

Embodiment - EM-BODY - to go in your body, to experience fully.

Children's Book of the Month

[A Tree in the Forest by Jan Thornhill](#)

This story is about the life of a tree over 200 years and what it experiences in that time.

Discussion Questions: What might your life be like if you were a tree? Or your favourite animal? How would it be different than your life as a human? How might it be the same?

Youth Book of the Month (Also a movie)

[The Host - Stephanie Meyer](#)

When Melanie, one of the few remaining “wild” humans is captured, she is certain it is her end. Wanderer, the invading “soul” who has been given Melanie’s body, was warned about the challenges of living inside a human: the overwhelming emotions, the glut of senses, the too vivid memories. But there was one difficulty Wanderer didn’t expect: the former tenant of her body refusing to relinquish possession of her mind.

Discussion Questions: What is a soul? Do all living creatures have a soul? What is unique about the human experience?

Family Activities

- Have a dance party
- Go for a nature walk in silence
- Try yoga together
- Go for a labyrinth walk

Check out this Music Video with Ne-Yo and Sesame Street - You've Got a Body:

<https://www.pinterest.ca/pin/2181499801028818/>

