

#stuckathome What's a UU To Do?

We know that a self-imposed or mandatory quarantine will have far-reaching implications for families in and around our congregation. Sickness, isolation, and fear, not to mention lack of income and feelings of insecurity are very real issues. Families who find themselves unable to participate in all of their typical activities and routines such as school, work, playdates, trips to the library, visits with extended family, participation in religious services, etc. may find themselves experiencing a great deal of stress. The activities below are designed to help ease some of that stress as well as to bring some of our Unitarian Universalist values and ideals into our everyday lives. Enjoy the time you spend engaging with the activities. If you are on social media, you might want to take a picture and hashtag it #stuckathome. We are all in this together ... be well & let's stay in touch!

<p>Create an Altar!</p> <p>Find a special place in your house. Lay out a piece of fabric, a scarf, a beach towel, or even a pillowcase. This will be your UU altar! Put something that makes you feel calm and happy on your altar. Sit and focus on your altar. Breathe in and out slowly 3 times.</p>	<p>Make a Chalice!</p> <p>Any small bowl or cup will do! Or you can visit http://www.origami-instructions.com/origami-cup.html to make an origami chalice! Crinkle up some aluminum foil for the flame. Add it to your altar and sing "This Little Light of Mine"! https://www.youtube.com/watch?v=2l3pdpgA5VA</p>	<p>Make a Sharing Rainbow!</p> <p>Look around your house for 5 or 6 pieces of material in rainbow colors. You might find socks, washcloths, or maybe mittens! Put them all together using rubber bands or hair scrunchies. Sit with your family and share your yellows and blues.</p>	<p>Principle Hunt</p> <p>Read or look at your favorite book. See if you can find examples of our 7 Principles. Is someone being kind? Is a group voting on what to do? What about folks caring for the Earth? For a real challenge, find an example of ALL of the Principles!</p>	<p>Look Up!</p> <p>Take a piece of paper and something to write with outside. Look up at the sky for five full minutes. After five minutes, draw or write about everything you see. Do you see clouds? Trees? Birds? What colors and shapes do you see?</p>	<p>Find (or Make) a Chalice in Your Food</p> <p>Yes - play with your food! Try cutting a bagel in half. Lay one half on its round end for the chalice and stick a piece of bacon in the hole for the flame! Or maybe put a carrot stick in a muffin! So many possibilities!</p>	<p>What Is "Empathy"?</p> <p>Watch "Sesame Street: Mark Ruffalo: Empathy" https://www.youtube.com/watch?v=9_1Rt1R4xbM Having empathy is like "taking a walk in someone else's shoes". Borrow shoes from someone in your family. Put them on. Walk around. How do you think that person feels when they do the things they do?</p>
<p>Make Up Animal Stretches!</p> <p>How would a snake stretch? What about a duck? Or a panda? Make up as many animal stretches as you can. Remember, stretching is really s-l-o-w. Maybe you can start an "animal stretch practice" every morning!</p>	<p>Listen to MUUsic</p> <p>Listen to your favorite music and try to hear these words: OPEN (minds) LOVE (hearts) HELP (hands)</p> <p>Challenge: make up your own song using those words!</p>	<p>Look Down!</p> <p>Take a piece of paper and something to write with outside. Look down at the ground for five full minutes. After five minutes, draw or write about everything you see. Do you see dirt? Grass? Rocks? Worms? What colors and shapes do you see?</p>	<p>Rainbow Hike</p> <p>Find a small bag. Go on a walk around your yard or even in your house. Look for one object for each color of the rainbow and put it in your bag. That's something RED, ORANGE, YELLOW, GREEN, BLUE, and PURPLE. Add the objects to your altar.</p>	<p>A Letter for Teacher</p> <p>Write a letter or draw a picture to send to your teacher! Tell or show them what you miss about school. When it's time to go back, your teacher will look in their school mailbox and see your letter or picture!</p>	<p>Breathing Walk</p> <p>Take a walk with someone and DON'T talk at all. Just concentrate on your breathing. If it's hard not to talk, you can quietly hum. You can even sing "Meditation on Breathing" quietly, over and over for your whole walk https://www.youtube.com/watch?v=4LE6QGtr3T8</p>	<p>Make Up a Song!</p> <p>Make up a new song called "If You're a UU and You Know It!" (that sounds like "If You're Happy and You Know It!"). How many verses and actions can you make up?</p>