

# You Are a Star of God

Click or tap to enter a date.

**Ages 5-7**

**When**

Click or tap here to enter a time.

**Where**

Click or tap here to enter a location.

**Program Length:** 2 ½ hours

**Program Description**

Discover more about who you truly are as Soul. Have fun seeing your life through spiritual eyes.

**Spiritual Purpose and Benefits**

- Youth explore who they are as Soul and what it means to be a unique, divine spark of God.
- Youth experience seeing life with the eyes of Soul.
- Youth explore ways to show their love for life by helping others.

**Program Overview**

Pre-Session Volunteer Meeting

Welcome Activity – “It Matters to This Starfish” coloring pages

HU Song and Group Meeting

Soul Loves Experience – Parachute Games

Seeing From a Higher Viewpoint – Spiritual Exercise and Activity

“It Matters to This Starfish” – Parable and Craft

Clean Up, Sharing, and Feedback

## Pre-Session Volunteer Meeting (45 minutes)

- Introductions and HU Song
- Brief review of volunteer roles
- Safety review
- Program review
- Questions and answers



***Note to Room Leader and Activity Leaders:*** Please share program activities and directions in your own wonderful words, using language that 5-7 year old children will understand. Thank you!


## Welcome Activity – It Matters to This Starfish Coloring Pages (up to 30 minutes)

- Group Leaders welcome youth as they arrive.
- Youth sit at tables and color pages from the parable “It Matters to This Starfish.”
- Group Leaders can chat with youth to help them feel welcomed and comfortable in the youth room.

### Supplies

- Coloring pages from “It Matters to This Starfish”
- Crayons, markers, colored pencils

## Welcome, HU Song, and Group Meeting (15 minutes)

-  Note to Group Leaders: Please sit with youth during the large group HU and meeting.
- Youth and volunteers come together in a large circle.
  - The Room Leader welcomes the youth.
  - Everyone takes a turn to share their name and something special or unique about themselves: *It could be something fun you like to do, something new you tried, or anything you’d like to share about yourself.*
  - Introduce the session theme: *Today we are talking about how you are a star of God! We all have these bodies, but that isn’t who we really are. The real you is Soul, a shining star of God.*
  - Invite a youth to explain what the HU is and how it can help us.
  - Lead the group in a HU song.

### Ground Rules

- The Room Leader invites youth to participate in creating guidelines for behavior in the youth room that show love and respect for others.
- Write the guidelines on a flip chart or white board to refer to later as needed.
- *Like following the rules in a game, when everyone plays by the agreed upon rules, the game is a lot more fun!*

## Soul Loves Experience – Parachute Games (20 minutes)

- Spread the parachute out on the floor. Youth sit in a circle around the parachute.
- The Activity Leader introduces the activity: *Soul loves to try new things. It wants to grow and learn. That is why we are all here—so Soul can grow and learn more about Itself and about God’s love for It.*
- *Has anyone played parachute games before? How did you play?*
- *We’re going to learn together how to play some parachute games. We’ll start with simple ones and then try ones that are a little harder.*

### Supplies

- Large parachute
- Inflatable beach ball with HU and a star drawn on it



- The Activity Leader invites youth to stand, hold the edges of the parachute and walk in a circle. Then youth pause and walk in a circle in the other direction. *Are you ready for something new?*
- Youth make waves. Youth make big waves. Then youth make small waves.
- The Activity Leader then divides the youth into a right side and left side of the parachute. Each side takes a turn making the biggest waves they can, while the other side sits down and holds on.
- Each side takes a turn making the smallest waves they can, while the other side sits down.
- *I think we have enough experience now that we can try something else new.* Then have youth try to pass a wave around the parachute: each youth shakes the parachute quickly up and then back down, one at a time. The next youth quickly shakes the parachute to keep the wave moving, and so on, until the wave goes around the circle several times.
- *We're making the parachute go up and down. Life has ups and downs too. Sometimes life is exciting, sometimes it is quiet. Sometimes it is easier and sometimes it is challenging. We can sing HU to help us with life's ups and downs.*
- The Activity Leader puts the beach ball with HU and star on it in the center of the parachute. Have youth stand back up and try to make the beach ball surf around the edge of the parachute by passing a wave around it again. Do this several times.
- Have youth sit down. *Singing HU helps us remember that we are a star of God and remember God's love for us. Let's do one more activity with the parachute. We'll fill it up with love, just like Soul is full of love.*
- Have youth stand up, holding the parachute. Youth hold the parachute above their heads and each take three steps toward the center to fill the parachute up with air like a big balloon above them. Youth take three steps back. If time allows, repeat this step to fill the parachute again.

## Seeing From a Higher Viewpoint – Spiritual Exercise and Activity (20 minutes)

- The Activity Leader asks: *Did you ever have a dream about flying? Or do you ever imagine yourself flying? What is that like?*
- *Soul can fly! Just like we talked about during the group meeting, we are all Soul! Seeing with the eyes of Soul can really help us solve problems because Soul can see them better from above.*
- *Did you ever have a change in your life that was hard? What happened? Soul can see how changes help it grow!*
- The Activity Leader shows youth the sample decorated parachute toy.
- *This is a parachute, just a lot smaller than the one we just played with. A parachute is for floating down safely to the ground. We can use our imaginations to try flying as Soul, up above a change or a problem in our life, and then gently float with a parachute back down the ground.*
- The Activity Leader invites youth to do this spiritual exercise:

### Supplies

- ☐ Parachute toys
- ☐ Fabric markers
- ☐ Stickers
- ☐ Small ECK pictures and symbols
- ☐ Glue sticks
- ☐ (Optional) A fan



*Think of a question or a problem you have. Maybe it is something you don't understand yet or are nervous about because it is new. Imagine yourself flying with Wah Z. You can fly up high above your problem or the new experience. You can see your home, your school, or anywhere. You can even go really high up and see the whole planet, if you want. Let's sing HU a few times while you enjoy flying with Wah Z.*

(Sing HU a few times.)

*Now imagine you have a beautiful parachute. Wah Z will guide your parachute safely to the ground. When you land, you will be where you need to be and you will have what you need to help with your problem or will be able to find the answer you need and become ready for this new experience in your life.*

—Adapted from *The Wonder within You* by Sri Harold Klemp, page 43

- *What was that like? What did you see?* (Listen to and validate youth's answers.)
- *As Soul you can see a problem with spiritual eyes any time just by singing HU or asking Wah Z for help.*
- Youth go to their tables to decorate parachute toys that help them remember to see any problem from up high, with spiritual eyes.
- The Activity Leader sets up a fan at the front of the room.
- Afterwards, everyone goes up to the front of the room and youth practice releasing their parachute people in the breeze created by the fan and watching them float to the ground, while the Activity Leader leads them in discussing the spiritual principle of seeing from "up high."

**Break** – Get a drink of water, use the restroom (with two adult volunteers). (5 minutes)

## It Matters to this Starfish – Parable and Craft (30 minutes)

- Youth sit at the front of the room, where they can see the screen.
- The Activity Leader uses the provided PowerPoint slides and reads the parable "It Matters to This Starfish."
- The Activity Leader asks youth a few questions about the story:  
*What do you remember from the story?*  
*What was your favorite part?*  
*The boy showed love and kindness to the starfish, just like the MAHANTA shows love and kindness to us. What is something really kind that someone did for you?*
- Show youth the sample starfish. *We are all unique stars of God, just like this starfish. We are all different, and we are all loved. You can make your own unique starfish too.*
- Youth go to tables and make starfish using a cutout template, and decorate them with stickers, gems, and markers. They can make more than one if they want.

### Supplies

- ☐ PowerPoint slides for parable
- ☐ Sample decorated starfish
- ☐ Starfish cut-outs
- ☐ Ocean background
- ☐ Drapery pins (to hang up the background)
- ☐ Markers, crayons
- ☐ Gem stickers
- ☐ Stickers
- ☐ Small pictures of HU and the EK symbol
- ☐ Glue sticks
- ☐ Removable tape

- Group Leaders ask youth, *What is something caring that you like to do for others? Helping others is a way to give love back to life. It is a way to show your love for life!*
- As they finish, Group Leaders help youth tape their starfish on the ocean background, using removable tape. *You put your starfish home in the ocean. One way to describe God is to say that God is an ocean of love and mercy. Soul wants to go back home to God—to the Ocean of Love and Mercy.*

## Clean Up, Sharing, and Feedback (15 minutes)

- Youth help clean up the room.
- Youth sit in a large group.
- Room Leader invites youth to share whatever they'd like to about their experience that afternoon.
- Room Leader asks for feedback on the activities they did that day, and ideas of what else the youth might want to do in future programs.

? Questions to ask can include but aren't limited to:

1. What did you like doing today?
2. What could make it even better?
3. What kinds of activities would be fun?
4. What spiritual things do you like to learn about?