

Session 19: We Should Believe in Ourselves

Overview

This class explores the value of believing in oneself.

5th Principle: We believe that all persons should have a vote about the things that concern them.

B: (Blue) Believe in our ideas and act upon them.

5 - All people have a say

Circle Time

- Welcome
- Chalice lighting
- Opening words
- Check-in
- Children's Offering

Story

Read *The Crown on Your Head*, by Nancy Tillman.

~From the inside book cover:

We know our children are special, and now the incomparable Nancy Tillman expresses this universal feeling in the most beautiful of ways: Every child is born with a crown. The crown is everything that gives us unique value. Our crown will always be with us wherever we go, whatever we do.

Discussion: It's not clear who is narrating the book, but it's clear that the narrator loves the child in the story. Talk about how we are all unique and special, and how we are all loved. Encourage the children to share their strengths and gifts with the class.

Craft / Activity

Make a Rainbow Crown

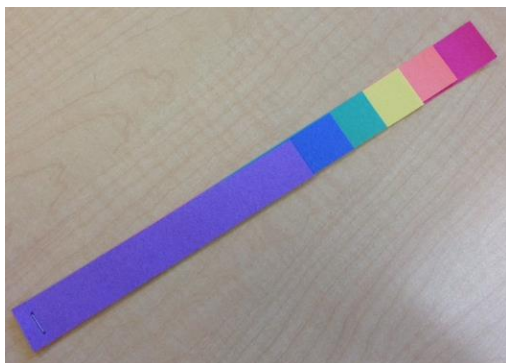
Supplies:

- Crown template:
http://www.firstpalette.com/tool_box/printables/crown3.pdf
- Cardstock for crown
- Construction paper in red, orange, yellow, green, blue, indigo and purple.
- Stapler
- Tape or glue
- Scissors

Directions: Copy the template onto the cardstock and cut out. Attach the two side pieces to the front with tape or glue. Cut 1" wide construction paper strips the length of the paper in each color. Keep red strips full length; then decrease the length of each color by 1". Ex:

Red	12"
Orange	11"
Yellow	10"
Green	9"
Blue	8"
Indigo	7"
Purple	6"

Stack the colors in order of the rainbow and line up the edges on one short end; secure with a staple. Line up the edges on the other short end and staple; pieces will curve into a rainbow shape. Attach the rainbow to the crown sides with tape or staple. Size the crown to the child's head and secure the back with a staple.





Songs and Games (optional)

Bring the class back together for songs and games, if time allows.

Free Play

Allow time for students to socialize with friends, as playing together is an important part of preschool development. If possible, provide an assortment of toys, with quiet playthings segregated from more active toys.

Closing

Allow time for students to clean up the classroom together, then gather back together to say your chosen closing words, or to sing the UU Principles Song.