

Out of the Stars:

Celebrating our Evolutionary Roots



A week-long summer day camp
for elementary age children.

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Out of the Stars: Celebrating our Evolutionary Roots!

Objectives

By the end of the summer camp, each participant (campers, counselors, directors) will:

1. Feel respect for the interdependent web of existence of which we are a part.
 - a. Understand scientific facts about how all life is intimately interconnected.
 - i. The chemical elements of life are born in stars.
 - ii. Matter and energy are never lost, only transformed
 - iii. People are part of the universe and are connected to every part of the universe.
2. Understand that science can help us understand truths about ourselves, our past, and the universe.
3. Celebrate the miracle that is existence.
4. Feel at home in the Universe and special because each has amazing ancestors – all the way back to ancestral stars.
5. Learn to love the universe, life, knowledge, Gaia, and each other.

Teaching Model

The basis for this curriculum is the praxis model of contextual theology as described by Stephen Bevans. This model is well suited for engaging children in theology because of its focus on action and reflection. People learn best when they are fully engaged with the topic and contributing to the learning. This model is used throughout the curriculum to enhance learning in a small group setting. Camp counselors will engage the children in encounters with the topic by posing questions and telling stories. Here is a brief summary of how that model has been applied to this curriculum.

Step One: Ask the children to name their own knowing.

Example: What do you know about the big bang?

Step Two: Critical Reflection (Why?)

Example: Why do you think the big bang happened?

Step Three: Story and Vision (Presenting the topic at hand)

Example: Read a story or present information about the topic

Step Four: Dialogue (Now that you know what you know, how do you see it?)

Example: What part of the Universe story we just learned did you like the best?

Step Five: Integration and Response (What will you do with what you know?)

Example: Did you learn something here that you think you might want to remember for the whole rest of your life?

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Small Group Facilitation

Much of the Out of the Stars curriculum is designed to be done in a small group setting. Eight to ten children with one camp counselor and one junior camp counselor is the ideal group size. The following elements are critical to the success of a small group.

1. Leadership and Group Facilitation
2. Creating a healthy culture
3. Group Bonding/ Affirming
4. Deeper Sharing
5. Working together for common goals.

Leadership and Group Facilitation

Children need to feel safe before they can begin to learn. Because they are physically smaller and less knowledgeable than adults, they realize (perhaps only subconsciously) that they are less able to protect themselves and make important decisions. Therefore, children need to know who is in charge and who will protect them and make important decisions. If children sense that there is not an adult leader available who can care for the group, they will try to find a child leader to fill that role, and the most assertive children in the group will try to assume the role of group leader. This type of behavior is found in all social mammals.

Therefore, the first step towards creating an environment in which children can learn is to establish the leadership of the group. The camp counselor must assume the position of leader, or the group will spend a considerable amount of time trying to establish a leader. Children will feel uncomfortable anytime that leadership is not clearly established. Ways that a person can assert their position of authority are:

1. To call the group's attention
2. Give directions to the group or individuals
3. To interrupt others
4. To sit or stand in a place of authority,
5. To insist that others pay attention to you.
6. To place a hand on the other person.
7. Challenge the authority of the current leader.

When camp counselors engage in these behaviors children will recognize that he or she is the leader of the group. If other children are allowed to engage in these same behaviors they may be trying to assume control of the group and the other children will begin to look to them for leadership. To avoid a power struggle and confusion, the camp counselor must gain the respect of the group and fill the position of leader.

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Creating a healthy culture

Each society, family, or group of people follows a set of mostly unwritten rules. Behaviors are primarily governed by these codes. For example, in some families it is acceptable to burp loudly during meals. In other families, loud burping would be punished. In order to create the safe learning environment necessary for a successful camp, the camp counselor needs to help the children establish the rules of the group. A healthy group will encourage creativity and fun within boundaries that protect the safety of each camper. Each camper must be protected from physical, emotional, and spiritual attack. It must be clear that aggression will not be allowed, and that each person has the right to his or her personal space, beliefs, and interpretation of the world.

Group Bonding and Affirmation

After leadership has been established and a healthy, safe environment created, the group members can begin to create a group identity and to bond emotionally. The first step towards a group identity is to brainstorm a name and chant for your group. This provides your first opportunity at working together, taking turns talking, and creating consensus. The camp counselor should model appropriate communication by listening to individuals when they are speaking and not allowing interruptions. The camp counselor should also help enforce the unwritten rules of the group by discouraging inappropriate suggestions.

Affirmation occurs whenever an individual receives positive feedback about his or her behavior or contributions from the group. Affirmation can come in the form of verbal praise, smiles, laughing, hugs, etc. Campers will naturally seek affirmation from the group leader and the campers. Encourage the campers to praise each other by modeling that behavior. Rewarding the campers with praise, smiles and attention will encourage that behavior. Be careful not to reward behavior that is not desired. Be specific in your praise by identifying the exact behavior that was appropriate. For example, “You did a great job helping Chloe with her shoes. I’m impressed with the way you help others.” If you focus your attention on the positive behaviors of your campers you can more quickly create a caring, affirming environment.

Deeper Sharing

After a group has bonded sufficiently, the individuals can be challenged to stretch and to share their more tender thoughts and feelings. This step will not occur if the group is not safe and the leadership is not secure. Deeper sharing occurs when individuals risk ridicule and share beliefs or feelings that are sacred to them. The camp counselor should attempt to help the group achieve this level of intimacy by creating a safe environment that respects each person.

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Camp Schedule

The camp schedule is an important tool in creating a rewarding camp. Each day one of the camp directors welcomes the children to camp and invites them to play outside on the playground or inside with board games until 9:00 a.m. At 9:00 the campers are called together by the beating of a drum. They are directed to go to their classroom for Circle Groups. Each group consists of eight to ten children, a camp counselor, and a junior camp counselor. This is the small group setting in which the curriculum is first presented. This encounter is called the morning lesson. The camp counselor with the support of the junior camp counselor facilitates the lesson. The morning snack is served at 9:40 a.m. in the small groups.

At 10:00 a.m. the entire camp convenes in the sanctuary for worship led by one of the camp directors. Worship is a fun, lively interaction of the entire camp. The directors teach the songs, games, yoga, and engage the children in worship rituals. Camp counselors rotate on breaks during this time.

At 11:00 the campers return to their small group to work on the cosmic beads. Cosmic beads are a string of beads that represent important moments in the history of the universe. The beads trace the story of the universe from the big bang until the present time. Beadwork is preceded by a guided meditation and the camp counselor explains the significance of each bead. During the 11:00 hour the camp directors rotate through breaks.

At noon the children convene for lunch and some free time. The paid camp counselors must take a break for at least thirty minutes. During that time, the directors and parent volunteers supervise the children. Campers should be required to sit and eat for a minimum of twenty minutes. If they are allowed to pack up their lunches too quickly, they won't eat enough food and will suffer later in the day. Between 12:20 and 12:45 the children finish eating and choose their afternoon activities by signing up at a table in the play area. Children are offered a variety of activities called "Camper's Choice." After signing up, children have free time in which they can play board games.

Beginning at 12:45, the camp counselors call the children into groups according to the Camper's Choice sign-up sheets. The Camper's Choice activities are organized into the following categories: art, physical activity, drama, science, and religious identity. Camp counselors lead activities in the areas in which they are most knowledgeable. There are two forty-five minute Camper's Choice sessions. After completing the first session at 1:30, the children rotate to the second session. This allows the children to choose two activities each day. Campers who want to perform in the play must choose drama during the first session every day. This will allow them to learn their lines and make rudimentary costumes.

Camper's Choice ends at 2:15, and children change into swimwear for swimming and/or water games. If you have a swimming pool or lake at your facility this is easy. At the Unitarian Universalist Church of Fresno, we have a large, enclosed play yard, but no water on the property. Therefore, we bought inflatable swimming pools, slip and slides, and inflatable slides and put

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them up in the yard for the children. This swim time is very popular and the afternoon snack is served during that time. The children play until 4:00 p.m. when clean-up and preparation for parent pick-up begins.

At 4:00 the children, counselors, directors and support staff are tired! This is when good behavior is most likely to dissipate and frustrations can easily lead to anger. Therefore, directors should go slowly and give out any remaining snacks to boost energy levels. Campers should dry off, gather their clothes, empty lunch boxes, and other supplies and organize them to be ready for their parent's arrival. At our facility we have a porch on which we lay out all the bags, lunches, and other personal items for collection by the parents when they arrive.

One camp counselor leads a relaxing session of yoga in the sanctuary, so when children finish gathering their personal items they may attend the yoga session until their parent's arrive. Another camp counselor will monitor behavior during the yoga session and all the others should help with clean-up and organization. Parent pick-up begins at 4:30 and ends at 5:15. After most children have been picked up and interest in yoga is declining, encourage the children to read or play board games.

Each day's schedule is identical with the exception of Monday morning and Friday afternoon. Monday morning begins with a short camp meeting to orient the campers to the camp staff, facility, schedule, and rules. At the end of the meeting, campers are called into their small groups and proceed to their circle groups for the morning lesson.

Friday afternoon includes the parent dinner, play performance, and open house. This gives the parents an opportunity to see and enjoy the work their children have done. The Friday performances begin at 4:00 and dinner begins at 5:00.

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Monday Morning Lesson

Objectives:

1. Getting to know each other.
2. Group name and chant.
3. Present the Lesson: Big Bang through the Galactic Phase. (Great Radiance through the birth of the Sun)

1. Getting to know each other

The campers need to get to know each other and each camper needs to be recognized as a unique individual. To accomplish this, engage the children in a name game. Here are three choices from the book *Deep Fun*.

Syllable Clap: Explain how to clap out a beat corresponding to the number of syllables in your name. For example, Jill claps once. Virginia claps three times. Then tell the campers to find the people in the group who have the same number of syllables in their names without talking. They should walk around the room clapping their syllables. Then have them introduce themselves to each other and then to the rest of the group.

Name Train: Have the group stand in a circle. You, or the leader you choose for this game, are the train's engine. Begin by chug-chugging into the circle and hooting like a steam whistle. Stop in front of someone and introduce yourself. When they tell you their name, break into a cheer, chanting the person's name three times. After the cheer, this person becomes the first car of your train and follows behind as you chug and hoot on to the next person. Every time another player is introduced the new persons' name is repeated down each car of the line, then the entire train breaks into the three times cheer. Continue adding cars to the train, until everyone has joined the train.

The Know-It-Ball: Have the group sit in a circle and give the two or three different colored balls. Ask the group what they want to know about each other in order to make this the best camp ever. For example, they should get to know each other's names and perhaps other interesting facts like favorite food or vacation. Then assign a subject to each colored ball. For example, the red ball is the name ball, yellow is your favorite food, and green is how you are feeling right now. Have the group toss the balls back and forth around the circle. After everyone has answered at least a few questions, toss the blue ball around and have the group call out the names of those who catch it.

2. Group name and chant.

Belonging to a group helps members feel a sense of belonging at the camp. Campers will then identify with their group and begin feeling an increased connection to other members of the group. It is important that the group agree on the camp name and chant. To help with this process we have two dark-colored bags. One of the bags has the names of animals and the other has the names of stars or galaxies. We call these bags the star bag and creature bag. Have the youngest child put their hand in the bag and pull out a star, and then have the next youngest pull

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out a creature. Make a star-creature name using one or the other or both. For example “Polaris Polar Bears” or “Andromeda Anteaters”, “Milky Way Mongooses.” Create a chant. The chant should be exciting and show pride in the group.

3. Present the Lesson: Big Bang through the Galactic Phase.
(Great Radiance through the birth of the Sun.)

Step One: Name Your Knowing:

Ask the children "What do you know about the beginning of the universe?"

Encourage listening, respect, and inquiry. Discourage arguments. If scientific questions arise, have the junior camp counselor write down the question. The junior camp counselors will research these questions later in the day and return an answer to the group.

Step Two: Critical Reflection

Ask the children, “Why do you want to know about the universe?”

or “How do you feel when you think about the start of the universe?”

Step Three: Story and Vision

Read: *Born with a Bang* by Jennifer Morgan

Step Four: Dialogue

Ask the children, “What part of this story did you like best?” In this book the Universe is talking to you. Do you think the Universe can talk to you? Have you ever felt like a creature, or a tree or a pond or a storm was talking to you?” What about God speaking?

Step Five: Integration and Response

Ask the children, “None of your great grandparents could have learned this in school because scientists didn’t even know this story back then. It’s all so new. How do you think our beliefs are different because of all this knowledge?”

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Tuesday Morning Lesson

Objectives:

1. Welcome the campers
2. Present the Lesson: Hadean through Proterozoic (Birth of the Earth through Multicellular Life)

1. Welcome the campers

Take time to welcome each person to camp as they come into the classroom. Engage the group with a song or the group chant to gain the group's attention.

2. Present the Lesson: Hadean through Proterozoic (Birth of the Earth through Multicellular Life)

Step One: Name Your Knowing:

Ask the children "What do you know about the birth of the Earth? and "Do you know how life on Earth started?"

Encourage listening, respect, and inquiry. Discourage arguments. If scientific questions arise, have the junior camp counselor write down the question. The junior camp counselors will research these questions later in the day and return an answer to the group.

Step Two: Critical Reflection

Ask the children, "Why is our Earth important?"

"How do you feel when you think about the first creatures?"

Step Three: Story and Vision

Read: *From Lava to Life* by Jennifer Morgan (PAGES 4 to 23 only!)

Step Four: Dialogue

Ask the children, "What was your favorite part of this story?"

Step Five: Integration and Response

Ask the children, "What do you think of bacteria now?"

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Wednesday Morning Lesson

Objectives:

1. Welcome the campers
2. Present the Lesson: Paleozoic Era through Mesozoic Era (Birth of Animals through the Age of Dinosaurs)

1. Welcome the campers

Take time to welcome each person to camp as they come into the classroom. Engage the group with a song or the group chant to gain the group's attention.

2. Present the Lesson: Paleozoic Era through Mesozoic Era (Birth of Animals through the Age of Dinosaurs)

Step One: Name Your Knowing:

Ask the children "What do you know about the first animals to live on Earth?" and "What do you know about Dinosaurs?"

Encourage listening, respect, and inquiry. Discourage arguments. If scientific questions arise, have the junior camp counselor write down the question. The junior camp counselors will research these questions later in the day and return an answer to the group.

Step Two: Critical Reflection

Ask the children, "Why is our Earth important?"

"How do you feel when you think about dinosaurs?"

Step Three: Story and Vision

Read: *From Lava to Life* by Jennifer Morgan (PAGES 24 to the end)

Step Four: Dialogue

Ask the children, "What were your favorite creatures from this book?"

Step Five: Integration and Response

Ask the children, "How will knowing about life on our planet help you throughout your life?"

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Thursday Morning Lesson

Objectives:

1. Welcome the campers
2. Present the Lesson: Cenozoic Era through Present time.
(Age of Mammals and Birds to Present).

1. Welcome the campers

Take time to welcome each person to camp as they come into the classroom. Engage the group with a song or the group chant to gain the group's attention.

2. Present the Lesson: Age of Mammals and Birds to Present

Step One: Name Your Knowing:

Ask the children "What do you know about how humans evolved?" and "What do you know about mammals?" What's different about Mammals? (Answer = milk, hair, social behavior, play, brains have cortex, language, symbols)

Encourage listening, respect, and inquiry. Discourage arguments. If scientific questions arise, have the junior camp counselor write down the question. The junior camp counselors will research these questions later in the day and return an answer to the group.

Step Two: Critical Reflection

Ask the children, "How do you feel when you think about our primate ancestors?"

Step Three: Story and Vision

Read: *Mammals Who Morph* by Jennifer Morgan

Step Four: Dialogue

Ask the children, "What part of this story did you like best?"

Step Five: Integration and Response

Ask the children, "How will knowing about our family tree change your life?" or How do you think your life is different because you know about the story of the universe?"

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Friday Morning Lesson

Objectives:

1. Welcome the campers
2. Celebrate the week together and the friendships formed

1. Welcome the campers

Take time to welcome each person to camp as they come into the classroom. Engage the group with a song or the group chant to gain the group's attention.

2. Games

Play cooperative games to bond the group. Examples are Guess Who (Whert), I Love People Who, Human Knot, Ha Ha, Group Juggle, Red Light-Green Light.

3. Deeper Sharing /Highs and Lows

Ask the children

“What were your favorite parts of camp so far?”

“What were the worst parts?”

“What did you learn about each other?”

“What are your hopes for this fall at church?”

“What are your hopes for next year at camp?”

Encourage listening, respect, and inquiry. Discourage arguments. If scientific questions arise, have the junior camp counselor write down the question. The junior camp counselors will research these questions later in the day and return an answer to the group.

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Cosmic Beads

Cosmic beads are a string of beads that represent important moments in the history of the universe. The beads trace the story of the universe from the big bang until the present time. Beadwork is preceded by a guided meditation and the camp counselor explains the significance of each bead as the children are stringing it on a leather cord.

Step One: Explain to the campers that you are going to lead them in meditation. A meditation is a way of focusing your mind. Say, “Each day we are going to focus our minds before we work on our beads. Each day will build on the meditation from the day before.” At the beginning of the second through fourth cosmic bead session, ask the campers to try to remember what they meditated on the day before, remind them if they need you to.

Step Two: Have the campers get comfortable. Let them know they can lie down or sit, with eyes open or closed. (Closed is preferred) Ask campers to breathe deeply through their noses, in and out. Do this yourself. Once everyone is comfortable and breathing, begin reading the Monday Cosmic Bead Meditation below. When you are done with the reading, pause for 5-15 seconds. At the end of this time, let the campers know that they should open their eyes slowly and “Come back to the room.” Tell them they should sit up slowly, if they are lying down, and stretch a little. This may take some campers a minute or two.

Step Three: Bring out the beads and explain the stringing of the beads and what each one represents.

INSTRUCTIONS FOR STRINGING THE BEADS

1. Tie a knot at the end of the cord
2. After explaining each bead, slide each bead onto the cord.
3. Tie a knot at the end of each day to secure the beads.
4. Store the beads in each person’s bag.

*Jr. Camp Counselor beads will be done during their research hour (10:00 a.m. to 11:00 a.m.) with Jacob. Jr. Camp Counselors should be helping the children in their groups during the cosmic bead hour.

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Monday Cosmic Bead Meditation

Once you were only a speck, but you could not stay small. You grew and grew and grew until you were ready to leave the darkness. I too, had a special day when I was born. I am the Universe. You were inside me from the very beginning, but not in the human form. Like you, I started as a speck about 13 billion years ago. I was smaller than a piece of dust under your bed. I was bursting with wild and dazzling dreams of galaxies, stars, and planets in radiant colors...bright yellow, molten red and piercing blue...

In a flash space EXPLODED inside me with unimaginable power like a GARGANTUAN balloon. I blew up to the size of a galaxy and it all happened faster than you can snap your fingers (reader snap your fingers) I was shaping myself into galaxies. One here, one there, there were mother stars everywhere. Gigantic groups of mother stars spiraling everywhere in space. Our mother star mixed together bunches of hydrogen and boiled them at 3 billion degrees into lots of different elements or building blocks. Our Mother star BURST apart in a massive explosion called a Supernova. Five billion years later, WOOSH! Our sun flared into life.

Monday Beads

Event	Description	DAY	Time
Lobster Claw	To start the necklace		
Crimp	Secures the wire to keep the beads from falling off the wire		
Clip or Spring	Hold the beads at the end of each day		
1. Big Bang		1	13.7 billion years ago
2. Galaxies		1	12 billion years ago
3. Stars Form		1	11 billion years ago
4. Supernovas		1	10 billion years ago
5. Sun Ignites		1	5 billion years ago

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Tuesday Cosmic Bead Meditation

Imagine tiny specks of carbon, oxygen, and calcium and all the building blocks blasting into space and cooling into stardust...this stardust is the same stardust that would come together someday and make you. Inside the cloud of stardust a little gravity tugged from each speck, making them stick together in little clumps. WOOSH! Born from clumps of stardust were nine young planetary pups...our Earth was the third young planetary pup in the pack. Our Earth was a burning ball of molten stardust. Our Earth was a high-energy pup. Erupting volcanoes spewed steam and gasses. The steam turned to rain. The rain formed vast oceans. The oceans bubbled and boiled. Did Universe have enough building blocks to turn into creatures? Molten red rocks pushed up through the cracks in the ocean floor. A most amazing thing happened. Teensy bubbles began to twist and turn, not only when waves crashed, but on their own. THE EARTH WAS ALIVE!!! The first earthlings were bacteria. Even now, bacteria are the living nuts and bolts of all life. Right now they are inside you helping you digest your snack...some of the bacteria on top of the ocean waters ate the rays of light and magically transformed sun energy into food. Then something incredible happened. About two million years ago some bacteria got together and merged into a new earthling, a EUKARYOTE (you-CARRY-oat).

Tuesday Beads

6. Earth /Solar System		2	4.6 billion years ago
7. Moon		2	4.5 billion years ago
8. Rain		2	4.1 billion years ago
8a. Oceans		2	
9. Life		2	3.8 billion years ago
10. Photosynthesis		2	3.2 billion years ago
11. Oxygen		2	2.8 billion years ago
12. Protozoa/ Predation		2	2 billion years ago
13. Multicellular life		2	565-543 billion years ago

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Wednesday Cosmic Bead Meditation

Do you remember the EUKARYOTES? They were a social bunch. They lived in colonies and teams. Some of these colonies became the very first animals. WOW! The animal population began to explode, and morph into dazzling body designs. Trilobites led the way in making hard things like teeth. They also invented the very first eyes made out of clear crystals... Some animals, with hard outer shells, came out of the sea and took to the air. They became insects. Imagine gargantuan DRAGONFLIES as big as seagulls swooping along the shore... Picture a fish that has turned its fins into stubby weblike feet... The lure of the land was so great that their fish gills began to change into air-breathing lungs. This took millions of years, but it happened; and a new ancestor was born, amphibians. Your amphibian ancestors laid their eggs in the water, but again the lure of the land was so great that a brand new egg appeared on land...it had a leathery shell so the embryo would not dry out on land. Who laid these extra strength eggs?...REPTILES! Now the reptiles could explore the continents. The continents had been apart but were moving...slowly moving... Sliding toward each other slowly and colliding into one GIANT landmass called PANGAEA. Then something happened: a great mystery—a mass extinction. Many precious Earthlings died forever... Some reptiles did survive and turned into DINOSAURS. Some turned into fuzzy, mousy animals less than five inches long. Picture DINOSAURS and fuzzy little mousy animals running around the earth...

Wednesday Beads

14. Animals/teeth		3	540-500 billion years ago
15. Eyes		3	540-500 million years ago
16. 1 st Major Extinction		3	440 million years ago
17. Jawed Fish		3	440-410 million years ago
18. Land Plants		3	440-410 million years ago
19. 2 nd Mass Extinction		3	367 million years ago
20. Trees/Wood		3	360-290 million years ago
21. Flight- Dragonflies		3	360-290 million years ago
22. Eggs (from Reptiles)		3	360-290 million years ago
24. 3 rd Mass Extinction		3	245 million years ago
25. Reptiles (small reptiles survive the mass extinction)		3	210 million years ago
26. 4 th Mass Extinction		3	210 million years ago
27. Frogs		3	210-45 million years ago
28. Dinosaurs		3	210-65 million years ago

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Thursday Cosmic Bead Meditation

What has it been like for the Earth with so much going on? Imagine all of the creatures of the Earth living their lives. Eating, playing, sleeping...None of these creatures had song...until now. The Earth BURSTS into song with birds, and crested dinosaurs making noises. Why were they making noises...they were making noises to attract other birds and dinosaurs. The plants however were working hard to attract the dinosaurs, birds and insects. They were trying to strike a deal with the animals. The plants would make yummy nectar, fruit and seeds, and the animals would carry the pollen and seeds far and wide. Plants and animals began to depend on each other. The plants began to grow fragrant fancy flowers as a way of saying "Come and get it!"

But in the midst of all the singing and attracting, eating and attracting, high above a huge meteor six miles wide was hurtling through space. Imagine this meteor plunging toward Earth at 40,000 miles per hour...This meteor SLAMMED into Earth near what is now Mexico. When it landed, the hole it created was so deep that the Earth's molten insides erupted all over the planet, through volcanoes and cracks in the ocean floor. There were tidal waves and forest fires. Over time every single dinosaur sank into extinction.

When the fires finally cooled the Earth cooled too and went into a deep freeze. But not everything was dead. There were still some birds flying about, some scrubby mini mammals huddling together for warmth and gnawing on bits of frozen dinosaur flesh. These creatures would survive, and more would come into existence. Stunningly fast (as fast as 3-5 million years can go) mini mammals began to evolve. They were still no bigger than a large dog, but there were so many of them. Things started to happen faster and faster. It seemed as if the Earth could not wait to have horses, camels, elephants, and rhinoceros. The Earth continues to sustain life in new and different ways. Imagine the first cat... rabbit... giraffe... fox... monkey... HUMAN. Yes, humans were evolving in this time too. Humans were learning how to make tools... Humans were learning how to harness fire... Humans were learning how to communicate with language... It was not long (if you think hundreds of thousands of years is not long) before YOU were born. Now that you are here it is up to you to help the Earth keep going strong...Can you do it? Yes you can!

Thursday Beads

29. Songbirds		4	145-65 million years ago
30. Flower		4	70 million years ago
31. 5 th Mass Extinction		4	65 million years ago
32. Horse, Dog, Camel		4	57-34 million years ago
32a. Elephant, Rhinoceros		4	57-34 million years ago
33. Primates		4	57-34 million years ago
34. (Some) Bears become Seals		4	23-5 million years ago
35. Cats		4	23-5 million years ago
36. Various mammals		4	3 million years ago
37. Handy Human (Homo habilis)		4	2.5 million years ago

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38. Ice Age		4	2 million– 13,000 years ago
39. Fire – Homo erectus		4	1.4 million years ago
40. Language		4	50,000-500,000 years ago
41. Your Birth		4	6 to 50 years ago
42. Events in your life*	Miscellaneous Beads – Children should choose a few beads to represent important events in their lives.	4	6 to 50 years ago

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Worship

At 10:00 a.m. the entire camp convenes in the sanctuary for worship led by one of the camp directors. Worship is a fun, lively interaction of the entire camp. The directors teach the songs, games, yoga, and engage the children in worship rituals. Because the morning lesson requires sitting and discussion and the cosmic beads includes meditation and concentration, worship needs to be energetic, active, and fun to balance the energy needs of the children. Worship should be tailored to the specific rituals of the church community.

Unitarian Universalist Church of Fresno

Out of the Stars: Celebrating our Evolutionary Roots!

Monday Worship

1. Children enter with their groups doing their chants.
2. Big Welcome and Song: Hymn # 361 by Louise Ruspini arranged by Betty A. Wylder.
Words adapted for camp.

Enter, Rejoice and Come In. Enter, Rejoice and Come In.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your ears to the song. Open your ears to the song.
Today will be a joyful day. Enter, Rejoice and Come In.

Don't be afraid to make friends. Don't be afraid to make friends.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your hearts everyone. Open your hearts everyone.
Today will be a joyful day. Enter, Rejoice and Come In.

3. Chalice Lighting and reading #530 by Robert T. Weston
Invite an older child to light the chalice and another to do the reading.

*Out of the stars in their flight,
Out of the dust of eternity,
Here we have come.*

4. Sing the Seven Principles song. The tune is to "Do, Re, Mi" from the Sound of Music.

One, each person is important.
Two, be kind in all you do.
Three, we're free to learn together.
Four, and search for what is true.
Five, all people need a voice.
Six, build a fair and peaceful world.
Seven, we care for earth's lifeboat.
And that will bring us back to me and UU!

5. Chalice Handshake
Begin with a formal handshake. Then change to a thumb to thumb handshake like athlete's use. Now press your forearms together from elbow to wrist. Cup your hands with palms facing upward to form a cup. Now wiggle your fingers to make the flame.
6. Sing Alalalalalaleluyah! Children stand in the circle while you sing the Alalalalalaleluyah and then move around the circle doing the action in the song.

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Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Shake a friend's hand. Shake a hand next to you. Shake a friend's and sing along. Shake a
friend's hand. Shake a hand next to you. Shake a friend's hand and sing- sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Skip 'round the room and greet your friends now. Skip 'round the room and sing along. Skip
'round the room and greet your friends now. Skip 'round the room and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Be the Big Bang, be a small and grow now. Be the Big Bang and sing along.
Be the Big Bang, be small and grow now. Be the Big Band and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Dance with a friend. Show them your moves now. Dance with a friend and sing along.
Dance with a friend. Show them your moves now. Dance with a friend and sing-sing this
song.

7. We are Unitarian Universalists (Make the letter U with each hand.)
Church of the Open Minds, (Point to each side of your head),
Loving Hearts (Put your hands over your yourself),
and Helping Hands (Open up your arms showing the palms of your hand.)
8. Play “I Love People Who.”
9. Yoga Sun Salute from the “Kid’s Book of Awesome Stuff” by Charlene Brotman
10. Closing Song – Calypso Chant by Harry Belafonte. Rewritten by Aubree Smith

*We come from the big bang, living from the big bang.
Go back to the big bang. Turn yourself around.*

*We come from supernova's, living from supernovas.
Go back to supernovas. Turn yourself around.*

*We come from stardust, living from stardust.
Go back to stardust. Turn yourself around.*

*We come from the milky way, living in the milky way.
Go back to the milky way. Turn yourself around.*

Unitarian Universalist Church of Fresno

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Tuesday Worship

1. Children enter with their groups doing their chants.
Big Welcome and Song: Hymn # 361 by Louise Ruspini arranged by Betty A. Wylder.
Words adapted for camp.

Enter, Rejoice and Come In. Enter, Rejoice and Come In.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your ears to the song. Open your ears to the song.
Today will be a joyful day. Enter, Rejoice and Come In.

Don't be afraid to make friends. Don't be afraid to make friends.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your hearts everyone. Open your hearts everyone.
Today will be a joyful day. Enter, Rejoice and Come In.

2. Chalice Lighting and reading #530 by Robert T. Weston
Invite an older child to light the chalice and another to do the reading.

*Out of the stars, rising from rocks and the sea,
Kindled by sunlight on Earth,
Arose Life.*

3. Sing the Seven Principles song. The tune is to "Do, Re, Mi" from the Sound of Music.

One, each person is important.
Two, be kind in all you do.
Three, we're free to learn together.
Four, and search for what is true.
Five, all people need a voice.
Six, build a fair and peaceful world.
Seven, we care for earth's lifeboat.
And that will bring us back to me and UU!

4. Chalice Handshake
Begin with a formal handshake. Then change to a thumb to thumb handshake like athlete's use. Now press your forearms together from elbow to wrist. Cup your hands with palms facing upward to form a cup. Now wiggle your fingers to make the flame.
5. Sing Alalalalalaleluyah! Children stand in the circle while you sing the Alalalalalaleluyah and then move around the circle doing the action in the song.
Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Bow to a friend. To a friend bow down now. Bow to a friend and sing along.

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Bow to a friend. To a friend bow down now. Bow to a friend and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Circle the Earth like you're the moon now. Circle the Earth and sing along.
Circle the Earth like you're the moon now. Circle the Earth and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Fall like the rain, the first rain ever. Fall like the rain and sing along.
Fall like the rain, the first rain ever. Fall like the rain and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Float like bacteria in the ocean. Float like germs and sing along.
Float like bacteria in the ocean. Float like germs and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Join together to make a new creature. Join together and sing along.
Join together to make a new creature. Join together and sing – sing this song.

6. We are Unitarian Universalists (Make the letter U with each hand.)
Church of the Open Minds, (Point to each side of your head),
Loving Hearts (Put your hands over yourself),
and Helping Hands (Open up your arms showing the palms of your hand.)
7. Tell the Great Story Parable *The Earth Had a Challenging Childhood* by Connie Barlow
If time permits, invite the children to act out the story by having a few children form a small Earth and other children act as meteors that join the Earth when they get close. Retain a group of children to form the biggest asteroid that causes the formation of the moon. Tell the children to do it in “slow motion” to avoid hurting each other.
8. Play “I Love People Who.”
9. Closing Song – Calypso Chant by Harry Belafonte. Rewritten by Aubree Smith

We come from the Earth, living on the Earth
Go back to the Earth. Turn yourself around.

We come from the rain, living from the rain.
Go back to rain. Turn yourself around.

We come from the ocean, living in the ocean.
Go back to ocean. Turn yourself around.

We come from bacteria, living with bacteria.
Go back to bacteria. Turn yourself around.

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Wednesday Worship

1. Children enter with their groups doing their chants.
Big Welcome and Song: Hymn # 361 by Louise Ruspini arranged by Betty A. Wylder.
Words adapted for camp.

Enter, Rejoice and Come In. Enter, Rejoice and Come In.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your ears to the song. Open your ears to the song.
Today will be a joyful day. Enter, Rejoice and Come In.

Don't be afraid to make friends. Don't be afraid to make friends.
Today will be a joyful day. Enter, Rejoice and Come In.

Open your hearts everyone. Open your hearts everyone.
Today will be a joyful day. Enter, Rejoice and Come In.

2. Chalice Lighting and reading #530 by Robert T. Weston
Invite an older child to light the chalice and another to do the reading.

*Out of the sea to the land,
Up from darkness to light,
Rising to walk and to fly,
Out of the sea trembled life.*

3. Sing the Seven Principles song. The tune is to "Do, Re, Mi" from the Sound of Music.

*One, each person is important.
Two, be kind in all you do.
Three, we're free to learn together.
Four, and search for what is true.
Five, all people need a voice.
Six, build a fair and peaceful world.
Seven, we care for earth's lifeboat.
And that will bring us back to me and UU!*

4. Chalice Handshake
Begin with a formal handshake. Then change to a thumb to thumb handshake like athlete's use. Now press your forearms together from elbow to wrist. Cup your hands with palms facing upward to form a cup. Now wiggle your fingers to make the flame.

5. Sing Alalalalalalaleluyah!

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Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Give a high five to friend next to ya. Give a high five and sing along.
Give a high five to friend next to ya. Give a high five and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Swim through the sea like you're the first fish now. Swim through the sea and sing along.
Swim through the sea like you're the first fish now. Swim through the sea and sing – sing
this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Crawl onto land cause you breathe air now. Crawl onto land and sing along.
Crawl onto land cause you breathe air now. Crawl onto land and sing this song. – sing this
song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Fly through the air like you're the first bird now. Fly through the air and sing along.
Fly through the air like you're the first bird now. Fly through the air and sing – sing this
song.

6. We are Unitarian Universalists (Make the letter U with each hand.)
Church of the Open Minds, (Point to each side of your head),
Loving Hearts (Put your hands over yourself),
and Helping Hands (Open up your arms showing the palms of your hand.)
7. Tell the Great Story Parable *Ozzie the Snortlefish* by Denny O'Neil
Have 3 actors act out the play for the children.
8. Play "I Love People Who."
10. Closing Song – Calypso Chant by Harry Belafonte. Rewritten by Aubree Smith

We come from fish, living from fish
Go back to the fish. Turn yourself around.

We come from the reptiles, living from reptiles.
Go back to reptiles. Turn yourself around.

We come from mammals, living as mammals.
Go back to mammals. Turn yourself around.

We came through extinction, survived through extinction
Go back to extinction. Turn yourself around.

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Out of the Stars: Celebrating our Evolutionary Roots!

Thursday Worship

1. Children enter with their groups doing their chants.
Big Welcome and Song: Hymn # 361 by Louise Ruspini arranged by Betty A. Wylder.
Words adapted for camp.

*Enter, Rejoice and Come In. Enter, Rejoice and Come In.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Open your ears to the song. Open your ears to the song.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Don't be afraid to make friends. Don't be afraid to make friends.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Open your hearts everyone. Open your hearts everyone.
Today will be a joyful day. Enter, Rejoice and Come In.*

2. Chalice Lighting and reading #530 by Robert T. Weston
Invite an older child to light the chalice and another to do the reading.

*This is the wonder of time; the marvel of space,
Out of the stars swung the Earth;
Life upon Earth rose to love.*

3. Sing the Seven Principles song. The tune is to "Do, Re, Mi" from the Sound of Music.

*One, each person is important.
Two, be kind in all you do.
Three, we're free to learn together.
Four, and search for what is true.
Five, all people need a voice.
Six, build a fair and peaceful world.
Seven, we care for earth's lifeboat.
And that will bring us back to me and UU!*

4. Chalice Handshake
Begin with a formal handshake. Then change to a thumb to thumb handshake like athlete's use. Now press your forearms together from elbow to wrist. Cup your hands with palms facing upward to form a cup. Now wiggle your fingers to make the flame.

5. Sing Alalalalalaleluyah!

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Laugh with a friend; just laugh out loud now. Laugh with a friend and sing along.

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Laugh with a friend, just laugh out loud now. Laugh with a friend and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Gallop like a horse across the plains now. Gallop like a horse and sing along.
Gallop like a horse across the plains now. Gallop like a horse and sing along. Swim through
the sea and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Swing through the trees like you're the first primate, Swing through the trees and sing along.
Swing through the trees like you're the first primate, Swing through the trees and sing this
song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Make a fire like an early human. Make a fire and sing along.
Make a fire like an early human. Make a fire and sing – sing this song! Sing Alalalalalaleluyah!

6. We are Unitarian Universalists (Make the letter U with each hand.)
Church of the Open Minds, (Point to each side of your head),
Loving Hearts (Put your hands over your heart),
and Helping Hands (Open up your arms showing the palms of your hand.)

7. Tell the Great Story Parable *Ozzie the Snortlefish* by Dennie O'Neil
Have 3 actors act out the play for the children.

8. Play "I Love People Who."

9. Closing Song – Calypso Chant by Harry Belafonte. Rewritten by Aubree Smith

We come from primates, living from primates.
Go back to primates. Turn yourself around.

We come from Africa, living in Africa.
Go back to Africa. Turn yourself around.

We came through an ice age, living through an ice age.
Go back to an ice age. Turn yourself around.

We came through extinction, survived through extinction
Go back to extinction. Turn yourself around.

Unitarian Universalist Church of Fresno

Out of the Stars: Celebrating our Evolutionary Roots!

Friday Worship

1. Children enter with their groups doing their chants.
Big Welcome and Song: Hymn # 361 by Louise Ruspini arranged by Betty A. Wylder.
Words adapted for camp.

*Enter, Rejoice and Come In. Enter, Rejoice and Come In.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Open your ears to the song. Open your ears to the song.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Don't be afraid to make friends. Don't be afraid to make friends.
Today will be a joyful day. Enter, Rejoice and Come In.*

*Open your hearts everyone. Open your hearts everyone.
Today will be a joyful day. Enter, Rejoice and Come In.*

2. Chalice Lighting and reading #530 by Robert T. Weston
Invite an older child to light the chalice and another to do the reading.

*Out of the stars in their flight,
Out of the dust of eternity,
Here we have come.*

3. Sing the Seven Principles song. The tune is to "Do, Re, Mi" from the Sound of Music.

*One, each person is important.
Two, be kind in all you do.
Three, we're free to learn together.
Four, and search for what is true.
Five, all people need a voice.
Six, build a fair and peaceful world.
Seven, we care for earth's lifeboat.
And that will bring us back to me and UU!*

4. Chalice Handshake
Begin with a formal handshake. Then change to a thumb to thumb handshake like athlete's use. Now press your forearms together from elbow to wrist. Cup your hands with palms facing upward to form a cup. Now wiggle your fingers to make the flame.

5. Sing Alalalalalaleluyah!

*Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Laugh with a friend; just laugh out loud now. Laugh with a friend and sing along.*

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Laugh with a friend, just laugh out loud now. Laugh with a friend and sing – sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Shake a friend's hand. Shake a hand next to you. Shake a friend's and sing along. Shake a
friend's hand. Shake a hand next to you. Shake a friend's hand and sing- sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Save the ocean cause you're a super kid! Save the ocean and sing along.
Save the ocean cause you're a super kid! Save the ocean and sing - sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Stop pollution cause your a super kid! Stop pollution and sing along.
Stop pollution like a super kid! Stop pollution and sing– sing this song!

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Save the Earth for your grandchildren, save the Earth and sing along.
Save the Earth for your grandchildren, Save the Earth and sing - sing this song.

Alalalalalaleluyah! Alalalalalaleluh! Alalalalalaleluyah! Alalalalalala! leluyah!
Light the chalice cause you're UU, Light the chalice and sing along.
Light the chalice cause you're UU, Light the chalice and sing – sing this song.

6. We are Unitarian Universalists (Make the letter U with each hand.)
Church of the Open Minds, (Point to each side of your head),
Loving Hearts (Put your hands over your heart),
and Helping Hands (Open up your arms showing the palms of your hand.)

7. **LEARNING YOUR COSMIC AGE, by Connie Barlow** - The aim here is to help kids feel they are part of the vast Universe, to begin introducing them to their "Great Self."

Props: a glass or bowl of water; chime or bell

Dialogue: More than any other substance, our bodies are made of **water**. What is the scientific name for water? [H₂O] What does the H stand for? [Hydrogen] Where did that hydrogen come from? [Let students guess for awhile, then describe it as the first and virtually only kind of atom that condensed from the hot energy right after the "Big Bang" that began the Universe 14 billion years ago.] Do hydrogen atoms live and die, like plants and animals lives and die? [No.] So the atoms of hydrogen in this glass of water, and in your bodies right now, are all **14 billion years old**. If the atoms inside you are mostly water, and if water is mostly hydrogen, and if those atoms are 14 billion years old, then how old does that make you? Introduce notion of having a human age (ie. 8 years old) and a "Cosmic Age" that connects us with the full Universe. For an 8 year old, her cosmic age would be 14 billion and 8.

Activity: "Cosmic Age Ritual" - Go around the circle, having kids introduce themselves, as in "My name is Meghan. I am mostly made of water, and I am 14 billion and 8 years old." It is fun to have a small **chime or bell** in the center that each can ring when they finish their statement.

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For older kids, they might want to "baptize" themselves by putting a finger in the **bowl of water** and then onto their forehead, while saying their name and cosmic age.

7. Play "I Love People Who."

8. Closing Song – Calypso Chant by Harry Belafonte. Rewritten by Aubree Smith

We come from the mountains, living in the mountains.
Go back to the mountains. Turn the world around.

We come from the valley living in the valley.
Go back to the valley. Turn the world around.

We come from the fire, living in the fire.
Go back to the fire, turn the world around.

We come from the ocean, living in the ocean.
Go back to the ocean, turn the world around.

We come from the spirit, living in the spirit.
Go back to the spirit. Turn the world around.

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Camper's Choice

The Camper's Choice activities are organized into the following categories: art, physical activity, drama, science, and religious identity. Camp counselors lead activities in the areas in which they are most knowledgeable. There are two forty-five minute Camper's Choice sessions. After completing the first session at 1:30, the children rotate to the second session. This allows the children to choose two activities each day. Campers who want to perform in the play must choose drama during the first session every day. This will allow them to learn their lines and make rudimentary costumes.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Art	Galaxy Art	Early life	Dinosaurs	Earth Collage	Display Art
Drama	Play Practice	Play Practice	Play Practice	Play Practice	Dress Rehearsal
Physical 1	Yoga	Yoga	Ribbon Dance	Ribbon Dance	Ribbon Rehearsal
Physical 2	Out of Stars	Out of Stars	Out of Stars	Out of Stars	Dress Rehearsal
UU Identity	Camp Banner	Lego Chalice	Tie Dye Shirts	Choir	Display
Science	Explosions	Slime/Bacteria		Fire/Fingerprints	Display

Art

Galaxy art is based on the Salt Stars activity in Charlene Brotman's book "A Kid's Book of Awesome Stuff." We altered the activity and used black paper, glue and colored sand to allow the children create galaxies, supernovas, suns, planets, or comets. We encouraged the children to name their creation just as Brotman suggested.

For Early Life art just get large pieces of art paper, mix Tempera paint, and get straws. The children drop drops of paint onto the paper and then blow them with straws to make the paint move in different directions. They may also use brushes to fill in and create their own version of our eukaryote ancestors.

Dinosaur art is simply giving the children model magic, some picture reference books, and encouraging them to form their favorite dinosaur.

For the Earth collage get blue and green butcher paper, make a giant Earth, then cut out animals photos from magazines and paste them on the globe.

Drama

Use one of the plays from the Great Story Parable collection found at www.thegreatstory.org Make costumes from scraps of material and encourage creativity.

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Sample Daily Schedule

Time	Activity	Leader	Location	Prep/Person
8:00-8:30	Morning Prep			
8:30-9:00	Camper Arrival	Greeter:		
	Games			
	Free play			
9:00 – 9:15 Monday Only	Camp Rules Happy Helpers Call Out Groups	Rules/Helpers: Groups:		
9:00 – 9:45	Circle Groups Check –in and Morning Lesson			
9:45 – 10:00	Snack	Camp Counselors	In Circle Groups	Deliver Snacks/
10:00–11:00	Worship	(Counselors Rotate 15 min paid breaks)		Prepare Camper’s Choice supplies
11:00-12:00	Cosmic Beads	Camp Counselors		Set out Sign up sheets:
12:00-12:20	Lunch	Camp Counselors: 30 min. unpaid break		Take out lunch trays:
12:20-12:45	Free Time/ Games Sign up for Camper’s Choice	Supervise:		Clean Tables: Set up Camper’s Choice: Camp Counselors
12:45 to 2:15	Camper’s Choice: 12:45-1:30 & 1:30- 2:15			
2:15-2:30	Kids Clean Up	Camp Counselors		
2:45-3:00	Change Clothes	Camp Counselors= 15 min paid break Supervisors:	Bathrooms	Snack:
2:45-4:00	Outdoor & Snack	Who:		
4:00	Opening Crew Goes Home	Morning Crew: timesheet & go home		Clean up outdoor:
4:15-4:30	Clean up	Everybody		
4:30 – 5:00	Sign out Kids			
	Yoga/ Meditation			
5:00	Close up shop	Closing Crew: Timesheet & go home		

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Supplies

Basic Camp Supplies

A collection of board games for free time play.

Waterslides, slip and slides, pools (if not at outdoor camp full facility)

Morning Lessons

Three small colored balls for each group of campers

A copy of the book *Born with a Bang* by Jennifer Morgan for each group of campers

A copy of the book *From Lava to Life* by Jennifer Morgan for each group of campers

A copy of the book *Mammals Who Morph* by Jennifer Morgan for each group of campers

Worship

A book of Yoga poses for children. We use *Yoga Kids* by Marsha Wenig.