit of the children</p> | <p>Arrive 30 minutes before class starting time to make room clean, neat and orderly. Do a treatment for the class fulfilling the Highest Purpose for all present and that you are Divinely Guided in thought, word and action during it.</p> <p>Gather all materials needed for lesson, treatment container, offertory/gratitude container and activities centers</p> <ul style="list-style-type: none"> <li>• Set up table or box with altar cloth,</li> <li>• Put the books for lesson and trains on the altar</li> </ul> <p>Set-up activity center items:</p> <ul style="list-style-type: none"> <li>• Set-out coloring pages of trains.</li> <li>• Put out puzzles of trains</li> <li>• If you have access to Thomas the Train set – children LOVE them!</li> <li>• Print templates of trains</li> <li>• Cut out all parts – ready to be colored and decorated</li> <li>• Set-out templates of train parts for making trains</li> <li>• Prepare one sample and then decide how much to prepare in advance based on the age of the children who typically attend.</li> <li>• Set room up in theater seating for movie viewing or story reading</li> </ul> |
| <p><b>Pre-session:</b><br/>Time: Up to 20 minutes into the hour depending on arrival of children.<br/>Purpose: To build rapport and begin to engage them in lesson and craft.</p>           | <p>Method: <i>Greeting, sign-in, activity time, crafts</i></p> <ul style="list-style-type: none"> <li>• Parents sign their children in as they arrive and inform teachers of any concerns, needs for the day.</li> <li>• Welcome each child as they arrive and engage him or her in light conversation about themselves to establish rapport.</li> <li>• Encourage children begin to use train coloring pages</li> <li>• Have children play in groups with train puzzles and train set (if set up)</li> </ul>   |
| <p><b>Opening:</b><br/>Time: 10 minutes</p> <p>Purpose: To connect with each other, become centered</p>   | <p>Method: <i>Music, centering, offering, prayer, acknowledging each child</i></p> <ul style="list-style-type: none"> <li>• Bring all children into a circle and welcome them to the lesson time.</li> <li>• Do a teacher-led or practitioner-led treatment short opening prayer realizing the quality of Wholeness for each child, family, community and the World.</li> <li>• Check-in: Invite the children to share their names and ages, etc.</li> <li>• Pass around the Gratitude Jar and bless the offerings the children have placed in it or on the altar.</li> </ul>   |
| <p><b>Lesson Core:</b><br/><b>Time: 35 minutes</b></p> <p><i>Presentation:</i><br/>(15 minutes)<br/>Purpose: To share the theme and content of the lesson</p>                               | <p>Today we begin a month on Evolution – Our Growth process to remembering our Wholeness – that we are perfect, whole and complete just the way we are!</p> <p>Our theme today is: Facing Our Greatest Fear</p> <p>Read Book or play video:<br/><u>The Little Engine That Could</u> by Watty Piper - book or video</p> <p>Ask Questions:</p> <ul style="list-style-type: none"> <li>• It says the little train was “a happy little train” What if she were a grumpy train, would it be as easy to get over the mountain?</li> </ul>   |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• What did the shiny new train say to the dolls and toys?</li> <li>• What about the big engine, what was his excuse?</li> <li>• Who of the dolls and toys is most helping and staying in good spirits?</li> <li>• Is that helping the situation?</li> <li>• What did the rusty old engine say?</li> <li>• Look at the picture, how do you think the dolls and toys are feeling?</li> <li>• Here comes the little blue engine, does he seem happy?</li> <li>• What did he keep saying to himself as he worked so hard?</li> <li>• I think he knew he could, he knew he could... what do you think?</li> <li>• Say that with me, "I know I can, I know I can, I know I can"</li> <li>• When would it be helpful for you to say those words?</li> </ul>   |
| <p><i>Expansion/ Personalization:</i><br/>(5 minutes)<br/>Purpose: To make the lesson point personally relevant to the students so they internalize it</p> | <p>Teach: We teach in Science of Mind that when we are afraid of failing we often do not succeed. As we release our fear, and affirm that we have the courage to be our True Self and share our gifts, we remember that we possess the Divine Light within and have something special to offer the world.</p> <p>What are you afraid of?<br/>How can you express more courage?</p>  |
| <p><i>Creative Expression:</i><br/>(15 minutes)<br/>Purpose: To make the lesson point clearer through some space &amp; time experience</p>                 | <p><b>EASY TRAIN CRAFT</b><br/><a href="http://www.dltk-kids.com/crafts/transportation/mtrain.html">http://www.dltk-kids.com/crafts/transportation/mtrain.html</a></p> <p>Supplies:<br/>Printed templates of train<br/>Crayons (or paint or markers), scissors and glue, cotton balls<br/>Photos or magazine clippings of children or toys<br/>Spaghetti or linguini</p> <p>Assist children with the following:<br/>Glue everything to a background piece of paper<br/>Glue the face onto the front of the train.<br/>Glue the smokestack onto the top.<br/>Glue a bit of cotton ball to the smokestack as pretend smoke.<br/>Glue the wheels onto the bottom of the train.<br/>Children can color in a sky, grass, clouds etc.<br/>Glue uncooked pieces of spaghetti or linguini underneath of the train's wheels, to represent train tracks.<br/>Write "I have the courage to be my TRUE Self" on each train.</p> <p><b>Another Train Craft Option:</b><br/><a href="http://www.daniellesplace.com/html/educational_crafts.html">http://www.daniellesplace.com/html/educational_crafts.html</a></p> |
| <p><b>Closing:</b><br/>Time: 5 minutes</p> <p>Purpose: To verify and confirm the understanding and acceptance of the</p>                                   | <p>Method: <i>Review, Closing Circle, song</i></p> <p>Review of Personal Altar:<br/>Ask if they have their Freedom items from July on their personal altars at home. Remind them that this month they will learning about Evolution, Growth and Wholeness and bringing home items that represent their Wholeness for their altar.</p>   |

|   |  |
|---|--|
| <p>lesson point and its application in daily life and reground students</p> | <p>Today you are taking home a train you made to remind you that like the train in the book, “when you think you can, YOU CAN!”</p> <p>Closing Circle:<br/>Have all children say together: “I have the COURAGE to be my TRUE Self.”</p> <p>Closing Prayer/Song:<br/>Have children sing along with “Imagine” for the month – so they can see the world they dream of is the world many dream of – and is possible!</p> <p>Affirmation: “When I Think I Can – I CAN!”<br/>“I have the COURAGE to be my TRUE Self.”</p> |
| <p><b>Post session:</b></p>   | <ul style="list-style-type: none"> <li>• Tell each parent/guardian something positive about his/her child.</li> <li>• Give each parent a family “Heart Note.”</li> <li>• Put away materials and tidy the room.</li> <li>• Review the lesson and activities with the other volunteers to determine what was successful and what improvements to make for the next time.</li> </ul>  |

**United Church of Religious Science**  
**GLOBAL HEART ~ SACRED SPACE**  
*Building a Personal Altar*  
**Wholeness**

Dear Parents,

Today we continued a month on Wholeness. We read the book (or watched the movie) "The Little Train That Could."

We learned that when we are afraid to try something we sometimes do not succeed if we do not try. When we think positive thoughts - "I Think I Can, I Think I Can" - we often CAN!

We made trains to remind us to have courage to be our TRUE Selves, like the train in the book (movie).

Today's affirmations:

"When I Think I Can - I CAN!"  
"I have the COURAGE to be my TRUE Self."

**Thank you for sharing your child with us.**

**FAMILY HEART NOTE**  
To place on your refrigerator  
**Wholeness**

Things to do with your child to enhance his/her Sunday experience:

- ❖ Find a place to hang/place your child's paper with her or her train as a reminder to be courageous.
- ❖ Encourage your child to have the courage to try new things
- ❖ Support your child in positive self-talk - "I Think I Can" or "I Know I Can" when s/he is afraid.
- ❖ Help your child to not get discouraged when s/he cannot do something right away.

**Thank you for sharing your child with us.**