

Youth Program
(1 hour)
Learning from Past Lives



<p>Event Date:</p> <p>Time:</p> <p>Where:</p> <p>Ages: 5--11</p> <p>Large Group Facilitator:</p> <p>Small Group Facilitators:</p>	<p style="text-align: center;">Supplies Needed</p> <p>For Welcome Activity</p> <ul style="list-style-type: none"> • Name tags • Markers • ECK activity sheets <p>For Video</p> <ul style="list-style-type: none"> • <i>When I Was Big</i> video (embedded in PowerPoint) <p>For Clues Activity</p> <ul style="list-style-type: none"> • Handout: Clues About Past Lives • Glue sticks • Pencils <p>For Costumes Activity</p> <ul style="list-style-type: none"> • Costumes <p>For Closing</p> <ul style="list-style-type: none"> • Handout: To See Past Lives
---	--

Spiritual Purpose and Benefits:

- Youth explore benefits of studying past lives and techniques to study them.

Set Up Notes:

- Place activity sheets and glue sticks to the side, and place markers and pencils on the tables where youth will be working.
- Test the *When I Was Big* video.

Time	Activity Steps	Notes
5-15 minutes, depending on what time children arrive	Welcome Activity <ol style="list-style-type: none"> 1. Small Group Facilitators: Greet children and invite them to choose a seat at the table and decorate a name tag. 2. Children choose an activity sheet as time allows. 	
5 minutes	Introduction and HU Song <ol style="list-style-type: none"> 1. Large Group Facilitator: invite children to sit together. 2. <i>Today we're talking about learning from past lives. We will watch a fun video called When I Was Big, do an activity to look for clues about our own past lives and another fun activity to explore what we can learn from past life experiences.</i> 3. <i>Have you ever met someone who has a really special talent and it seems like they were born already knowing how to do it? Pause for youth to share examples.</i> 4. <i>Have you ever met someone new and you immediately had a strong like or dislike for that person? Pause and listen to youth's answers.</i> 5. <i>These are all clues about past life experiences. What are some things we can learn from past lives? Listen to and validate youth's answers.</i> 6. <i>Sometimes understanding a past life can help us deal with a challenge we are facing today.</i> 7. <i>Knowing about past lives shows us that Soul is eternal. Even after the physical body dies, Soul goes to live in the inner planes and at the right time it returns here to the physical plane in a new body to learn more about God's love.</i> 8. <i>Let's start our adventure today by signing HU, our love song to God.</i> 9. <i>Lead HU song and brief contemplation. As you sing, you can ask the MAHANTA something you wonder about past lives. You may get an answer now or later. Dreams are a great way to study past lives, so you may have a dream about it.</i> 	Slide 1
10 minutes	"When I Was Big" Video <ol style="list-style-type: none"> 1. Large Group Facilitator: <i>Has anyone read the book When I Was Big? What is it about? (A boy named Davie shares many types of past lives he had.)</i> 2. <i>A group of young ECKists in Germany made a video version of this story and we get to watch it today. It's in</i> 	Slide 2

	<p><i>German with English subtitles. We'll read the English subtitles aloud so everyone can follow along.</i></p> <ol style="list-style-type: none"> <i>As you watch, you can think about what Davie might have learned from his different past lives.</i> <i>A volunteer reads the English captions in the video aloud as the video plays.</i> <i>What are some of the experiences Davie had in his past lives? (He was a baker for a king, a dancer, worked on a ship, a farmer, a nurse, a mountain climber, a teacher, and more.)</i> <i>What might he have learned from these past lives? (He might have learned creativity as a baker and dancer, responsibility on the ship and as a farmer, and compassion for others as a hunter and a nurse.)</i> <i>Make the point that he lived as a male and female and in different races, countries and cultures. Soul gets to have every experience as it learns to become a Co-worker with God.</i> 	
15-20 minutes	<p>Look for clues about your past lives</p> <ol style="list-style-type: none"> Large Group Facilitator: Show youth a copy of the Clues about Past Lives handout. <i>A strong feeling about something is often a clue about a past life. We are going to look for clues about our past lives by making two lists for things you really like and really dislike.</i> <i>These pictures in the handout are to help spark ideas. You can glue them onto your sheet if they remind you of something you like or dislike. You can also add your own ideas by writing or drawing them. Everyone's clues will be different because each of us is a unique Soul with different experiences.</i> Youth move to the work table to do the activity. Small Group Facilitators assist youth with finding materials and coming up with ideas to add to their lists. As youth add to their lists, engage them in conversation about what the clues might show them about experiences in their past lives. Large Group Facilitator: After most youth have finished filling in their lists, invite youth to bring their activity sheets to sit in the group area and ask if anyone wants to share one of the clues they found and what they think it tells them about a past life. 	Slide 3
15 minutes	<p>Lessons Learned from Different Types of Lives</p> <ol style="list-style-type: none"> Large Group Facilitator: Share a brief example of something you learned from a past life experience, such as gratitude, patience, creativity, etc. 	

	<ol style="list-style-type: none"> 2. <i>Why does Soul live so many lives? (We have every kind of experience to help us learn more and more about Divine Love.)</i> 3. <i>What might someone learn in a life as a dancer? How about as a farmer? Listen to and validate youth's answers, adding to them as needed.</i> 4. <i>Today you will get to choose a costume to show something you may have been in a past life, and then tell us about what you might have learned in that life.</i> 5. Show youth the costume choices. Call on youth a few at a time to select a costume. <i>If you don't get your favorite the first time, we may have time to try on more costumes later.</i> 6. Youth try on costumes and return to the large group area. Invite youth to share who they are dressed as and what they can learn from that type of life. 7. If time allows, youth can repeat step 6 with different costumes. 8. Youth return costumes and then find a seat in the large group area. 	
5 minutes	<p>Closing</p> <ol style="list-style-type: none"> 1. Large Group Facilitator: <i>This is an exercise to try at home to keep studying past lives even more. Pass out the handout with the exercise, "To See Past Lives."</i> 2. <i>Is there anything else you would like to share about the program today?</i> 3. Lead a closing HU song. 4. Have youth help clean up the room. 	