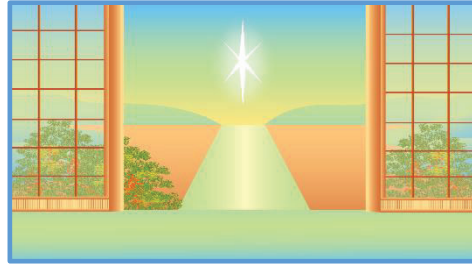


# Life is a Spiritual Adventure



<b>Event Date:</b>	<b>Supplies needed</b>
<b>Time:</b>	<b>For Welcome Activity:</b>
<b>Where:</b>	<ul style="list-style-type: none"><li>• ECK activity sheets</li><li>• Name tags</li><li>• Markers</li></ul>
<b>Ages: 5-10</b>	<b>For Spiritual Adventure Story Telling:</b>
<b>Large Group Facilitator:</b>	<ul style="list-style-type: none"><li>• <i>The Bear and the Thorns</i> script</li><li>• Finger puppets (a bear, a man, a narrator, and baskets of blueberries)</li><li>• 4 inch square paper in different colors</li><li>• Glue sticks, pencils</li><li>• Markers</li></ul>
<b>Small Group Facilitators:</b>	<b>For Acts of Service Charades:</b>
	<ul style="list-style-type: none"><li>• Handout: Acts of Service Charades (for each youth)</li></ul>

## Spiritual Purpose and Benefits:

- Youth have an opportunity to see their lives as a spiritual adventure.
- Youth explore ways to give love to others and be a vehicle for God's love in their daily lives.

## Set Up Notes:

- Make finger puppets for *The Bear and the Thorns*, including a man, a bear, a narrator, and baskets of blueberries. Find instructions here:  
<https://www.whatdowedoallday.com/origami-finger-puppets/>
- Make copies of the "Acts of Service Charades" handout (one for each youth)
- Place name tags and ECK activity sheets on a table with markers. Place other materials to the side.

Time	Activity Steps	Notes
5-15 minutes, depending on what time children arrive	<b>Welcome Activity</b> <ol style="list-style-type: none"> <li>1. Small group leaders greet youth as they arrive. Invite them to make a name tag.</li> <li>2. As time allows, youth can do an activity sheet.</li> </ol>	Slide 1
3 minutes	<b>Introduce Today's Theme</b> <ol style="list-style-type: none"> <li>1. <i>Today we are talking about how "Life is a Spiritual Adventure." We can have spiritual adventures when we Soul travel or have adventures in our dreams. Today, we're going to have fun exploring the way our whole life becomes a spiritual adventure when we share God's love with others.</i></li> <li>2. <i>Did anyone do something special for you recently? Something that made you feel happy and good? Maybe someone gave you a gift, or a hug, or an invitation to do something fun. Or maybe someone helped you with something. It could be anything at all. Maybe it came from a friend or someone in your family. What has someone done for you that was nice? How did it make you feel?</i></li> <li>3. <i>Did you know that doing something nice or helpful for somebody is giving them God's love? They don't have to know that you are giving God's love, but they will feel it.</i></li> </ol>	
2 minutes	<b>HU Song and Quote</b> <ol style="list-style-type: none"> <li>1. <i>We can sing HU, God's special name, and ask Wah Z to show you ways you gave God's love to someone.</i></li> <li>2. <i>Maybe a picture of what you did will come to mind, or maybe he will whisper it into your ear. Let's sing HU for a bit and see what we can remember.</i></li> <li>3. <i>Lead HU song.</i></li> <li>4. <i>Did anyone remember anything you can share?</i></li> <li>5. <i>Here's a quote from Sri Harold about how your whole life can be a spiritual adventure:</i></li> </ol> <p style="text-align: center;"> <i>"Your spiritual exercises...open wide the doors to Soul adventures on earth and in the inner worlds."</i>  <i>—Sri Harold Klemp, The Wonder within You, p. 1-2</i> </p>	Slide 2
20 minutes	<b>Spiritual Adventure Story Telling with Finger Puppets</b> <ol style="list-style-type: none"> <li>1. <b>PARABLE:</b> Use the finger puppets to tell an adapted version of <i>The Bear and the Thorns</i> parable (see the script provided in the supplies). Volunteers and older youth can help.</li> <li>2. <i>What do you think the spiritual messages are in this story?</i> (Possible answers include animals are Soul too, listen</li> </ol>	Slide 3

	<p>to our inner guidance from the MAHANTA, giving love and helping others is a real spiritual adventure.)</p> <ol style="list-style-type: none"> <li>3. <i>Next, you get to make finger puppets to tell your own story about a spiritual adventure you had or want to have.</i></li> <li>4. <b>CRAFT:</b> Move to a table. Demonstrate how to fold and glue a square of paper to make a finger puppet (see link for instructions).</li> <li>5. Small group leaders chat with youth to help them prepare a story: what spiritual adventure do they want to share, who will be in their story, what type of spiritual adventures have they had? etc.</li> <li>6. Once youth finish making finger puppets, form small groups of 2-4 youth, with 1-2 volunteers in each group.</li> <li>7. Small group leaders invite children to share their spiritual adventure stories with the group.</li> <li>8. Some youth may prefer to share an experience or tell a story without using finger puppets, which is absolutely fine.</li> </ol>	<p>Slide 4 has photos of simple designs for finger puppets that youth can copy or use as inspiration.</p>
10 minutes	<p><b>GAME: Acts of Kindness Charades</b></p> <ol style="list-style-type: none"> <li>1. <i>Next we have a game called "Acts of Kindness Charades."</i></li> <li>2. <i>Giving love to other people brings more love to your life. We are here to learn to give and receive divine love. Doing that makes life a very special spiritual adventure!</i></li> <li>3. <i>What are some ways you can give love?</i> Listen and validate youth's ideas.</li> <li>4. Show youth a copy of the charades handout. <i>These are all ideas for acts of kindness that we can do.</i></li> <li>5. Give the handout to each youth and read the acts of kindness aloud, or invite youth to each read one out loud.</li> <li>6. Begin the game with a volunteer going first to show youth how to play. Choose one idea from the handout to act out and everyone else guesses which one you are acting out.</li> <li>7. Youth can use their copy of the handout to take turns playing charades. If youth would like assistance, a volunteer can help them act out one of the Act of Kindness ideas. Volunteers can also act out ideas.</li> </ol>	
2 minutes	<p><b>Closing</b></p> <ol style="list-style-type: none"> <li>1. <b>Large Group Facilitator:</b> <i>What's a fun way you can give love today to have a spiritual adventure?</i></li> <li>2. Lead a closing HU song.</li> <li>3. Have youth help clean up the room.</li> </ol>	