

SUMMER SHELTER-IN-PLACE ACTION PACK

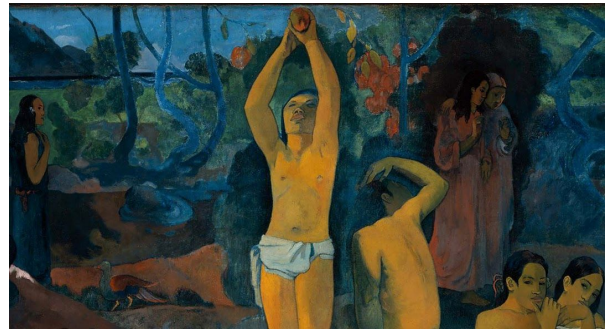
WEEK 4: VALUES

INTRODUCTION

*Where do we come from?
What are we?
Where are we going?*

Words from this hymn echo like the beat of a drum reverberating through life. It is a strange hymn because it provides no answer to these questions. That's the point. It is to make you wonder, learn and flourish.

These words come from a Paul Gauguin painting. Unlike the painting its emerged from, who, where, what, why and how our lives are always changing. In this packet, we'll do a deep dive to get to know who you are right now in this part of your life.



A closeup of the painting by Paul Gauguin

QUESTION: *Who are you? What makes you, you? What values do you hold dear?*

SELF AWARENESS - Tree of Me



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Figuring out who you are and what you value, comes from deep within. Spend some time thinking about yourself. When you have considered deeply, try to draw a tree representing you, including your values, history, and family. Who and what are your roots (perhaps Grandma, perhaps strong thinkers of the past)? What is your present, your trunk (what values do you hold now, who surrounds you and upholds you)? Finally, for your leaves, what kinds of things do you produce and do (what impact do you make on the world, are you kind to others, do you volunteer somewhere)?

ENVIRONMENTAL AWARENESS - Nurse Trees

Hike in the woods for any length of time, and you will certainly come across a fallen tree. Have you ever taken a deep look at it? These trees are often called “nurse” trees because they help provide a nursery for new plants and a whole new habitat for all kinds of things. Mosses, ferns, and even new trees start growing in the crevasses of the old one, using the breaking down nutrients of the nurse tree to feed their own growth. Bugs of all types and even small mammals can also make their homes in nurse trees. The next time you go out on a hike, take a look at a fallen tree and marvel at how something that has passed can feed future growth. Then think about how that applies to your own life - what is in your past but continues to feed you now? What parts of you and your values are because of the “before”?



LEARNING BY DOING - A Conversation with Elders

To learn more about who you are, it is often good to reflect on the past and what brought you here. Who better to talk to, then, than your own family? Find an aunt, uncle, grandparent or other elder family member as ask them the questions to the right. Think about what the answers mean to you. Do they give you a new view of your family? Do they give you a new view of the things you have been taught?

- 1) Who was your best friend when you were a kid and what did you like to do together?
- 2) Tell me about where you grew up.
- 3) What was your favorite food growing up?
- 4) Tell me about the day we first met each other.
- 5) Did you have a favorite toy when you were my age?
- 6) Tell me about the house and neighborhood where you grew up.
- 7) What was your grandma like?
- 8) What was your grandpa like?
- 9) What was your favorite age to be?
- 10) What's the oldest memory you have?
- 11) What are some silly things my mom or dad did when they were my age?
- 12) What's the best thing about being a grandparent?

ENGINEERING - Chalice



uua.org

The chalice shown to the left is the symbol of the Unitarian Universalist faith. Through it, we can be reminded of our UU values. To many it symbolizes “the light of reason, the warmth of community, and the flame of hope.” If you can, check out this link: <https://www.uua.org/leadership/library/chalice-clip-art> to see all the ways chalices can be represented. Your job, as an engineer, is to make a chalice of your own that symbolizes your own values and who you are. I suggest that you use what is around you - Legos are particularly awesome. And that you use a battery operated candle just to make your parents less concerned. Be sure to take a picture and share it with us! We would love to see your values represented!

SERVICE PROJECT - Indigenous Lands

The service project this week involves, maybe not your personal history, but history that feeds your present self none-the-less. Look up the history of the land on which you live. What native peoples were rooted on the land where you are? Know that it was forcefully taken from them and think about ways you can honor the past, even though you can't change how it turned out. Can you learn more about the native peoples? Can you put a sign on your lawn saying the land was those peoples'? Does that tribe live on today? How can you help them?



"Ohlone Village Near San Francisco Bay" from www.nps.gov

MEDIA

Books:

[This is How We Do It: One Day in the Lives of Seven Kids from Around the World](#) by Matt LaMothe; [Son of Promise. Child of Hope](#) by Barack Obama

Music: "[Spirit of Life](#)" Orange County UU, "[Though I May Speak with Bravest Fire](#)" by Koine, "[Light One Candle](#)" Peter, Paul and Mary, "[Where Do We Come From?](#)" Orange County UU, "[Church of the Open Mind](#)" Orange County UU, "Sing to the Power"

REFLECTION: *Which of our Seven Principles do you see in discovering your true self and values?*

Seven Principles for Kids

- *Respect the importance and value of each person.*
- *Offer fair and kind treatment to everyone.*
- *Yes to spiritual growth and learning together.*
- *Grow by exploring ideas and finding your own truth.*
- *Believe in your ideals and voice your vote.*
- *Insist on justice, freedom and peace for all.*
- *Value our responsibility in the web of life.*