

## Beauty - Family Faith Formation

### Books/Readings of Beauty

#### Stories to read together:

##### **Swirl by Swirl: Spirals in Nature**

by Joyce Sidman (Author), Beth Krommes (Illustrator)

Book: <http://amzn.to/2jWtGiv>

Video: <https://www.youtube.com/watch?v=XUjWBEXniMM>

Celebrate the beauty and value of spirals. What makes the tiny snail shell so beautiful? Why does that shape occur in nature over and over again—in rushing rivers, in a flower bud, even inside your ear?

#### Parents:

##### **How to Teach What “Being Beautiful” Looks Like**

<http://parentingchaos.com/teach-beautiful-looks-like/>

### Family Video

##### **Sometimes You’re a Caterpillar**

[https://www.youtube.com/watch?v=hRiWgx4sHGg&list=PL8PINNxdxil6gcm6fxPDG9Yt\\_IMrMrluf&index=39&t=0s](https://www.youtube.com/watch?v=hRiWgx4sHGg&list=PL8PINNxdxil6gcm6fxPDG9Yt_IMrMrluf&index=39&t=0s)

*As recommended by UUA Youth Office, Race and Identity Resources*

Snail and Caterpillar are besties, but they are different. The importance of trying to see what others have to deal with. It’s really important to stop and see the other side so the beauty of everyone can shine through.

### Movie of Beauty

##### **A Beautiful Planet (G)**

<https://www.common sense media.org/movie-reviews/a-beautiful-planet>

“The images... might be a little overwhelming for younger kids, but anyone interested in science, space, or the environment will be blown away, and the astronauts are great role models who demonstrate the importance of communication and cooperation.” - Incredibly beautiful images of our planet.

### Discussion/Activity:

##### **Tree Beauty**

Take a tour of a nearby park and notice the beauty and variety in the trees. What if all trees were supposed to look like a social construct from a cartoon? Invent personalities for the trees, i.e. these 5 cedars are a little wild, as they live in the back of the park. They have a secret rock band they play in when no one is around.

##### **Try Umami , the fifth taste**

“Umami describes foods with an inherent savoriness. It has been described as brothy or meaty. You can taste umami in foods like Parmesan cheese, seaweed, miso, and mushrooms, which contain a high level of the amino acid, glutamate... Foods with umami elements include chicken, beef, and pork, as well as tomatoes, cheese, soy, potatoes, and carrots.” -

<https://www.npr.org/templates/story/story.php?storyId=15819485>

