

SUMMER SHELTER-IN-PLACE ACTION PACK
WEEK 9: RESILIENCE

INTRODUCTION	
<p>Congratulations! You made it to the last packet!</p> <p>Imagine you have a brand new bouncy ball. You run your hands along its smooth surface. You smell the rubber. You know it will have that perfect bounce.</p> <p>You throw it on the ground. You were right! It bounces right back up off the hard concrete. You play with it and then bring back inside.</p> <p>Now imagine it is months later, you find the ball again in your room. Oh wow! You thought you lost it.</p> <p>It is a little different from when you last saw it: it has bite marks from your dog chewing on it. It is no longer perfectly smooth but scuffed up. You wonder, will it still bounce the same?</p> <p>You take it outside and... it does!</p> <p>Resilience is like the bouncy ball in the story. Resilience means the ability to survive difficult times. Resilience is to keep going when you want to give up. Resilience doesn't happen automatically. You train your mind to be resilient. Being aware of your emotions, your inner gifts and meditation are some of the ways we are learning to be resilient in this packet.</p> <p>Share anything that spoke to you with us at family.ministry@uucb.org</p>	

QUESTION:What refills your cup when you are feeling down? Do you feel better after talking to a friend? Watching a funny movie? Playing outside? What makes you feel happy?

SELF AWARENESS -Enlightenment?



Kohji Asakawa

This story comes from the Zen Buddhist tradition. In this tradition, parables (or stories that teach us something) serve as riddles to make us ponder and think deeply by their unexpected endings. Read the following story once, what is your reaction? Read it again; what is your reaction now?

A martial arts student went to his teacher and said earnestly, "I am devoted to studying your martial system. How long will it take me to master it."

The teacher's reply was casual, "Ten years."

Impatiently, the student answered, "But I want to master it faster than that. I will work very hard. I will practice everyday, ten or more hours a day if I have to. How long will it take then?"

The teacher thought for a moment, "20 years."

What is the lesson of this story? Write it down.

Read the following reactions from folks about "The student is too eager. The master is trying to tell him that he needs to learn patience first."

"Sometimes, if you try too hard, you just get in your own way. It makes you anxious, which just blocks understanding. Some things have to develop naturally, by themselves."

"Maybe this means that the harder you work at something, the more there is to learn. The more you want to learn, the more there is to learn."

Birthdays are a special day for many reasons, including time with friends, cake, and of course, presents! This exercise is about creating a present for yourself to help you in the future.

When life is hard, remember what you have inside. Inside of you there is love, kindness, humor, joy, hope, and so much more. Think of the unique traits you have. This activity will help you create a gift box full of them that you can open when times are hard. This lesson is adapted from a lesson by South Lakes Federation.

What You Need

Box Sheet - last page of this packet

Scissors

Glue

Coloring pencils/markers

Craft materials to decorate (stickers, feathers, etc)

Small pieces of paper with your different gifts written on them - last page of this packet

1. Go to the last page and look at the list of good qualities. Cut out the ones that you have. Feel free to add more to the list.
2. Color the box.
3. Cut the box out. Glue it together, leaving the top open. Don't glue the top.
4. Add any more decorations (stickers, feathers, beads, etc.) to your box.
5. Put the qualities you hold in the box.
6. Tadah! Keep this in a safe place and pull it out the next time you are feeling blue.



Dapple Designers

LEARNING BY DOING - Meditation

One way to build resilience is making sure our spiritual needs are met. Think of yourself as a videogame character. Everytime your character gets hit in the game, a little bit of their hit points are taken away. Life is like that. When you are stressed, sad, bored, angry, or tired, your brain takes a hit like a video game character. One way to help protect you and your brain is by meditating. Meditating helps your brain build resilience. Your brain is a muscle and meditation helps flex it.

Follow this [mindfulness meditation](#). For a week, try to meditate everyday. Fill out on the chart on the right.

At the end of the week, reflect on the practice. How did it feel? Is it something you will practice again?



Public Domain Pictures

<i>Day #</i>	<i>Check if You Meditated</i>
1	
2	
3	
4	
5	
6	
7	

ENVIRONMENTAL AWARENESS - Waterbears: Nature's Immortals Live Forever?



A tardigrade

“Tardigrade. Moss piglet. Waterbear. Whatever you call it, you have to admit that this microscopic creature, known as the “hardest animal on Earth,” is cute. Weirdly cute. That is, if you can actually see one.

This eight-legged, aquatic animal rarely exceeds one millimeter in length. (That’s about .04 inches, in case you’re metrically challenged.) Tardigrades were discovered by people in 1773, and in 1776 an Italian biologist dubbed them tardigrada, which means “slow stepper.” Their slow, lumbering gait resembles that of a bear, which explains their more common name.

Scientists have identified more than 1,000 species of tardigrades, which live everywhere on Earth: in salt or freshwater, on moss, in underwater mud — pretty much anywhere they can find water. About 150 marine species have been identified. They feed on fluids from plant and animal cells, as well as on bacteria and even other tardigrades.

Some live in very hot or cold places, such as inside boiling hot springs or under ice. How do they survive harsh conditions — such as insufficient moisture or oxygen, or excessive radiation or pressure or a vacuum state? They curl up into a “tun,” in which metabolic processes slow almost to zero. Also known as cryptobiosis, it resembles death, and a tardigrade can exist like this for decades.

The tun also prevents the formation of big ice crystals, which can damage cells if the temperature drops too far. Tardigrades have been shown to survive freezing to -328 degrees Fahrenheit!

Scientists are so intrigued by this hardy little creature that, in 2007, they put dehydrated waterbears on a rocket to see how they’d do in the vacuum and solar radiation of space. Upon their return 10 days later, 68 percent of the waterbears that had radiation shields survived. Even some of the unshielded ones made it back okay and reproduced successfully.” ([Source](#))

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

MEDIA

Books:

The Carrot Seed by Ruth Krauss
(Kindergarten and above)

Whistle for Willie by Ezra Jack Keats
(Elementary and above)

How to Catch a Star by Oliver Jeffers
(Elementary and above)

She Persisted: 13 American Women Who Changed the World by Chelsea Clinton (4th grade and up)

El Deafo by Cece Bell (Autobiographical novel for 6th grade and above by a person with deafness)

Harry Potter Series by J.K. Rowling

Music:

Tightrope by Janelle Monae

#1002 Comfort Me

#1021 When I Am Frightened

1021 Lean On Me

#1024 When the Spirit Says Do

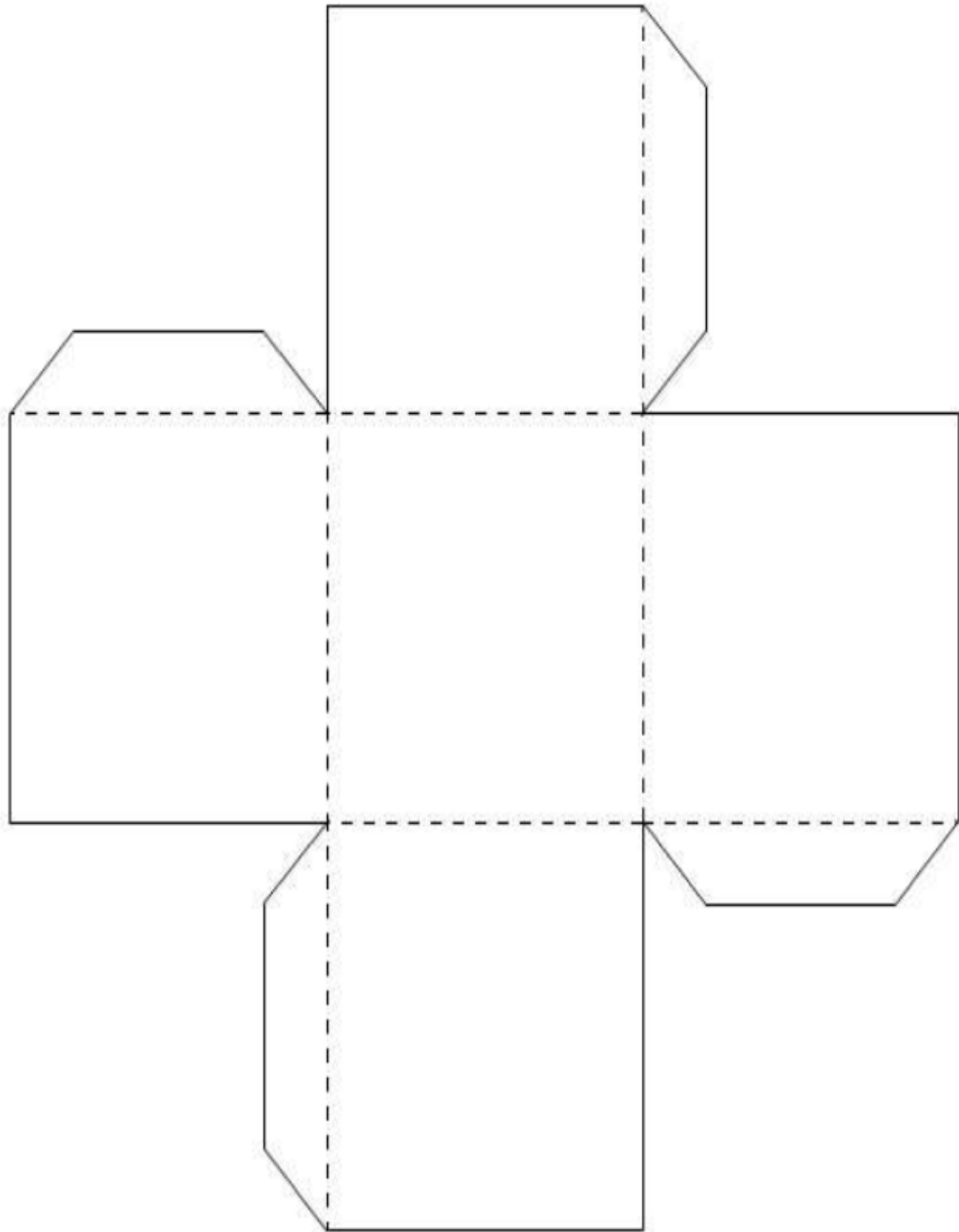
#1031 Filled With Loving Kindness

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.*

Box to Print



Good Qualities

Print these out. Feel free to add more to your gift box!

Patient	Good Listener
Good sense of humour	Loyal
Hardworking	Kind to People
Honest	Reliable
Good Friend	Glad
Enthusiastic	Calm
Joyful	Thoughtful
Musical	Good at Sport
Fun	Helpful
Artistic	Caring
Generous	Brave
Funny	Confident