

## SUMMER SHELTER-IN-PLACE ACTION PACK

### WEEK 8: SEEING BEAUTY - CREATING ART

#### INTRODUCTION

It is the time of year when folks come out and say, "What a beautiful day!" Clear blue skies and sunny warm days are beautiful because they make us excited! A beautiful day like that, you may find go to a beach, go to a park, hike a mountain or walk in the neighborhood. Being outside on a day like that shows us how beautiful the grass and the trees are. It may even inspire you to create some art of nature to have a piece of that beauty in home.

This week we focus on seeing beauty and creating our own - through arts and crafts!

Remember, if you do or discover something you're super proud of, please share!



Eric Rolph

**QUESTION:** Where do you find beauty? Your house? A park? Your dog? Your hamster? What makes something beautiful?

#### SELF AWARENESS -Art



Maybe you like snowy days like this one above by David Paloch

Read the Introduction above again and think of your "perfect" day. What is the weather like? Is it sunny and cloudy? Or are you a person who prefers rainy days? Or perhaps you love chilly fall days.

Draw a picture of your house on this perfect day. Be sure to use lots colors to show your scene.

Share your art with [family.ministry@uucb.org](mailto:family.ministry@uucb.org)!

Have you ever seen the colors of a rainbow shoot out when light hit a crystal hanging in a window? That is called a prism! Today we learn how to create your own rainbow at home from science expert [Aliya Merali](#).

### You'll Need

Water  
A flashlight or sunlight  
A white surface or piece of paper  
A mirror  
A shallow pan

### What to Do

Fill the shallow pan about half way full with water.

Place the mirror in the water at an angle.

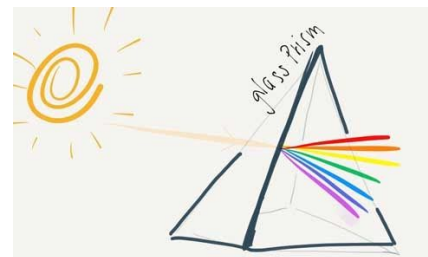
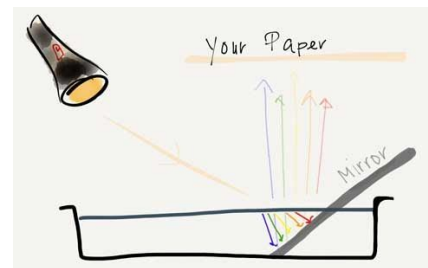
Shine the light into the water where the mirror is under water (or, using the sunlight, bring the pan and mirror outside so the sun can shine on the mirror underwater)  
Hold the white paper above the mirror; adjust the angle until you see the rainbow appear!

### What's Going On?

Okay, so this doesn't look exactly like the rainbow you see in the sky after a storm, but it shares the same general characteristics of colors and order — but why? This demo and the rainbows that appear in the sky share the same principles: refraction & reflection.

We've heard about refraction before — this is the concept of how light bends when it passes through different mediums, like glass or water. Refraction can even make arrows appear to reverse directions when viewed through a glass of water!

When you shine the white light of your flashlight (or the white light coming from the sun) into the water, the light bends. But white light isn't just one color; instead, it's a combination of all the visible colors. So when white light bends, all of its components (red, orange, yellow, green, blue, and indigo light) also bend. Each of these colors



All from Aliya Mireli

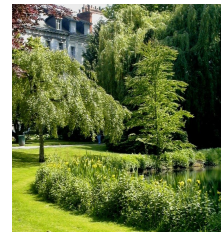
bends at a different angle because each color travels at a different speed inside water or glass.

When you reflect the light back out of the water using the mirror, you're reflecting the white light that has been broken up (from refraction) into the full rainbow of colors, and a rainbow appears!

### LEARNING BY DOING - Clean an Outdoor Space

Beauty in nature is hard to see if there is trash everywhere! With your family, organize a socially distant clean up litter day at your local park or nearby green space.

The world is a little greener when we all look after it.



Erin Silversmith

### ENVIRONMENTAL AWARENESS - Birds of a Feather

Have you ever wondered why birds have feathers?

ActiveWild.Com shares some wild facts about our feathery friends below.

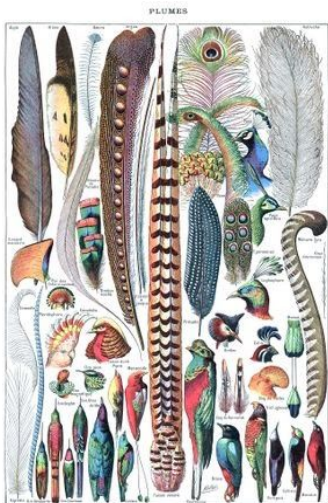
*“What Are Feathers For?”*

**Temperature regulation.** A bird's feathers play an important part in keeping its body at the right temperature. When feathers first appeared on dinosaurs, it's likely that this was their primary function.

**Protection.** Feathers protect the bird's body from scrapes and bumps.

**Waterproofing.** A bird's skin is almost entirely covered with feathers. Not only do feathers help to keep the bird warm, but they also provide water-proofing.

**Communication & Display.** Bird feathers are used in communication and display. Think of a male



ActiveWild.Com

peacock's magnificent tail. This shows a female peacock how fit and healthy he is. The males of many bird species use their colorful plumage to attract mates.

*Camouflage.* The plumage of many birds provides excellent camouflage. Both predators and prey need to remain hidden – for different reasons!

*Sensory input.* A special type of feather, called a filoplume, collects information such as how wind is moving over a bird's body. Some birds, such as nightjars, have bristle-like feathers around their mouths which may help them to capture insect prey.

*Nesting Material.* Some birds pluck their feathers and use them to insulate their nests. An example of a bird that does this is the eider, a large duck. The eider's soft feathers are known as eiderdown, and are used by humans to make bedding and other products”

## SERVICE PROJECT - Paper Cranes

On August 9th,, 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 have become 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.

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.

Let's create more beauty in the world by peace.



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

And

<https://www.wikihow.com/Make-Origami-Birds>

Are two great how-to Origami

**Books:**

*It is Ok to Be Different* by Todd Parr, *Pink Is for Boys* by Robb Pearlman, *Marisol McDonald Doesn't Match*/*Marisol McDonald No Combina* by Monica Brown

**Music:**

#346 Come, Sing a Song with Me

#194 Faith Is a Forest

How Could Anyone by Shaina Noll

**REFLECTION:** *Which of our Seven Principles do you see in viewing beauty and creating art?*

**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.*