April 12, 2020 Children's Ministry Lesson

EASTER

Good Morning everyone! Happy Easter! ☺ I hope you are spending lots of quality time together, and making memories *while still practicing social distancing. I miss you all, Stay safe!*

This week's Affirmation*: My true self is ever new, I am eternal light, love and Joy.*

Easter is a celebration of rebirth, renewal, and the inner discovery of spirit that cannot die

In the many cycles of nature, we see examples of renewed life: animals being born, trees sprouting leaves, and flowers bursting with colors in the spring. Our hearts respond with deep yearning for renewal as well. Springtime rituals have always been a way to welcome the awakening life energy of the earth and the return of light. What are some of the springtime rituals you do in your homes? Spring cleaning? Planting new flowers?

Easter in a celebration of life and rebirth.

In the coming week; experience the joyful awareness of your true self as light, love, and joy by doing one or more of the following activities with your family:

-Notice rebirth: Take a springtime walk in a natural setting. Stay alert, notice the signs of rebirth in nature. (You are still able to go for a walk/bike ride with your family at this time-just ensure you practice social distancing).

-Practice renewal: jot down a list of 10 activities that renew you spirit. Make a goal to do at least one of them a day. For example: Facetimeing a loved one, helping a parent with the laundry, setting the table for dinner, learning a new skill

-Plant a flower, herb, or vegetable. As you put the seed in the ground – focus on the life force hidden in each seed – bringing renewed life in the light.

Write special Easter cards or notes to your friends and family. Include an inspirational message (maybe place a packet of easy grow seeds in each one?)

LESSON: EASTER

Ask your child to name all of the animals they can think of that hatch from eggs. Then, tell them that the Roman's had a saying – "all life comes from an egg". Eggs have been a symbol for new life for ages, long before the celebration of Easter. The springtime custom of exchanging eggs has been a part of many cultures. In Germany, eggs used to be dyed, then a name and birthdate were etched on the shell, and the egg was used as a birth certificate. Eggs have been found in graves and tombs- placed there to symbolize the new life to come. Even in the southern hemisphere, eggs are still used in the Easter celebration.

Egg Decorating Activity:

Materials needed:

Plastic eggs, or real ones with the middle blown out

Tissue paper

White glue

Paint brushes

String

Plastic bowls

Cooling rack

Dilute the white glue 2:1 with water and put the mixture into a bowl

Tear up the tissue paper into 1-2 inch pieces

Use the paint brush to cover the egg with glue mixture

Apply Tissue paper

*If you want to hang the egg- glue a loop of string on one end for hanging

Place on cooling rack to dry

TIPS:

-Use light colored tissue paper to avoid muddy results

-If you don't have tissue paper – you can use small pieces of wrapping paper instead

-You can get the child to color napkins/paper towels to use as well ☺

Activity 2:

Easter Egg hunt 2020 with Social Distancing

Decorate this egg, display it in your window.

When we go on family walks, we can admire and count the eggs we find.

If you do not have access to a printer – Create them yourself.

Here is a Link to some pretty awesome templates:

https://www.firstpalette.com/printable/easter-eggs.html

Activity three:

Remember when we made the family chain in class? Here is a link to a bunny one I thought was really cute:

https://www.firstpalette.com/craft/paper-bunny-chain.html

Read this week's Story: Andre's New Day

>> ANDRE'S NEW DAY

Yesterday had not been good at all. He had such high hopes, and nothing turned out the way he wanted. Andre remembered how awful he had felt when he went to sleep last night, and now he stared at the ceiling and felt awful again.

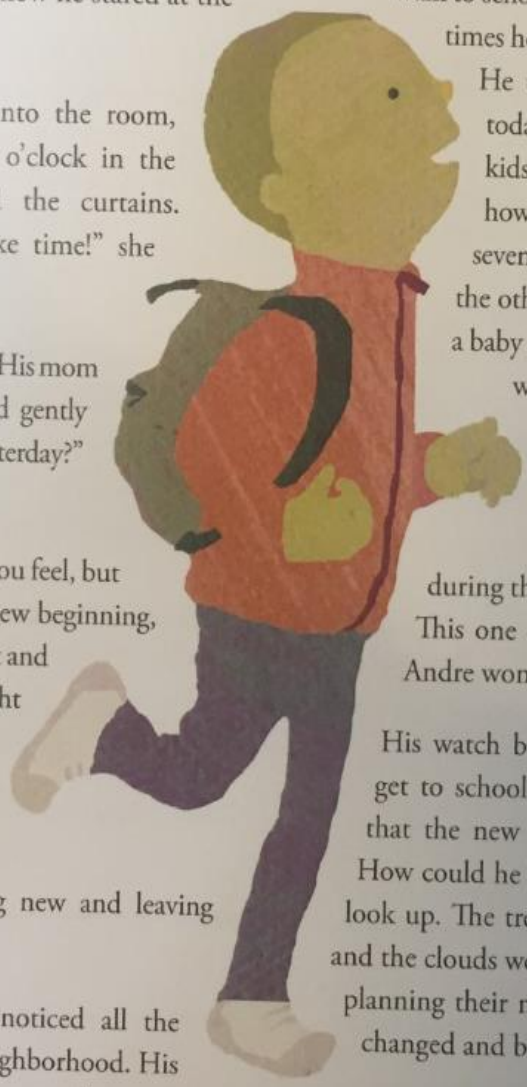
Suddenly, his mom came into the room, as she always did at seven o'clock in the morning, and she opened the curtains. "Good morning! It's pancake time!" she said cheerfully.

Andre groaned and rolled over. His mom sat on the side of his bed and gently asked, "Still feel bad about yesterday?" Andre nodded into his pillow.

"Well, I can understand how you feel, but it's a new day. Every day is a new beginning, Andre." She gave his back a pat and left the room. Andre thought about what his mom said as he got dressed and ate pancakes.

He liked the idea of starting new and leaving yesterday behind.

On his way to school, he noticed all the daffodils coming up in the neighborhood. His dad had told him how the flowers die on top, but the bulbs hold the energy underground and bloom again in the spring. This year there were even more than last year.



As Andre walked, he tried to think about making this walk to school new and different from all the other times he had walked this same route to school. He usually looked down at his feet, but today he looked ahead. There were other kids walking to school, and he counted how many he could see — there were seven on this side of the block and four on the other side. There was also a woman with a baby in a stroller and a dog on a leash. They were all starting a new day.

Andre stopped at the corner, and a squirrel dashed up a tree right next to him. He knew squirrels hibernate during the winter and come out in the spring. This one disappeared into a hole in the tree. Andre wondered if it had babies in there.

His watch beeped for 8:00. Fifteen minutes to get to school. The thought came into his mind that the new hour was another new beginning. How could he be new in this hour? He decided to look up. The trees were swaying in the soft breeze, and the clouds were huddled together, as if they were planning their new day. As he watched, the clouds changed and became a new shape.

He took the next block at a fast run and felt the cool air on his face. When he stopped at the corner, his heart was beating fast. It felt like a happy beat, and

Andre realized he was smiling. His breath was faster too, and he enjoyed filling up his lungs with new air. Another thought occurred to him — every breath was like a new beginning, too. He imagined the sadness he felt yesterday leaving with each breath out, and each breath in brought in sunshine and more smiles.

The last block to the school was the busiest part of his walk. He went past a car wash and saw the men drying off the cars as they came out of the wash. They looked so clean and shiny, like new cars.

As Andre approached the school, his friends were calling and waving to him. He smiled and waved back with enthusiasm. The awful feeling from yesterday was gone, and he felt fresh and happy inside. It was a new day.

Discussion questions:

Have you ever felt so bad about something that you didn't want to get out of bed?

What do you think helped Andre feel better by the time he got to school?

What ideas do you have of things you can do to make yourself feel better? (Examples: Talk/Exercise/shower/hug your pet)