

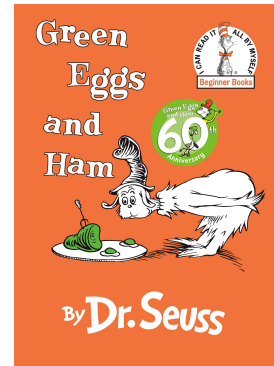
What does it mean to be a People of Resilience?

Books and Readings on Resilience

Green Eggs and Ham, by Dr. Seuss

Video: <https://vimeo.com/315348071>

“Do you like green eggs and ham?” asks Sam-I-am in this Beginner Book by Dr. Seuss. In a house or with a mouse? In a boat or with a goat? On a train or in a tree? Sam keeps asking persistently. With unmistakable characters and signature rhymes, Dr. Seuss’s beloved favorite has cemented its place as a children’s classic. In this most famous of cumulative tales, the list of places to enjoy green eggs and ham, and friends to enjoy them with, gets longer and longer. Follow Sam-I-am as he insists that this unusual treat is indeed a delectable snack to be savored everywhere and in every way.. ” - Amazon



Family Activity

Here’s something that every family can do. You’ll want to come to a decision about how long to lie down in silence on the floor for. For families with young children, this might be two minutes, while families with older children or teens, this could be extended to ten minutes. Choose a time that is right for your family.

Gather together, and when you’re ready, ring a bell or bowl. Listen to it until they can’t hear it anymore.

Light your chalice to symbolize the fire element using words similar to, “I light our chalice, so we remember the element of fire which gives us a warm golden light to meditate by. We remember how fire is strong and resilient.

Lie down on the floor and feel the earth under you in your whole body. Then feel the earth in your body, in its heaviness, its bones, its minerals. Take a deep breath and feel the air going in and out of your body. Feel the golden glow, which is the warmth, the fire in your body. Feel the softness in your body which is the water. The water tells a story in your body. The fire glow tells a story in your body. The air tells a story in your body, the earth tells a story in your body. We are made up of the earth elements. We are a part of nature. We are part of the story of the earth. *At this point you’ll want to set your timer to the time you’ve previously agreed.*

Lie in silence together on the floor in silence. When the timer goes off, take some time to share about share what reflections people felt in the meditation.

Family Movie

Odd Squad

Review: https://oddsquad.fandom.com/wiki/Odd_Squad:_The_Movie

When a rival group of adults called Weird Team shows up with a gadget that can solve any odd problem, Odd Squad goes out of business and the agents are forced to disband and return to life as regular kids.



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