

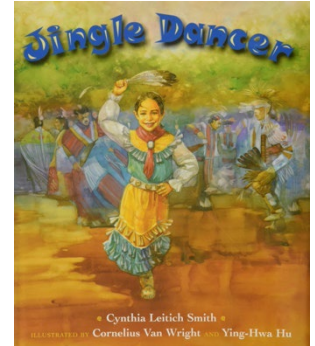
# Family Faith Formation

## Family Story

**Jingle Dancer, by Cynthia Letitch Smith**

**Video:** <https://www.youtube.com/watch?v=O6S7zqCuLPI>

This story is a great way to explore how listening builds relationships. It's a story about a group of people who use special sounds to listen to and help people heal. These people are Indigenous [Native American] Women, who are Jingle Dancers. They are using this special tradition of theirs to help the world heal the fear caused by the pandemic. The Jingle Dancers story also shows how important it is to not just ask people to help you but also listen carefully when they can't give you exactly what you're asking for. In the book, Jenna, the main character, respectfully and clearly communicates her need to her four female relatives for the tins to make the jingles. They, in turn, communicate clearly, their own needs, hopes, and wants.



**Special Note:** Jingle Dancers are bringing their tradition to help the world heal the fear during the pandemic. The dresses, also known as Prayer Dresses, mimic the sound of falling rain and bring a sense of peace. Here's a site that explores the history of the Jingle Dress:

<https://www.ncai.org/news/articles/2020/08/12/the-history-of-the-jingle-dress-dance>

Here's a video that talks about the healing power of the jingle dress to the land:

<https://www.youtube.com/watch?v=doXLo9wFdXU>

Here's an additional video as well where jingle dancers talk share their love of jingle dancing:

<https://www.youtube.com/watch?v=G4SQ26uwaYQ>

After reading the story, take some time to talk with your child using one, or several of these prompts.

- What was your favorite part of the story?
- How did you feel when Jenna got to complete the four rows on her dress?
- Do you know about any traditions from Native Americans in your area?
- When did an adult (family, friend, or neighbor) help you with a project?
- When Jenna asks the women in her life for help, she also listens to them when they ask her to dance for them. When you ask someone for something, do think it's a good idea to also ask them if you can do something for them in return?
- When have you asked for what you need so that others can listen and understand?
- Is it sometimes scary to ask others for something you need?

## Family Activity

Remember playing Simon Says as a child? Turns out it's a great game for teaching listening skills! To refresh your memory on how the game is played, one person is designated as the leader and calls out the actions. Everyone else must follow the leader and do the action, but

only when Simon says. For example, Simon says, touch your toes. Everyone must touch their toes.

Then the leader has to try and get everyone to do an action without saying Simon says. If someone does the action and the leader did not say Simon says, that person is out of the game. For example, if the leader says just “touch your toes” and someone touches their toes, they are out of the game.

The leader can try to make things more difficult by speeding up the pace of calling out the actions. Here’s a chart to get you started!



# SIMON SAYS

SIT DOWN

TURN AROUND IN A CIRCLE

JUMP UP AND DOWN

HOP ON YOUR RIGHT FOOT

HOP ON YOUR LEFT FOOT

CLAP YOUR HANDS

TOUCH YOUR KNEES

WIGGLE YOUR FINGERS

PUT ONE ARM IN THE AIR

FLAP YOUR ARMS LIKE A BIRD

SLITHER ON THE GROUND LIKE A SNAKE

QUACK LIKE A DUCK

RUN IN PLACE

STAND ON ONE FOOT

PUT YOUR HANDS ON YOUR HIPS

PRETEND YOU ARE A DOG

MOO LIKE A COW

WINK YOUR RIGHT EYE

PUCKER YOUR LIPS

SING AS LOUD AS YOU CAN

PAT YOUR BELLY

PUT BOTH HANDS ON YOUR HEAD

WAVE HELLO

RAISE BOTH HANDS IN THE AIR

SHAKE YOUR RIGHT ARM

SHAKE YOUR LEFT ARM

PRETEND LIKE YOU ARE SLEEPING

ROLL ON THE FLOOR

DO A SOMERSAULT

SKIP AROUND THE ROOM

GALLOP LIKE A HORSE

MEOW LIKE A CAT

HOP TO THE RIGHT

HOP TO THE LEFT

MAKE CIRCLES WITH YOUR ARMS

TOUCH YOUR EARS

STICK OUT YOUR TONGUE

DO JUMPING JACKS

DO A SILLY DANCE

DO A CARTWHEEL

SQUEAK LIKE A MOUSE

WALK LIKE A PENGUIN

SIT DOWN AND SCOOT ACROSS THE ROOM

WALK ON YOUR TIP TOES

MAKE A SAD FACE

MAKE A HAPPY FACE

ACT LIKE YOU ARE ICE SKATING

DO A SIT UP

TALK LIKE A ROBOT

ACT LIKE YOU ARE DRIVING A CAR

DO A PUSH UP

WIGGLE YOUR TOES

## Family Movie

Now that the nights are getting longer, it's easy to want to curl up with a good movie. How about drawing loved ones close on a weekend evening to watch Brave! We get to follow along with Merida, a feisty girl who does not like to take orders. This gets her into trouble with her mom and their relationship is put to the test.



This movie lets children know that while you may fight with your parents or other loved ones at times, family is very important, and having the ability to listen to each other is all it takes. Also, this movie teaches children that there is nothing wrong with not conforming to gendered beliefs and activities and that there is nothing wrong with being independent.



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SOUTH  FRASER  
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