

Be A Dreamer

Curriculum Overview

The world needs more dreamers. They are the people with the courage and creativity to try new things and overcome obstacles, to see beyond what is to what can be, to believe and do and think ideas into reality. ~Susan V. Bosak



This curriculum will be based on the book, **"Dream."** (Available on-line at www.legacyproject.com.)

We will explore how our dreams help us to create the life we want.

Said Vincent van Gogh of his well-known painting The Starry Night (1889), ***"For my part, I know nothing with any certainty, but the sight of stars makes me dream."***

From the time we're children, we make wishes on stars... ***"Star light, star bright/First star I see tonight/I wish I may, I wish I might/Have the wish I wish tonight."***

As we grow older, the stars may mean different things to each of us. Wrote Antoine de Saint-Exupéry in *The Little Prince*:

All men have the stars, but they are not the same things for different people. For some, who are travelers, the stars are guides. For others they are no more than little lights in the sky. For others, who are scholars, they are problems. For my businessman they are wealth. But all these stars are silent. You -- you alone -- will have the stars as no one else has them

From the smallest personal beginnings to the largest human triumphs, why are we here if not to dream? ***Dream*** begins at the end of the rainbow with the Dream Chest, a magical portal between what is and what can be. A traveler wandering in the desert comes upon the Dream Chest and opens it. A wise old star emerges and asks, "What's your dream?"

The story moves on a colorful journey of your lifetime. From childhood, through adolescence and adulthood. This study will include information and practices for the entire family. For more information on the book, please visit: www.legacyproject.com

As the last page in the award-winning book ***Dream*** reminds us:

Look up, up, up into those billion billion sparkling stars.

What dreams do you find?

Little dreams, big dreams, each a hope looking for a life to make it real – a life like yours.

The star is a central image in ***Dream***. In fact, each of the 15 illustrators has hidden a star in their illustration. Find each hidden star -- and when you do, don't forget to make a wish!

Dream Stars and the **World Dream Chest** are a chance for children, teens, and adults to connect -- or reconnect -- with your own dreams and the dreams of others. This is your chance to share, explore, discuss, discover, create.

Dreams give us hope and direction. They challenge us to find the very best part of ourselves. We all need dreams, no matter how young or how old. And the world needs more dreamers, because dreamers are the ones with the creativity and courage to try new things, overcome obstacles, and make a difference in their own life and the lives of others.

Make origami ***Dream Stars*** -- each with a special wish or dream written inside -- and then submit your ***Dream Star*** total and stories to us below. This is a meaningful activity for families, schools, and community groups. It connects individuals and communities. There are several ways you can use your ***Dream Stars***. Celebrate the hopes and dreams of young and old!

We want to celebrate the hopes and dreams of young and old throughout the world. We'll be posting a running ***Dream Star*** total along with your stories about your experiences making ***Dream Stars*** and your hopes and dreams for yourself, your local community, and our world. And we'll be doing something very, very special with all these stars and stories -- you'll have to check back again to find out what!

THE DREAM CHEST....

The web-site is a wonderful place with many ideas, projects and activities. I highly encourage you to visit it: www.legacyproject.com

One of my favorite activities was THE DREAM CHEST. I used this idea each week to give the kids an thought & an object to take home with them to remind them of what we had explored that day. I got all of the objects from Oriental Trading - www.orientaltrading.com

FLASHING STAR BALLS

Item Number: **IN-12/2386**

\$14.95 per Dozen

LASER STICKERS (3DZ)

Item Number: **IN-9/741**

\$2.95 per Unit

BRIGHT DREAM CATCHER KEY CHAINS

Item Number: **IN-19/458**

\$6.95 per Dozen

G-I-D CELESTIAL BEACH BALLS

Item Number: **IN-49/25**

\$8.95 per Dozen

PLUSH STARS

Item Number: **IN-6/1247**

\$9.95 per Dozen

G-I-D CELESTIAL PINWHEELS (3DZ-UN)

Item Number: **IN-39/11900**

\$7.95 per Unit

We created our own DREAM CHEST to hold the items and passed the object and affirmation card out as the children left each Sunday.

We decorated the room to resemble a “dream” with fabric draped from the ceiling to resemble clouds with stars, butterflies, angels, etc hanging down from it. We also used stars and glitter to create a shooting star like effect coming up from the Dream Chest.

The teachers and children really enjoyed this curriculum and I hope you will too.

A access to the web-site, copy of the book DREAM & the DVD is needed to use this curriculum. www.legacyproject.com

Be A Dreamer

Curriculum Schedule

<i>Date</i>	<i>Title</i>	<i>Focus</i>
	<i>"The Little Story of Me"</i>	<i>Tell us more about you and what you dream about.</i>
	<i>"Are You a Dreamer?" (Shining Stars)</i>	<i>What does it actually mean to dream or to have a dream?</i>
	<i>"What Is.....What Can Be" (Stickers)</i>	<i>The Dream Chest – A container for your dreams.</i>
	<i>"Heavenly Messages" (Dream Catchers)</i>	<i>God is always there to support us in our dream quest.</i>
	<i>"Reach for the Stars" (Beach Balls)</i>	<i>Now that we recognize our Dreams – how do we grow them?</i>
	<i>"Twilight Time" (Plush Stars)</i>	<i>How can we overcome obstacles to our dreams?</i>
	<i>"A World of Wonder" (Pinwheels)</i>	<i>How is the world bless by the realization of our personal dreams?</i>

Be A Dreamer

Week #1: "The Little Story of Me"

LESSON INTENTION

The intention of this lesson to learn more about one another and the things we dream about.

Spiritual Principle & Purpose

To teach and demonstrate:

That just because people of similar age happen to be sitting in the same church classroom ***doesn't*** mean that:

- ◆ they are a group.
- ◆ they all understand what will happen during the class time.
- ◆ they will treat each other as friends.
- ◆ they are committed to supporting each other on a spiritual journey.

These students may not know each other's names, let alone view them as friends. It is doubtful they are all there for the same reasons.

So, including group building activities into your Sunday lessons helps to:

- ◆ Create a more cohesive group.
- ◆ Help students and teachers learn more about each other.
- ◆ Allow everyone to risk a little more each time they meet.

Affirmation

I am a dreamer and I make my dreams real.

Prayer Focus

I am the light of the world.

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a dream of how they would like their life to be.**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

"Becoming Me" Martin Boroson

This is a story about the creation of the BIG me. About how we are created in the image and likeness of God – about how sometimes we forget that but no matter what God is always with us to help us achieve our dreams.

Story Focus/Interpretation: God is with us wherever we are, no matter what.

Discussion

- ◆ How does the story begin?
- ◆ What happens next?
- ◆ Who do you think the story is about?
- ◆ What does the story say we forget sometimes?
- ◆ What can happen to us when we forget?
- ◆ Why is it important to remember?
- ◆ What is one thing that can never change – no matter what?

ROTATION WORKSHOPS

Art

Sillyettes

Materials: Poster board cut in half, tape, overhead projector, markers, various craft materials, such as feathers, fabric, paper, beads, yarn, or glitter, and glue.

Kids will love making these fun self-portraits. When kids are finished, hang the portraits in your hallways for engaging decorations that parents will rush to see.

Tape a half-sheet of poster board to the wall. Place an overhead projector across the room from the paper. Have a child stand between the overhead projector and the paper so that his silhouette falls perfectly on the paper. Use a marker to trace around the child's silhouette. Then write the child's name on the back of the paper and give the child the silhouette. The child can use craft materials to make the silhouette a sillyette.

Games

Group bonding games – books and resources available on-line or from group publishing.

Did You Ever

Materials: None

Saying "tell me about your life" is usually a little too broad to evoke memories. You have to zero in on a specific topic. "Did you ever...?" is an intergenerational game young and old can play to evoke memories. Both children and adults will have memories on most of these topics and can compare memories from different times.

Each person in a group tells a true story about one of the topics below. Tell a story in as much detail as you can. Remember the incident like a movie in your head, and explain what you see one step at a time -- what happened, what you thought, and what you felt before, during, and after.

Here are some topic ideas:

Did you ever...

see a lion

go swimming

go on a boat

take a cruise

go to a beach

visit an art gallery

stay on a farm

sleep in a cabin or tent

go to a country fair

go berry or vegetable picking

see a circus

act in a play

see a really scary movie

get a bad grade

win a prize

have a good luck charm

make something you were really proud of

move to a new house

travel overseas

live in a foreign country

stay in a fancy hotel

drive in a convertible

have a pet

bake bread

play an instrument

Variation: If people don't have a specific, real memory on a certain topic, encourage them to make a story up. Tell the story as if it really happened. As you go around to each person in the group, and after they've told their story, the group then has to guess if the story was real or made up. How often can you guess accurately? How clever can people be in making up stories? Is truth sometimes stranger than fiction?

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

Be A Dreamer

Week #2: "Are You A Dreamer"

LESSON INTENTION

The intention of this lesson to understand what it actually means to dream or to have a dream.

Spiritual Principle & Purpose

To teach and demonstrate:

- ♦ All things in the outer world begin with an idea or a dream in our minds.
- ♦ All dreams are possible to attain if you are willing to do the work.
- ♦ The universe rushes to support the manifestation of your dreams if you accept the assistance.

Affirmation

I have a dream that will benefit everyone.

Prayer Focus

The angel of God spoke to me in that dream and said, 'Jacob!' I answered, 'Yes!'
Genesis 31:11

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK...

"FLASHING STARS"

A reminder that we are "shining stars" that can accomplish anything we set our minds to.

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a dream of how they would like their life to be.**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

"DREAM" Susan Bosak

This is a story of how the world needs more dreamers. They are the people with the courage and creativity to try new things and overcome obstacles, to see beyond what is to what can be, to believe and do and think ideas into reality.

This week we will watch a Power Point presentation on the story. It features full color illustrations with the author reading the story. One thing to focus on is to look for the STAR that is hidden on each page.

Story Focus/Interpretation: How big a dreamer are you?

Discussion

- ♦ What is this story about?
- ♦ How does it apply to you?
- ♦ What are some of your dreams?

ROTATION WORKSHOPS

Art

Origami Dream Stars

Materials: Strips of origami paper either 11" x ½" or 22" x 1" (Instructions are attached.)

We will make origami dream stars with our dreams or hopes tucked safely inside. Origami stars have a long tradition in Asian cultures. They bring good luck when you make them and when you give them away.

Keep your Dream Star in a special place to remind you of the power of dreams. It is also fun to make a lot of the tiny, colorful little stars. This can be a meaningful activity for any group. We can string them together to add to the dream decorations in our room.

Games

Group bonding games – books and resources in the room.

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"FLASHING STARS"

Be A Dreamer

Week #3:

"What Is.....What Can Be"

LESSON INTENTION

The intention of this lesson to explore what you would put into your Dream Chest.

Spiritual Principle & Purpose

To teach and demonstrate:

- ◆ As we focus more attention on our dreams we are directed by Spirit in the ways we are to go.
- ◆ Making your dream concrete in your mind helps to begin to give it form in the world.
- ◆ Let's develop the tools we need to help us belief in our ability to bring our dream forth.

Affirmation

I am a powerful dreamer. I make my dreams come true.

Prayer Focus

"God is in the highest part of heaven. See how high the highest stars are!
Job 22:12

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK...

"CELESTIAL STICKERS"

To remind us that our dreams can be as big as the universe.

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a dream of how they would like their life to be.**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

"DREAM" Susan Bosak

This is a story of how the world needs more dreamers. They are the people with the courage and creativity to try new things and overcome obstacles, to see beyond what is to what can be, to believe and do and think ideas into reality.

This week we will read the story – focusing on empowering our dream.

Story Focus/Interpretation: What tools do you have that will help make your dream come true?

Discussion

- ♦ What is this story about?
- ♦ How does it apply to you?
- ♦ What are some tools you have that can help your dream come true?

ROTATION WORKSHOPS

Art

Dream Chests

Materials: Wooden chests, markers, glitter glue, stickers, sequins, etc...

This week we will make our Dream Chests. Using the materials provide, create a Dream Chest that is an expression of your deepest desires. Then, over time, fill it with things that inspire you, interest you and relate to the dreams and goals you have for yourself.

Then, visit your dream chest when you need inspiration or are doing goal setting. It will help you identify and stay focused on who you are and what's important to you.

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"CELESTIAL STICKERS"

Be A Dreamer

Week #4: ***"Heavenly Messages"***

LESSON INTENTION

The intention of this lesson to explore how often and in what ways God is always there to guide us to our dreams.

Spiritual Principle & Purpose

To teach and demonstrate:

- ◆ We are never alone – God is wherever we are.
- ◆ Our answers are within us.
- ◆ Every situation is meant to bless us.

Affirmation

I am blessed by all things in my life.

Prayer Focus

"Praise him, sun and moon. Praise him, all you shining stars."
Psalm 136:9

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK...

"DREAM CATCHERS"

To remind us to hold onto the things that bless us and release all things that prevents us from realizing our dream.

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a blessing they have received in their life.**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

"JACOB'S LADDER" *The Children's Illustrated Bible – pg. 49*

This is a story of how Jacob had a dream about a stairway to heaven with angels moving up and down it. God was at the top of the stairs with a message for Jacob.

Story Focus/Interpretation: God is always sending us message about how to make our dreams a reality. Are you listening?

Discussion

- ♦ What happened in this story?
- ♦ What were the angels doing?
- ♦ What message did God have for Jacob?
- ♦ What do angels represent to you?
- ♦ How does God send you messages?
- ♦ How do you recognize them?
- ♦ Where does God live?
- ♦ How can you connect with your inner Divine Spirit? Why is it important to do so?

ROTATION WORKSHOPS

Art

Dream Journals

Materials: 3-hole punch loose paper; ribbon, 3-hole punch cardstock, markers, stickers, glitter, sequins, etc...

Every night we dream. Sometimes we remember our dreams and sometimes we don't. Our dreams usually contain messages for us but they can be hard to understand. Sometimes keeping a record of them helps us to understand them better.

Using the above materials create your Dream Journals. You can use them to record your night time dreams or you can use them to keep a record of your dreams and hopes for the future.

Games

Heavenly Message Relay

Materials: None

We will reenact the story of Jacob's dream by inviting one of the children to lie down and pretend to sleep. The rest of the children will form a "line to heaven" with one children filling the roll as our higher Christ self who has a message to deliver to us. (Make sure the children understand that the "line to heaven" is not somewhere outside or above us but is deep within us).

The Christ child thinks up a heavenly message and whispers it in the ear of the child next to him/her, who then whispers it to the next child in line and so on – like the game of "telephone." Then the last person to receive the message is the sleeping Jacob – who upon hearing it shares it with the rest of the group. Compare the message Jacob received with the one that the Christ sent.

Discussion:

- 🌀 How had the message changed?
- 🌀 What do you think caused the message to change?
- 🌀 How is this like an experience in your life?
- 🌀 What can we do to be more receptive to the messages from our Christ presence?

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"DREAM CATCHERS"

Be A Dreamer

Week #5: "Reach for the Stars"

LESSON INTENTION

The intention of this lesson to explore the power in growing our dreams and reaching for the stars.

Spiritual Principle & Purpose

To teach and demonstrate:

- ◆ We are limited only by our own minds.
- ◆ God is with us to support us in our dreams.
- ◆ We are each unique, powerful souls with the ability to do anything we choose to.

Affirmation

I am powerful.

Prayer Focus

The sun has one kind of beauty, the moon has another beauty, and the stars have another.
And each star is different in its beauty.

1 Colossians 15:41

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK... "STAR BEACH BALLS"

To remind us that we are unlimited and powerful and to reach for the stars.

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a way that they “reach for the stars.”**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

“Parable of the Sower” *The Children’s Illustrated Bible*

This is the story of what happens to the seeds that the sower is sowing, each falling on a different kind of soil and having a different experience.

Story Focus/Interpretation: Our dreams are like those different seeds. All have the potential to grow into something special. It all depends on how we pay attention to them and how we nurture them.

Discussion

- ♦ What happened in this story?
- ♦ What different kind of ground did the seeds fall on?
- ♦ What happen to the different seeds?
- ♦ How are the seeds like our dreams?
- ♦ Why is it important to nurture our dreams?
- ♦ What are some ways we can nurture our dreams?

ROTATION WORKSHOPS

Art

Grow a Dream

Materials: Bean seeds (they grow quickly, so they're a good choice); Two large drinking glasses or jars; Water; Paper towels; Scissors

"Dreams grow like seeds. They need to take root, then stretch toward the sun."

There are two key factors that affect the way in which a seed and then the subsequent plant grows. The first is "geotropism" which is Greek for "turning to the Earth." It involves the way seeds grow relative to gravity -- their roots grow toward the center of the Earth. No matter which way you plant a seed, it always manages to grow roots downward and a shoot upward.

The second factor affecting plant growth is "heliotropism" which is Greek for "turning toward the sun." Plants need light to manufacture food and grow.

TO BE DONE AHEAD

Start your experiment by soaking eight to twelve bean seeds overnight.

CHILDREN TO DO IN CLASS & AT HOME

Line the inside of two drinking glasses or jars with wet, folded paper towels. Stuff wet, crumpled paper towels into the center of the glasses to hold the folded towels firmly against the glass.

Put half of the beans in one glass and half in the other. Place the beans between the paper towels and the glass. Put them in different positions -- level, straight up and down, on an angle. Make sure there's space between the beans.

Watch the seeds over several days, adding water as required to keep the paper towels wet. What happens to the seeds? Which way do the roots grow? Does it matter how you placed the beans? Once the roots have grown to a few inches, carefully lay one of the glasses on its side. Again, watch the seeds over several days, keeping the paper towels wet. What happens to the plants in each glass? In which direction do the roots grow? In which direction do the stems and leaves grow?

QUESTIONS TO ASK NEXT WEEK OR PARENT CAN ASK

That concludes your dream plant experiment! What can you learn from what you observed? What parallels can you make between the growth of a plant and the growth of a dream? Write a story or a poem. What do you need to make a dream grow? What happens if obstacles are put in your way (e.g. you don't start out pointing in the right direction)?

Games

Reach for the Stars

Materials: A few of the Star Beach Balls blown up

This week we will reach for the stars. Invite the children to form a circle. Ask them to think of all the empowering words or things they can do to reach for the stars. Then, give the beach ball to one child and invite them to say their word or affirmation out loud and to bat the ball into the air in the middle of the circle.

Then the object will be to keep the ball in the air but in order to do so the children must say an affirmation or positive word before hitting it.

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"STAR BEACH BALLS"

Be A Dreamer

Week #6: "Twilight Time"

LESSON INTENTION

The intention of this lesson to understand that at any time obstacles to our dreams can arise.
We will explore how to overcome them.

Spiritual Principle & Purpose

To teach and demonstrate:

- ◆ It is important to receive the blessing from each situation.
- ◆ While others might have meant it for harm, God meant it for good.
- ◆ We have the power to choose how we interpret each situation.

Affirmation

With God I can overcome any obstacle.

Prayer Focus

Be not overcome of evil, but overcome evil with good.
Romans 12:21

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK... "PLUSH STARS"

To remind us that no matter what shows up in our lives it is designed to show us that we are shining stars!

PRE-SESSION ACTIVITY

- 🕒 If they have not done so, invite them to choose a Job Card/Service Opportunity. **Every child needs one.**
- 🕒 Create name tags
- 🕒 Create Prayer Sticks

OPENING ADVENTURE

- 🕒 Welcome the children into the circle.
- 🕒 Read the Daily Inspiration.
- 🕒 Collect the Love Offering.
- 🕒 Prayer with the Prayer Sticks.

Ice Breaker

Then invite them to go around the circle and:

- **Say their name**
- **Followed by a way that they help themselves when they are sad.**

Give every child a chance to respond. This helps the group get to know one another and focuses their attention on a positive aspect of themselves.

Story

"JACOB'S WRESTLES AN ANGEL" *The Children's Illustrated Bible – pg. 54 & 55*

This is a story of Jacob as he decides to move home with his family. He is not sure of the reception he will receive but he is welcomed with open arms. During the night an angel came to Jacob and they wrestled all night. In the morning Jacob was blessed by God because he had decided to return home.

Story Focus/Interpretation: When a challenge arises in our lives it is important to understand how we can use it for good in our lives.

Discussion

- ◆ What happened in this story?
- ◆ Where was Jacob planning to go?
- ◆ What did he think might happen if he went home?
- ◆ How did Jacob prepare for it?
- ◆ Who did Jacob wrestle with?
- ◆ Who do you think the angel/stranger represents?
- ◆ What message did the angel/stranger give to Jacob?
- ◆ How did Esau really greet Jacob?
- ◆ What do you think this story is telling us?
- ◆ How does it apply to your life?

ROTATION WORKSHOPS

Art

Angel Messages

Materials: Angel cutouts, markers, and other decorative materials

Using the above materials, send an angel message to someone you are in conflict with or send a kind note to yourself if you have been giving yourself a hard time.

Games

Divine Light

Materials: Small flash lights and a square of fabric, soft music, paper and markers

This will be a meditative exercise. Turn the lights off and make the room as dark as possible. The children will be sitting in a circle on the floor holding their flashlights (switched off) with the cloth covering them. Turn the music on and invite the children to become comfortable. Lead them in a meditation to a place inside them that is safe and peaceful. Invite them to think about a problem they have been “wrestling” with. Then invite the Spirit of God to inspire them with an idea that will overcome it. The problem can be related to their dream but does not have to be. Allow for some silence and instruct the children to turn their flashlight on when they receive an idea of what to do about their problem. It does not have to be complete it just has to be an idea. Then invite them to maintain the silence and use the papers and markers to journal or draw anything that comes to mind.

Let them keep the flashlights as a reminder that the light within is always available to them.

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"PLUSH STARS"

Be A Dreamer

Week #7: "A World of Wonder"

LESSON INTENTION

The intention of this lesson is to find hope using our dreams to make the world a better, more joyful place.

Spiritual Principle & Purpose

To teach and demonstrate:

- ◆ When our intention is good for ourselves it will also bless others.
- ◆ We have the power to make a difference in the world.
- ◆ Working together and supporting one another's dreams empowers all of us.

Affirmation

I am a force for good in the world.

Prayer Focus

And it shall be, if thou go with us, yea, it shall be, that what goodness the LORD shall do unto us, the same will we do unto thee.

Numbers 10:32

The Dream Chest

We will use this Dream Chest as the storehouse of reminders that we are dreamers, that our dreams are attainable and that the universe supports us in the unfoldment of our dreams.

Each child is invited to take a reminder from the Dream Chest as they leave each Sunday. (This way they will not have to keep track of them all day.)

THIS WEEK...

"STAR PINWHEELS"

To remind us that God and I together power my dreams.

Story

"How Butterflies Came to Be" *Native American Animal Stories* pg. 45

This is a story of how Elder Brother wanted to keep joy in the hearts of the children and so he created the butterfly.

Story Focus/Interpretation: When we are inspired with an idea or a dream we must be able to envision it happening in order to make it real.

Discussion

- ◆ How does the story begin?
- ◆ What idea came to Elder Brother?
- ◆ Why did he want to create something?
- ◆ What did he do?
- ◆ How did the children react?
- ◆ Imagine that you have never seen a butterfly before. How would you react?
- ◆ Why do you think Elder Brother wanted to keep joy in the hearts of children?
- ◆ What did Elder Brother have to do in order to create the butterflies?
- ◆ What are some things we have to do if we want to create something we are dreaming about?
- ◆ What effect does joy have on the world?
- ◆ What joyful thoughts and ideas can we create that will make the world more joyful?
 - ***Invite the children to each share a thought of what this might be.***

ROTATION WORKSHOPS

Art

My Greatest Dream – Torn Collage Mural

Materials: A variety of colored papers, large sheets of background paper, glue & markers

Invite the children to create a collage mural of their greatest dream or joy by tearing (instead of cutting) different shapes & colors of paper and pasting them onto a solid sheet of paper. Use an ERIC CARLE book (he uses this method) so they can see what you are talking about.

This is an interesting exercise as it invites the children to think creatively since they are not allowed to use scissors to cut out different shapes.

The finished project does not have to be representational. It can be abstract with only them knowing the true meaning.

Games

Bubbling Up with Joy

Materials – Bubbles for the teachers

This activity is about JUMPING FOR JOY. Invite the children to stand in a circle and as you blow the bubbles ask them to yell out something that causes them to jump for joy as they try to grab the bubbles.

CELEBRATION CIRCLES

All of the students come back together at the end of the day.

This is a time for sharing:

- What we experienced today
- Some new ideas we gained
- A closing prayer

The Dream Chest - Reminder

The teacher in charge of the **Dream Chest** needs to make sure each child has their gift and the card as they leave today.

THIS WEEK...

"STAR PINWHEELS"