

This Month's Lesson:

Capture the Sunshine

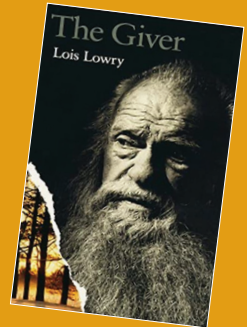


Objective:

This month's theme is Capture the Sunshine. We have an essential need for figurative "sunshine" in our lives, just as a plant needs sunshine to grow healthy and strong. Beauty, inspiration, and gratitude can be likened to the "light" required for the nurturing of liberty within the hearts of people.

Read-Aloud Book of the Month:

The Giver
by Lois Lowry



Weekly Lessons:

Week 1: Let's Explore Questions and Sunshine Jar Activity

Week 2: Let's Explore Questions and Take a Nature Walk and Write a Story Activity

Week 3: Let's Explore Questions and Paper Butterfly Activity

Week 4: Let's Explore Questions and View a Performance Activity

Week 1 : Lesson

The “Light” in Our Lives



Let's Explore

Just as a plant needs sunshine to grow healthy and strong, people also need “light” in their lives for liberty to grow in their hearts. Beauty in art and music will nurture the growth of liberty within the hearts of people. Capturing the sunshine can be listening to your favorite song, giving someone a hug, drawing a picture of your favorite scenery and so much more.

Questions to Ask!



- 1 What does sunshine feel like after it's been raining all day?
- 2 How do you capture the sunshine with your family?
- 3 What can you do to bring “light” to the people you love?



Activity: Sunshine Jar

Prepare a jar and paper for each child and have each child draw pictures or write down things that bring them joy.

Optional: The children may decorate the jars with stickers, cut out shapes, markers etc, and label the jars “Sunshine Jars.”



Suggestions for Older Kids or Youth: Choose a new creative hobby to bring new light into your routine, like knitting, painting, making model airplanes, cooking, woodcarving, or playing an instrument. Practice the hobby this month to create something that brings you joy and can be shared with others.

Week 2 : Lesson

The Light from Books



Let's Explore



"When we read stories of those who triumphed over trials, it was often the beauty they found in their everyday lives that gave them hope."

Questions to Ask!

- 1 What do you like about reading books?
- 2 What book(s) do you like to read with your family?
- 3 What are some important lessons that you have learned from reading stories?



Activity: Nature Walk & Write a Story

Take a Nature Walk and Write a Story

Plan a nature hike or walk, and let each child choose 5 or more items/objects. Write a short story about the items for a family member or friend.

Optional: Take pictures of the items collected to illustrate the story.



Suggestions for Older Kids or Youth: Mahatma Gandhi, "You must be the change you wish to see in the world." Read and learn about individuals who, through their lives, became the change for good they wanted to see. Some ideas are Irena Sendler, Harriett Tubman, Martin Luther, Penelope Barker, James Madison, and Joan of Arc.

Week 3 : Lesson

The Light of Creativity



Let's Explore

"Art is the daughter of freedom." – Friedrich Schiller

Freedom allows us to be creative. Creativity inspires us to express ourselves in unique ways that can create joy that feels liberating and empowering. Sharing our creativity shows love to our friends, family, and our nation.



Questions to Ask!

- 1 How does creativity help you and your family?
- 2 What creative projects could you do that would uplift your neighborhood or community?



Activity: Fluttering Paper Butterfly

Practice your creative art skills with your family and make crafts.

How to Make a Fluttering Paper Butterfly Craft

<https://www.firefliesandmudpies.com/paper-butterfly-craft/>



Suggestions for Older Kids or Youth: Watch the video: Why Is Modern Art So Bad? and answer the questions below. <https://www.youtube.com/watch?v=INI07egoefc>

What were the methods of the masters?

How did the beautiful come to be reviled and bad taste come to be celebrated?

Week 4 : Lesson

The Gift of Music



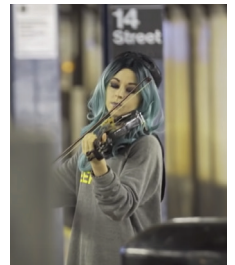
Let's Explore

"The beautiful music we may sing or play is not to show who we are or what we can do—it will, of course, do these things—but it is to be a blessing to those who listen.

And how are blessings bestowed? Out of the heart." –Thomas Tapper



Watch the video: Lindsey Stirling - "Hallelujah" and answer the questions. <https://www.youtube.com/watch?v=5VzprYCxPBQ>



Questions to Ask!

- 1 Why is music seen as a gift?
- 2 How is Lindsey Stirling's music a blessing for the people around her?



Activity: View a Performance

As a family, visit a music, dance or theatrical performance. While a live performance is definitely a unique experience, if you can't attend one, there are some great films of musicals that are well worth viewing. Top of our list would be "Seven Brides for Seven Brothers", "The Sound of Music", "Mary Poppins", "The Wizard of OZ", "Fiddler on the Roof", "The Greatest Showman", and "Singing in the Rain."



Suggestions for Older Kids or Youth: Choose a patriotic song you can share with your family. As a family, discuss the blessings of being an American. What are some ways we can show gratitude for our American blessings?



Other Helpful Resources

Other Suggested Books:

- ☐ *America the Beautiful* by Wendell Minor and Katherine Lee Bates
- ☐ *Sleeping Beauty*
- ☐ *Beauty and the Beast*
- ☐ *We Are the Gardeners* by Joanna Gaines
- ☐ *The Jolly Pocket Postman* by Janet and Allan Ahlberg
- ☐ *The Wonderful Things You Will Be* by Emily Winfield Martin
- ☐ *Anne Arrives* by Kallie George, illustrated by Abigail Halpin
- ☐ *Where the Wild Things Are* by Maurice Sendak
- ☐ *Lola Dutch* by Kenneth and Sarah Jane Wright
- ☐ *1 is One* by Tasha Tudor
- ☐ *Ordinary, Extraordinary Jane Austen* by Deborah Hopkinson
- ☐ *Poems of American Patriotism* by Brander Matthews (1922) Beautiful illustrations by N.C. Wyeth
<https://archive.org/details/poemsofamericanp00matt/page/n9/mode/2up>



Special Note:

See the **Cottage Kids-8-2-Activity Day Outline pdf** for fun activities and discussions you can do with your children or a group of kids in your community at the end of the lesson! There are activities for younger and older kids!

The only requirement we have is that you HAVE FUN!

Suggested Movies:

Parental guidance is always recommended for any films we list.

To find where these movies are available,
search at <https://www.imdb.com> unless noted otherwise.



☐ Miracle at Midnight (1998)
Rated: TV-PG



☐ Seven Brides for Seven Brothers (1954)
Rated: Approved



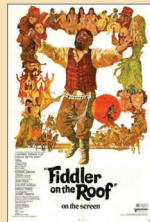
☐ The Giver (2014)
Rated: PG-13



☐ The Wizard of Oz (1939)
Rated: G



☐ Johnny Lingo (2003)*
Rated: G



☐ Fiddler on the Roof (1971)
Rated: G



☐ Beauty and the Beast (1991)
Rated: G



☐ Singin' in the Rain (1952)
Rated: G



☐ Anne of Green Gables (1985)
Rated: TV-G



☐ Pollyanna (1960)
Rated: Approved



☐ Pete's Dragon (2016)
Rated: PG



☐ The Ultimate Gift (2006)
Rated: PG

Suggested Movies: *(continued...)*

Parental guidance is always recommended for any films we list.

To find where these movies are available,
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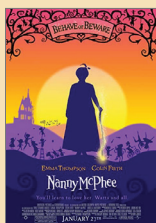
❑ August Rush (2007)

Rated: PG



❑ Collateral Beauty (2016)

Rated: PG-13



❑ Nanny McPhee (2005)

Rated: PG



❑ The Secret Life of Walter Mitty (2013)

Rated: PG



❑ Nim's Island (2008)

Rated: PG



❑ The Princess and the Frog (2009)

Rated: G



❑ Mary Poppins (1964)

Rated: G



❑ I Can Only Imagine (2018)

Rated: PG



❑ The Sound of Music (1965)

Rated: Approved



❑ Penelope (2006)

Rated: PG