



Air Classroom (K-3rd) & Fire Classroom (4-6th)



These 2 classrooms in Religious Exploration will focus on 3 different elements throughout the year: *Being UU*, *Contemplate This!*, and *Team Game Days*.



Being UU

Being UU will lift up Unitarian Universalism and its 7 principles. This year we are using *Soul Matters* curriculum, which focuses on a monthly theme which is carried throughout the entire church.

Contemplate This!

Contemplate This! days 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 & some loud. Our goal will be to develop our self-calming skills while improving our physical, mental and emotional health.



Team Game Days

Team Game Days will continue this year 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 an end of year field trip!