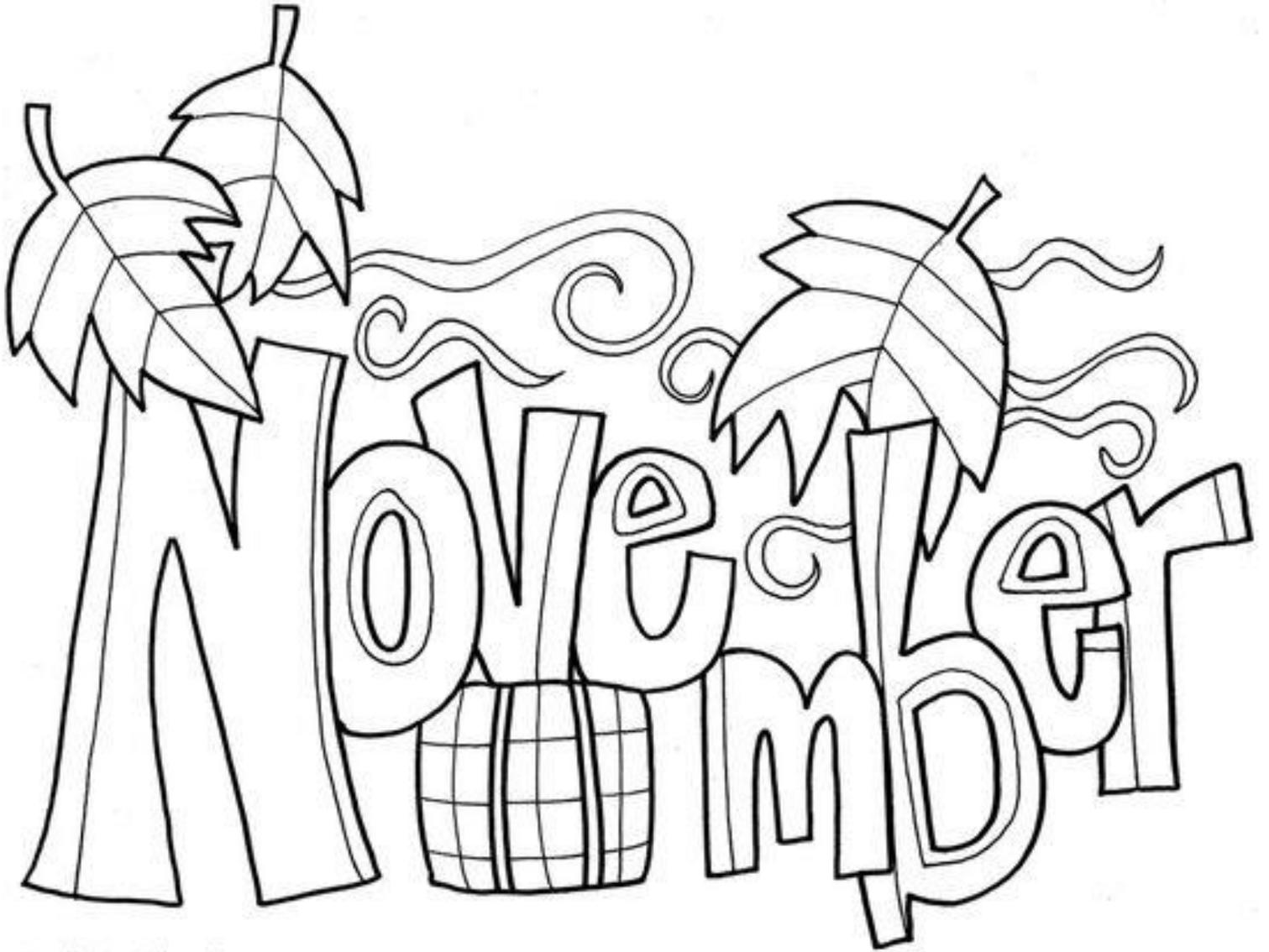


Welcome to...



Doodle Art Alley ©

11.1.20

For Families,

A new month's worth of pew/couch packs are here. Please remember that these are a blend of activities some appealing to older kids, some to younger.

Every Sunday, **family worship begins at 10:00 am**, meeting in the worship Zoom Room. Log on to our worship link www.tinyurl.com/wusworship just before 10 a.m. and type "the secret password" into the chat. You will then be sent into the family worship breakout room.

Every Sunday, at we offer Story time themed for Social Emotion Learning for our youngest members. Sessions are led by Juanita Simms, our playroom leader and parent/child educator. When the First Reflections ends, please type "Story" into the chat function and you will be admitted to the breakout room. Parent's are welcome to stay, or if you prefer, watch the main service on a second device.*

Pages 2-4 of this pew/couch pack has suggestions for celebrating some familiar or unfamiliar holidays and ideas for engaging in thoughtful or fun activities. These are for home use as a resource and contain linked materials. As with many websites these days, you may have to keep scrolling past the wordy introductions and ads for suggested recipes or activities.

Page 5 has a meditation script and link to learning the centering and healing practice of tapping.

Pages 6-17 Contain the Printables for the month.

Welcome to you all,

Rebecca (Kelley-Morgan)

She/hers/they/theirs

*If you do not have access to a second device, please contact Rebecca. All requests are confidential.

What Shall We Do this Month ?

- Ideas for sharing with your family, holidays to acknowledge, things to explore and activities to try during the month of November.

Sunday, November 1st This is the first day of [Dia de Los Muertos](#)/Day of the Dead, a two day festival. You can share family stories, pictures or objects that remind you of your ancestors.

Monday, November 2nd — Celebrate [All Souls Day](#) with [a soul cake](#) (or several) that you can bake at home.

Tuesday, November 3rd — Today is Election Day all over the United States. Here are some [ideas](#) for talking with, and reassuring your children

Wednesday, November 4th — Today is [National Candy Day](#). No, really. Have a family vote on your favorite candy. Use ranked choice voting if you like.

Thursday November 5th —Today is Guy Fawkes or Bonfire day. Who is Guy Fawkes? Find out [here](#). If it's chilly out, and you can do so safely, have a bonfire.

Friday November 6th — November is National Novel Writing Month (NaNoWriMo). Details and tips on writing that first novel for [kids](#) and [adults](#). Everyone has a story to tell!

Saturday November 7th Learn about the first nations, during [Native American Heritage Month](#) and pay a visit to [Indian Country News](#)

Sunday, November 8th — Today is the birthday of [Dorothy Day](#). How can we follow her example and work toward a more just world?

Monday, November 9th —Scientist Carl Sagan was born on this day. As Unitarian Universalists we respect science and what we can learn. Learn about him in [Star Stuff](#)

Tuesday, November 10th — This is [Split Pea Soup Week](#) . Eating more vegetable meals is better for our planet and good for our bodies. Find a simple recipe or two to try.

Wednesday, November 11th — Find out about the origin of [Veterans Day](#) when we honor those who have served. Pick a [poppy](#) craft to make in honor of the day.

Thursday November 12th —Unitarian minister [James Luther Adams](#) was born on this date. Learn [all about him](#).

Friday November 13th- Find where [superstitions](#) about Friday the 13th came from and try pronouncing *paraskevidekatriaphobia* (which means fear of Friday the 13th)

Saturday November 14th: Today the 5 days of the Hindu holiday, [Diwali: Festival of Lights](#) begins. Find out how to make your own [diyas](#) here

Sunday, November 15th Find out if you are “*recycling right*” on [National Recycling Day](#).

Monday, November 16th —The United Nations International [Day of Tolerance](#) . The world will not be peaceful or fair until we learn to live with differences. How can we disagree without being disagreeable?

Tuesday, November 17th– It’s Take a Hike Day, so go for a hike. Is there a place nearby that you have never explored?

Wednesday, November 18th –Astronaut Alan Shephard was born on this date, and about 55 years ago, was the first person to play golf on the moon. What random facts do YOU know?

Thursday November 19th —Before you laugh about [World Toilet Day](#) , remember that having clean water around the world means keeping poop out of it.

Friday November 20th — Today is Transgender Day of Remembrance. Resources for parents and kids [here](#).

Saturday November 21st – Can you pronounce Archibutyrophobia? It’s the fear of getting a glob of peanut butter stuck to the roof of your mouth. During Peanut Butter Lover’s try a new peanut butter recipe. It’s also a good time to learn about [allergies](#).

Sunday, November 22nd- As the angle of the sun changes with the season, recycle some old CD’s for [suncatchers](#)

Monday, November 23rd — Even though it’s getting colder and darker and snowy, get outside

every day if you can, but if you can't, here are some ways to get your [yayas out](#).

Tuesday, November 24th – In 2014 after the killing of Tamir Rice, and no police accountability, Ferguson protests propelled [#BlackLivesMatter](#) into an international movement.

Wednesday, November 25th – Tomorrow is a Day of Mourning for many indigenous people. What do the [Wampanoag people say](#) about Thanksgiving?

Thursday November 26th — Today is a day when we give thanks. How do you show [thankfulness](#) ? How can you be thankful every day?

Friday November 27th – This is Black Friday, a shopping day in the United States. [Before](#) you think about what you want, think about what you need.

Saturday November 28th- Today is Small Business Saturday, it helps our neighbors, our communities, and our environment when we buy from businesses that are close to our homes and run by people we might even know.

Sunday November 29th - This is the first Sunday of [Advent](#) . Pick an [Advent wreath craft](#) to make at home.

Monday, November 30th: It's National Mason Jar Day! What can you do with a [Mason Jar](#)?

Healing Mindfulness Practice

Caregiver Background: Tapping is a technique used in [acupuncture](#) as a means to calm our minds and heal from stress. Tapping works well when negative emotions arise, providing the children with a physical way to remove stress and heal when they are triggered, just like Chicken Soup is a tasty way to heal.

Settling:

If you need to use the wiggles out exercise to get ready, it is below

“I wiggle my fingers, I wiggle my toes, I wiggle my shoulders, I wiggle my nose.

Now no more wiggles are left in me, so I’ll be as still as still can be.”

You might want to run through this a few times to get all the wiggles out.

“Now, with all the wiggles out of us, let’s get into our meditation positions.

Centering:

I invite you to move into our meditation position.

Sit comfortably in your chair or on the floor.

Put your hands on your lap or on your knees.

Sit up nice and tall.

Focus your eyes in front of you.

Find your breath moving in your body by taking in one breath through your nose and then slowly breathing it out through your mouth.

Mindful Moment Script:

Invite the children to pretend that their head is a hard shell that wants to be tapped.

Place your hands above your head and use your fingers to gently tap the crown of your head.

With young children you can say the mantra, “Tapping once, Tapping twice, Tapping Chicken Soup with Rice.” Breathe deeply and pause.

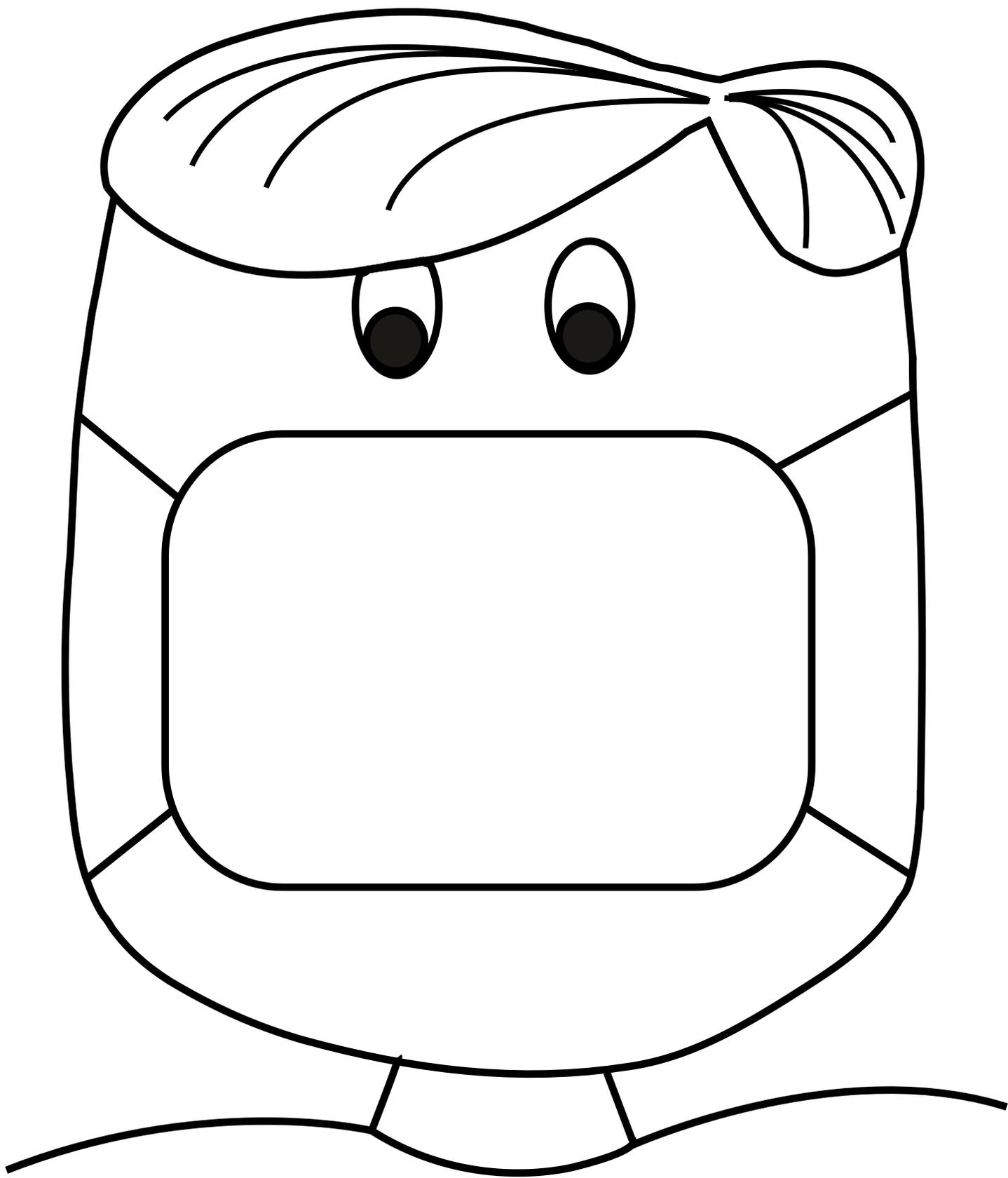
Next, tap and say the mantra in a few key areas that prove very effective for reducing stress and healing. After each tapping, Say the mantra, “Tapping once, Tapping twice, Tapping chicken soup with rice,” breathe deeply and pause. Tap:

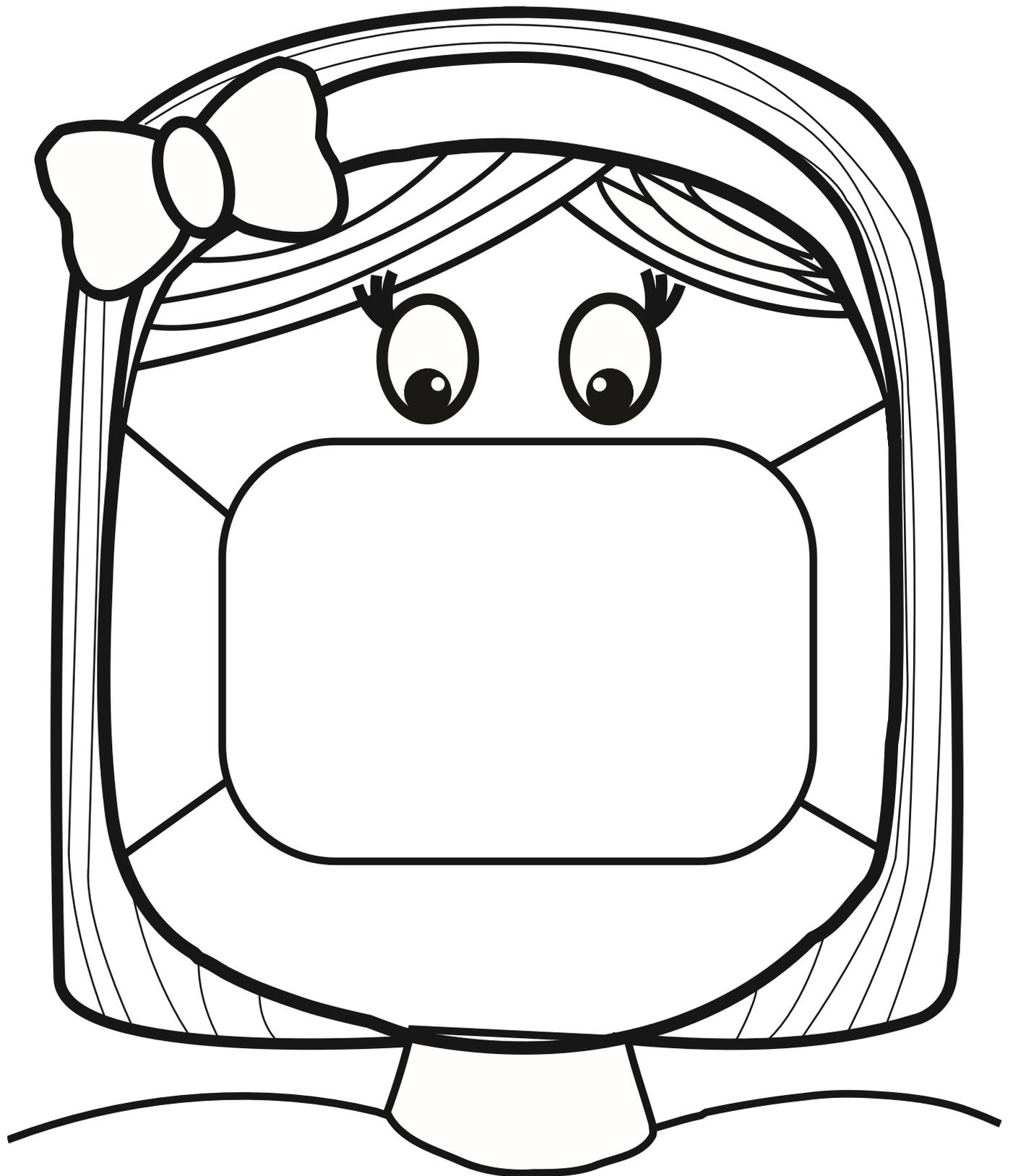
- the top of the head
- above the eyebrows
- beneath the collar bone
- the center of the chest

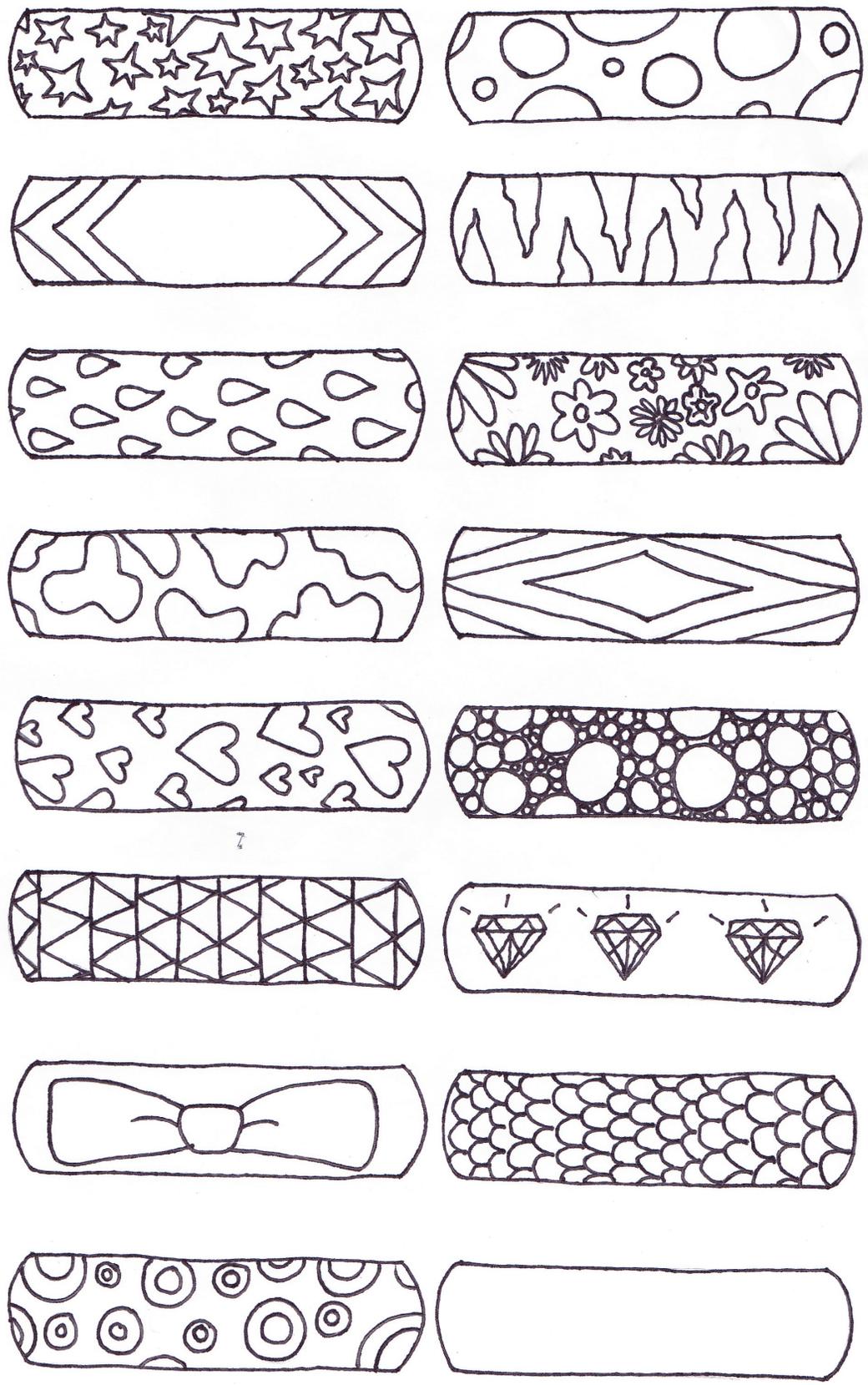
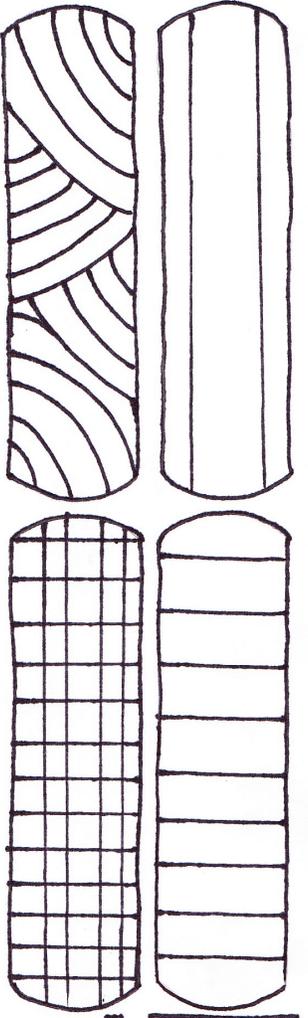
1. The next two pages have faces and masks.
 - a. Color the features like hair, skin tone, shirt.
 - b. Fold your page in half, and then turn it over and fold it at the top

edge of the mask (so the top portion closes up the mask.)

- c. Decorate your mask anyway you like.
 - d. Open and close. So fun to see the mask reveal! Make and design as many masks as you want!
2. After that, you'll find lots of different Band-Aids to color. Have fun!
 3. November 11th is Veterans Day, so you will find a poppy craft, and a couple of pages to color thanking our Veterans.
 4. Thanksgiving comes near the end of November. Challenge your eyes with an eye-spy. Go on a gratitude hunt. Find or draw a picture or object of the items on your list. Decorate your own placemats for a Thanksgiving meal.







BAND-AID
BRAND FIRST AID PRODUCTS
20 TO COLOR.

Veterans Day is Celebrated this month, and we say thank you to those who have served. Make a poppy. And color in some signs for your windows.

Parade

Make A Poppy to Honor Our Veterans

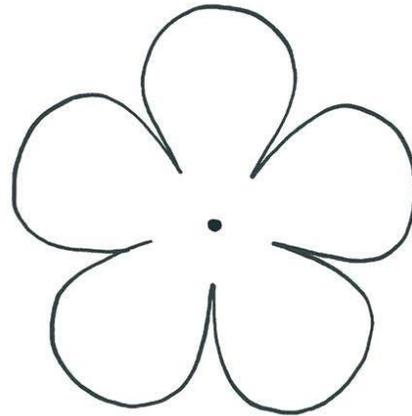


Supplies

- Red crepe paper or red construction paper
- Black construction paper
- Green pipe cleaner
- Tape
- Scissors
- Glue

How-To

1. To make the petals, cut out the poppy shape using our template
2. For your poppy stalk, poke a green pipe cleaner through the center of your petals, folding over about a 1/4 inch
3. Cut out a small black circle and glue it on top of the folded pipe cleaner
4. Ruffle your petals if you're using crepe paper; bend construction paper petals toward you for a more realistic effect
5. Tape pipe cleaner to the back of the poppy



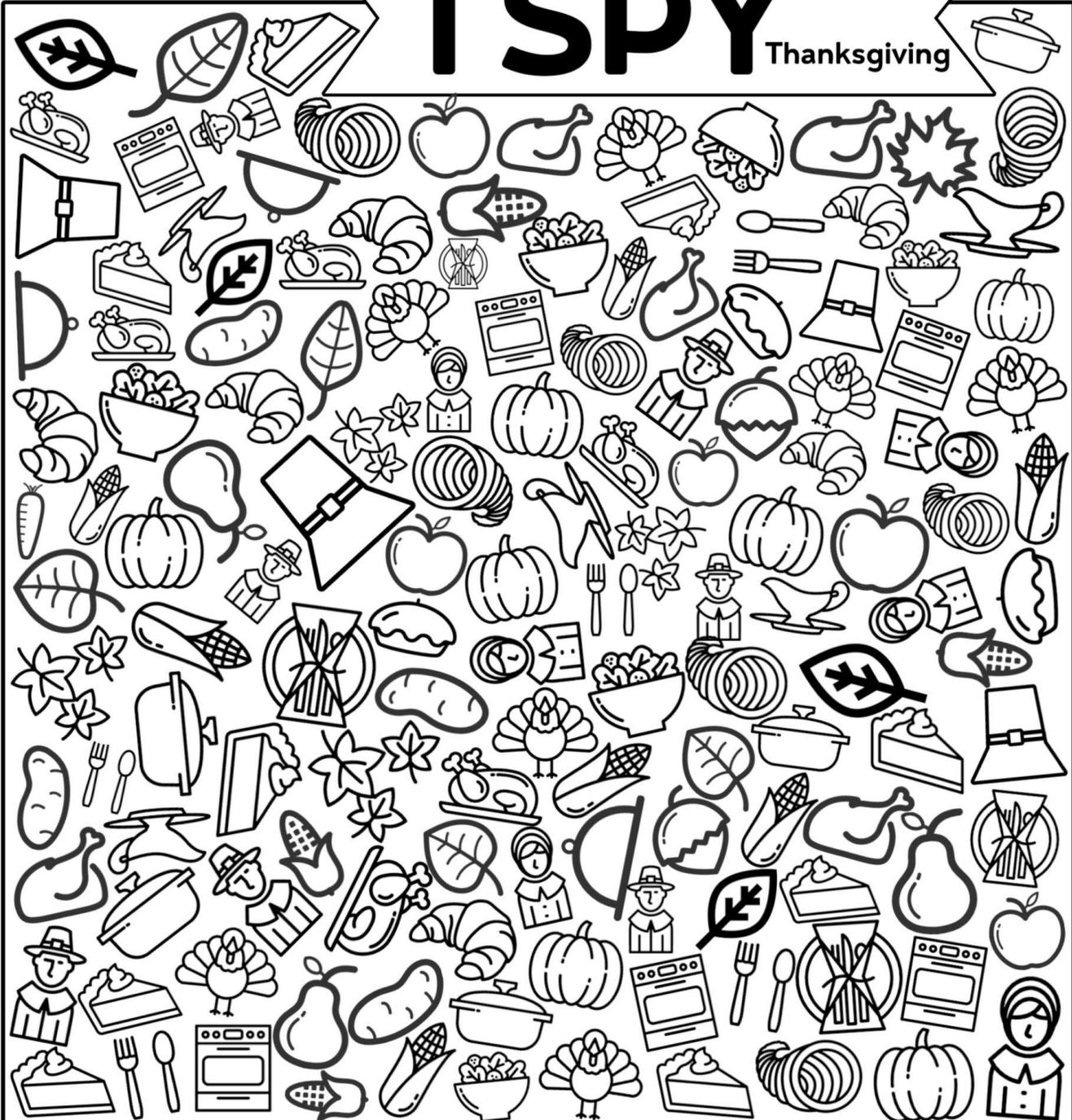
Wear with Pride!





ISPY

Thanksgiving

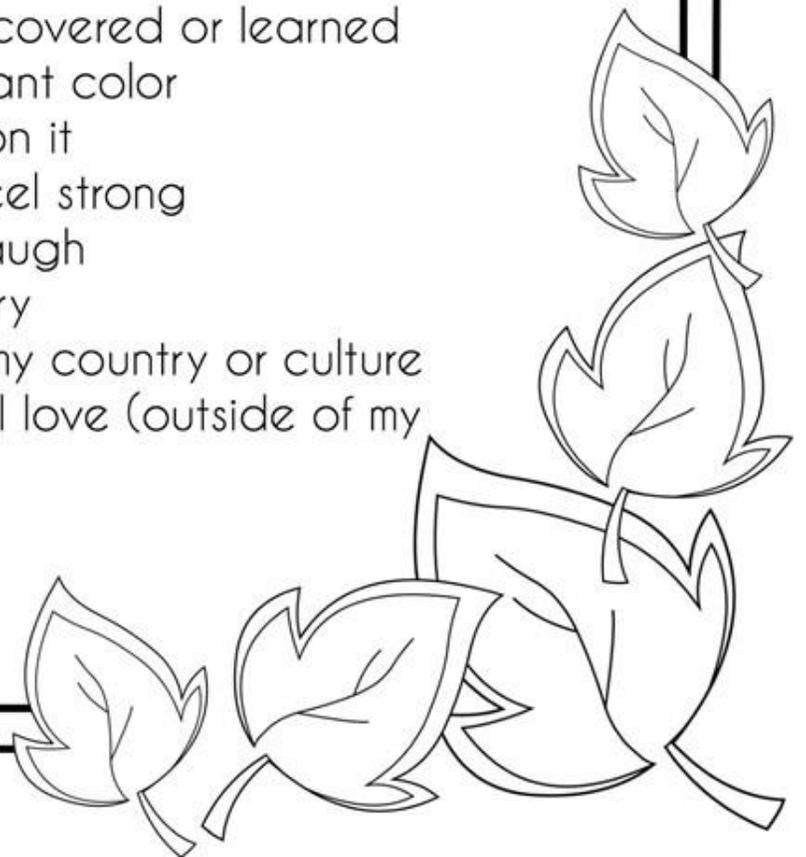


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|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

GRATITUDE scavenger hunt

SOMETHING I'M GRATEFUL FOR.....

1. in nature
2. that makes a beautiful sound
3. that tastes good
4. that smells amazing
5. that has been hard for me
6. that I would like to share with others
7. that is older than me
8. that I recently discovered or learned
9. that shows a vibrant color
10. that has words on it
11. that makes me feel strong
12. that makes me laugh
13. that makes me cry
14. that represents my country or culture
15. that is someone I love (outside of my group)

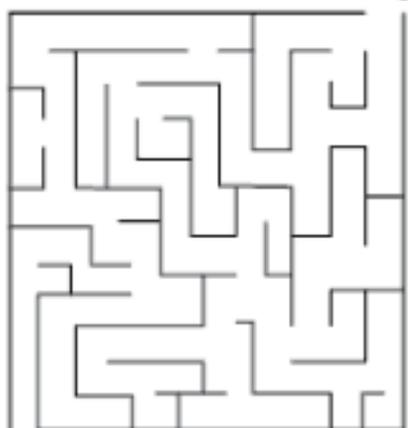
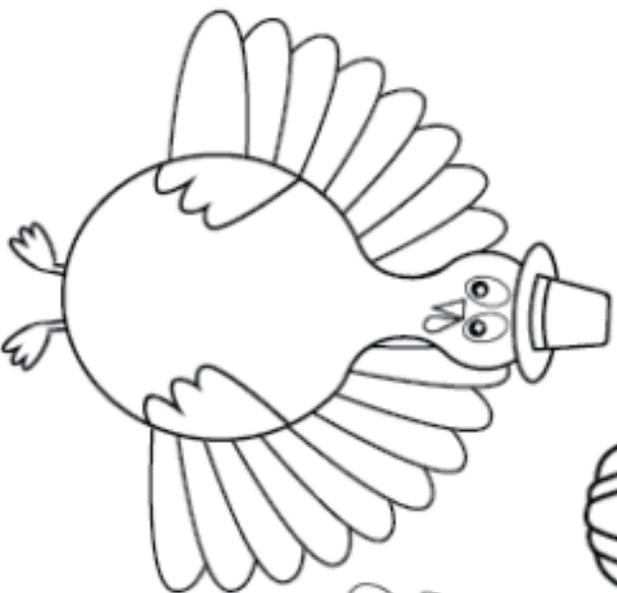
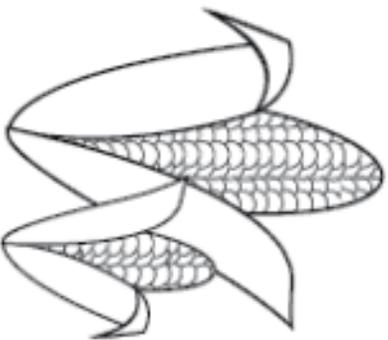


HAPPY THANKSGIVING

H T G T U R K E Y
 A P I H A L A S L
 R G R A V Y D M I
 V E H N U L L I M
 E S G S K Y M N R A
 S T U F F I N G S
 F A L L I G R I R
 S N I K P M U P U

FIND THESE WORDS:

- Harvest
- Dinner
- Pie
- Family
- Fall
- Thankful
- Gravy
- Pilgrims
- Stuffing
- Pumpkins
- Turkey



HELP THE SQUIRREL GET TO THE NUTS

HOW MANY ARE THERE?



