

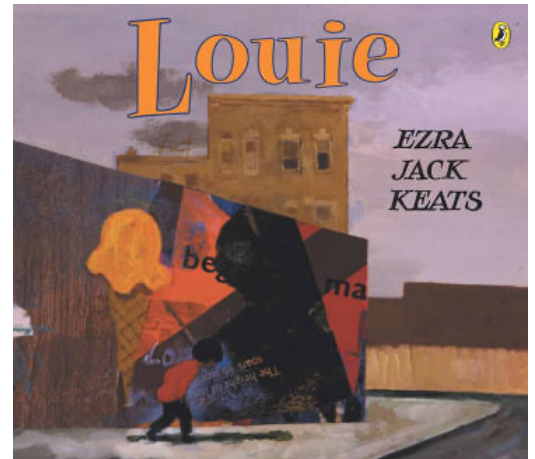
# Family Faith Formation

## Family Book Recommendation on Renewal

### Louie by Ezra Jack Keats Video or Book

Video: <https://www.ezra-jack-keats.org/read-aloud/louie/>

Louie doesn't talk. We don't know what is wrong. But he emerges from his silence when he recognizes something that he would love to do – make friends with a puppet! He is renewed by his discovery. The children who offer him the puppet are also renewed by their generosity towards Louie.



### Family Activity

*It's never too late to introduce meditation to our children. Here's a family friendly waterfall meditation you can do.*

Invite everyone to find a relaxing position, close their eyes and take some deep breaths. Then offer the following meditation and visualization:

“A beautiful waterfall of white light is flowing down on you. It flows down on your head, helping your head to relax. You feel your head relaxing. It moves down over your neck and shoulders. Your neck and shoulders are relaxing. Now it flows down over your arms. You feel your arms relaxing. It flows down your back. Your back is letting go and relaxing. It flows over your chest and stomach, helping your chest and stomach relax. You feel your chest and stomach relax. It moves down over your legs and feet. You feel your legs and feet letting go and relaxing. The beautiful waterfall of white light is flowing over your whole body. You are very peaceful and relaxed.”

From <https://www.buddhanet.net/e-learning/buddhism/meditate/water.htm>

### Family Movie

**Moana** - One of several recent children's films with powerful female protagonists, Moana mixes a classic coming-of-age story with fascinating cultural and historical elements, including mythology and the seafaring history of the Polynesians. Between the Rock's comic relief and catchy Lin-Manuel Miranda songs, parents will enjoy this as much as their kids.