

## SUMMER SHELTER-IN-PLACE ACTION PACK

### WEEK 7: Power to Face Your Fears

#### INTRODUCTION

When I was a little kid, I couldn't sleep one night because someone, or something, kept hitting my window. They would hit it hard once and then bam, bam, hit it twice in a row. I buried my head under my cover but I still heard it and if I poked my head out- saw it too!

Finally, I yelled for my sister. She raced into the room, heard the sound and then turned on the light. She went to the window and discovered my unwanted guest was no guest at all, just a garbage bag caught in a tree! I knew then it was nothing to be afraid of but without my sister, I would have been terrified for much longer!

This week we explore the things that scare us and how to face them. Things may go bump in the night, but we're ready to face them! Remember, if you do or discover something you're super proud of, please share!



**QUESTION:** *How do you overcome your fears to find your power and courage?*

#### SELF AWARENESS - Our masks



For thousands of years, we humans have used to mask to tell stories. In Ancient Greece, masks were used by actors to convey different types of emotions and characters. Look to the left of this paragraph to see some of the masks ancient Greeks used.

Looking at the masks: which mask show happiness? Sadness? Anger? Fear?

We do not need to be an actor in a play to use a mask though. Have you ever hear of the phrase "put on a brave face?" For example:

**Ancient Greek theatre masks from  
thekennedycentre.org**



**An example of how to draw a mask**

*Tommy and Timmy are at the zoo. They are in the bear exhibition*

Tommy: The bear is waking up! See, his head is poking out of the cave.

Timmy: Oh no! I'm really scared!

Tommy: Just *put on a brave face*, Timmy! The bear won't be able to tell.

Put on a brave face means put on a mask of a bravery. Timmy may look brave on the outside but inside, he is scared. Sometimes acting brave on the outside helps us become brave on the inside. Our activity today helps show this.

Before drawing, ask yourself:  
what makes you afraid? What things make you feel better?

Now draw a mask where one side is your bold face and one side is your afraid face.

Share your masks with me at  
family.ministry@uucb.org

**ENVIRONMENTAL AWARENESS - Put on a scary face**

Adaptation is all about survival. When the environment changes dramatically, some animals die, others move to another location, and some develop adaptations over generations that help them survive. Sometimes the environment changes dramatically due to a natural disaster and sometimes it changes slowly over thousands of years. In each case, over many generations, animals may develop new adaptations to help them survive in their new home.

Many different animals have adaptations that protect them from predators. Some of these adaptations are behavioral, allowing them to act a certain way to avoid being seen by a predator. For example, sloths move very slowly through trees making them hard to spot. Their long, hairy bodies have algae growing on them to blend in with the trees.



Mimicry in Nature

sciencesource.com



dailyspeculations.com

Some adaptations have insects mimicking to look like birds which protects them from being eaten!

Some adaptations allow animals to escape, such as lizards with tails that snap off when a predator tries to capture it. Other adaptations make animals difficult to eat, such as an armadillo. This unique animal is covered by “armored” plates and it can roll into a tight ball when it feels threatened. - [source](#)

Humans can adapt too -for example, putting on a brave face when we are scared may help convince others that they shouldn't bother us. What are some other adaptations you can think of?

### LEARNING BY DOING - Be a Hero

Superheroes aren't just on TV or in books!  
Superheroes are everywhere - even right inside of you!

Today bring out your inner superhero! Consider:  
What will your costume look like?  
What are your powers?  
Who are your superhero friends?  
Enemies?  
What is your superhero name?

Think of some ways your superhero will help out those in need.

Show us your superhero self! Email your finished superhero to us at [family.ministry@uucb.org](mailto:family.ministry@uucb.org).



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### ENGINEERING - Top Secret Code

When you are facing something scary, it always helps to have friends! Especially when you and your friends make a top secret code. Keep your room safe with your very own top secret code.

5. Use the ruler to draw a straight line from the paper fastener to each edge mark (detail is important – each section should be equal in size or your decoder will be difficult to use).

**WHAT YOU NEED:**

- Spy Decoder template or poster board or heavy paper (card stock)
- Colored pencils or crayons
- Scissors
- a pencil
- a ruler
- a paper fastener
- a fine-tip permanent marker

**HOW TO MAKE IT:**

1. Cut out the circles from the spy decoder template (see last page for cut outs) OR cut out 3 disks from poster board or heavy paper.
2. Color your disk with colored pencils (optional).
3. If not using the template, make small pencil marks 3/8" apart on the outside edge of the largest disk. You should end up with 27 sections.
4. Pole a hole through the center of all three disks. Attach the largest and middle disk with the paper fastener (with the middle disk stacked on top of the larger disk).

6. Write the alphabet on the outside disk and put a ? in the 27th section. For the middle disk you can either write the alphabet in order or mix it up.

7. (Only if you did not use the template: Remove the fastener and stack the smallest disk on top of the 2 circles. Reattach the paper fastener.)



**HOW IT WORKS:**

First, set the key (A = ? or whatever key you choose). To write a message, find the letter you want on the outside disk and write down the corresponding letter on the middle disk.

To read the message, find the letter on the middle disk, and write down the corresponding letter from the outside disk. (source: [International Spy Museum](http://International Spy Museum))

**SERVICE PROJECT - Paper Cranes**

On August 2nd, we will be remembering dropping the Atomic Bomb on Hiroshima and Nagasaki. To help memorialize the vast tragedy and loss of life, we will be making paper cranes.

Since 1945, paper cranes became a symbol of peace after a long war. Injured in the blasts, Sadako was a young Japanese girl who survived the bombing but became ill due to it. She made a promise she would make 1000 paper cranes so humanity could learn to live in peace. Unfortunately Sadako died before she could finish her paper cranes.



<https://www.origamiway.com/origami-crane.shtml>

And

Please join in with children from all around the world to make paper cranes. Once you are finished, please mail 1 Lawson Road Kensington CA or drop your paper cranes off at the church. We hope to have many to send to the International Peace Museum in Hiroshima.

<https://www.wikihow.com/Make-Origami-Birds>  
Are two great how-to Origami

**MEDIA**

**Books:** *Not Quite Narwhal* (a narwhal discovers he is a unicorn in a funny story) by Jessie Sima

*Brave Molly* by Brooke Boynton-Hughes

*Fiona Flamingo* by Rachael Urrutia Chu

**Music:**  
Fight Song by Rachel Platten

Firework by Katy Perry

This Little Light of Mine (hymn)

**REFLECTION:** *Which of our Seven Principles do you see in creating laughter and joy?*

**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.*

# CIPHER WHEEL TEMPLATE

 Cut disks out

