

Our religious exploration will focus on three different elements: *Being UU* which is curriculum based, *Contemplate This!* which is activity based, and *Team Game Days* which is team building based.

Religious Exploration 2018-2019



Being UU

Being UU will lift up Unitarian Universalism and its seven principles. K-3rd graders will be using the World of Wonder curriculum while 4th-6th graders will use Windows and Mirrors. Activities will be thought provoking, engaging, and hands on in this age appropriate and life affirming curriculum.

Contemplate This!

Contemplate This! will emphasize being present and in the moment through many activities including yoga, drumming circles, breathing exercises, labyrinth walking, meditative art and other adventures; some quiet and some loud. Our goal will be to develop our self-calming skills while improving our physical, mental, and emotional health.



Team Game Days

WOOT! WOOT!

Team Game Day continues with a mix of field trips and activities at the church. We have quite a variety planned including ice skating, interactive and team building games, and trampoline jumping – something for everyone!