Welcome!

VIRTUAL GATHERING FOR KIDS

2022 BPFNA Summer Conference
Aug 20th, 2022
Today's Agenda

1. Introductions and Contact Info
2. Important information
3. Themes and Lesson Overviews
4. CLOSING ACTIVITY
About me:

Hi! My name is Jasmin Figueroa. I live in Boston MA and this is my 2nd year working with BPFNA!

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Introductions:

1. Name / Where do you live?
2. Have you ever attended the Summer Conference before?
3. If you could travel anywhere in the world, where would it be and why?
Let's begin!

Are you ready?
EVERYTHING HAS ITS OWN TIME...

- Ecclesiastes 3:1

A TIME TO LOVE

A TIME TO KEEP

A TIME TO PLANT

A TIME TO DIE

A TIME TO LAUGH

A TIME TO TEARE

A TIME TO PLUCK UP THAT WHICH IS PLANTED

A TIME TO BUILD UP

A TIME TO SPEAK

A TIME TO LAUGH FROM EMBRACING

A TIME TO MOURN

A TIME TO TOGETHER

A TIME TO EMBRACE

A TIME TO GET

A TIME OF PEACE

A TIME TO KEEP SILENCE

A TIME TO CAST AWAY

A TIME TO CAST AWAY STONES

A TIME TO GATHER STONES

A TIME TO BREAK DOWN

A TIME TO SPEND

A TIME TO REFRAIN FROM EMBRACING

A TIME TO HEAL

A TIME TO REPAIR

A TIME TO CARRY

A TIME TO BLOW

A TIME TO MOURN

A TIME TO BE BORN

A TIME TO Die
What do you think of when you hear the word "heal?"

1. Take 3 minutes to think about it.
2. Go to Jamboard and share your thoughts on a sticky note.
3. Let's discuss.
Healing can be...

1. A complete event
2. A process
3. Something that you can experience alone or share with others
Healing can also ...

1. be felt internally
2. happen within a community
3. affect the environment
Lesson 1:

SELF-CARE AS HEALING

This section will focus on ways you can care for your **body**, **soul**, and **mind**.
SELF-CARE

Taking care of yourself is also important!
Sleeping 8-10 hours every night helps you stay healthy, grow, learn and stay happy.

to care for yourself, you need to take care of your body- And ideally your body needs these four major things regularly:

1. Sleeping 8-10 hours every night helps you stay healthy, grow, learn and stay happy.

2. Eat: Eat food that helps your body feel good- make sure to include your favorite veggies & fruits.

3. Body movement: this can be anything you enjoy, whether it is walking, dancing, bike riding, playing a sport, and many more.

4. Drink Water: 60% of our body is made out of water, and water is required for all our daily bodily functions.
Humans feel soo many emotions! They are helpful because they help us learn what we need.

Can you name what these kids might be feeling?

Have you ever felt this way, too?
When we notice a feeling arise, it is helpful to do the following:

STOP and identify how you are feeling.
Are you sad? Angry? Excited? Worried?

Think about WHY you may be feeling this way. Did something happen?

Act/talk:
Do something that can help you feel better. Look ahead to find some activities that can help.
Here is a list that may help you identify how you are feeling:

I feel worried
I feel happy
I feel disappointed
I feel angry
I feel calm

I feel glad
I feel sleepy
I feel hurt
I feel sorry
I feel excited

I feel sad
I feel shy
I feel proud
I feel tired
I feel sick

Caring for your mind & soul.
These are some activities you can use to help you feel better.

What helps you? Write them or draw them out!

Place the final project somewhere you can see when you need it.
Below, you will learn how to make your OWN calm down toy that you can use when you feel anxious or worried.

**YOU WILL NEED:**
- TWO BALLOONS
- FLOUR
- FUNNEL/PAPER
- SPOON
- OPTIONAL: RICE

1. Blow up the balloon and then deflate it before you start. This stretches the balloon which makes it easier to fill it with the flour.

2. Pull the end of the balloon up over the end of a funnel.

3. Carefully pour flour into the funnel. Shake the funnel back and forth and tap the side of it to get the flour to go down into the balloon.
Keep adding more and more flour to the funnel and into the balloon until you're happy with the size. At this point you can also add rice for a different texture.

If the balloon is running out of space to add more flour, pinch the opening of the balloon closed, then use your fingers to press down the flour in the balloon right below the funnel. Press and shape the balloon down and outwards to make space for more flour.

Remove the funnel and tie a knot in the balloon. Try to get the knot as close to the base of the balloon as you can.
Follow the breathing techniques below when you are feeling upset, stressed, worried or anxious. Notice whether your mood changes!

**BUMBLEBEE BREATH**

Lightly place a finger in each ear. Take a deep breath in through your nose, and hum softly like a bee as you breathe out.
Final thought: How else can you show yourself care?

Make a list of ideas and update it every year. Notice how it changes or stays the same throughout your lifetime.
Lesson 2:

HEALING IN COMMUNITY

THIS SECTION WILL SHOW HOW WE CAN CARE FOR THE PEOPLE AROUND US
Think about meals with your community. What is your favorite food? Ask a trusted adult to teach you to make it together.

Community can be made up of many people: family, neighbors, coworkers and more...

Listen to "Let Me Fix You a Plate: A Tale of 2 Kitchens" by Elizabeth Lilly

Bonus activity:

- Think about meals with your community. What is your favorite food?
- Ask a trusted adult to teach you to make it together.

Who else comes to mind? Draw a picture, write a note, or share an image of "community" on jamboard.
Signs of a healthy community:

1. A healthy community is safe and kind to one another.
2. In a healthy community, people work together to solve problems.
3. Healthy communities are happy for other people's good news and are kind when people are sad.
Now, communities can be VERY different.... sometimes they don't understand each other, get mad at each other, or hurt each other....

...but healthy communities listen, apologize, and try to repair any harm.
Final reflection:
What do you want your communities to look like?
Lesson 3:
BEING GOOD COMMUNITY FOR THE PLANET
Did you know that we're all connected?

Click here to find out how!

Who or what else is a part of our global community?

( resource: Crash Course Kids #4.2 on YouTube)
"Life" by Cynthia Rylant is a story about learning healing from animals.

Try telling some stories from the animals in your community.

What do you imagine they want us to know about life from their perspective?

What do you think they would say about how humans might share with them and connect to them?
WAYS TO CARE FOR THE GLOBAL COMMUNITY:

1. Don't litter! Put garbage in the trash, the recycle bin, or compost it to turn it into new soil!

2. Instead of throwing out your old items, consider passing them along to a neighbor. It can help them out and is good for the planet.

3. Found a bee hive? Call a beekeeper! They will remove them safely, so bees can continue helping our crops.

Be an Energy Saver

When it comes to global warming, your day-to-day actions can make a big difference—if millions of people do it. Find out what you can do to save energy and slow climate change.

Find Out More
Thank you!

Have a great day ahead.