

# Annotated Table of Contents

## **Session One: No Blank Slate**

Theme: how our choices affect the future

Movie: *Back to the Future*

Activities: Making Name Tags, Creating a Covenant, Play *Jenga*

Materials Needed: unlined index cards, markers, stickers, colored pencils, *Jenga* game, name tag holders

## **Session Two: Don't Worry, Be Happy**

Theme: finding inner peace

Movie: *Star Trek Generations*

Activities: Happiness Collage, Destroying Barriers to Happiness, Discovering Santosha

Materials Needed: flash paper, large black cauldron or cooking pot, old magazines, glue or adhesive, pencils

## **Session Three: Life Is Like a Box of Chocolates**

Theme: cultivating an attitude of gratitude

Movie: *Forrest Gump*

Activities: Community Puzzle, lighting votive candles as we share our gratitude, how life is like a box of chocolates

Materials Needed: blank puzzle (or posterboard cut into puzzle pieces), fancy box of chocolates, markers, colored pencils, votive candles

## **Session Four: Shades of Gray**

Theme: the middle ground between right and wrong

Movie: *Saved!*

Activities: Grayscale pictures, "What Would You Do?" (values exercise), exploring shades of gray

Materials Needed: none

## **Session Five: What Goes Around, Comes Around**

Theme: concept of karma

Movie: *Little Buddha*

Activities: Playing Cause/Effect games, The Karma Game, UU ideas about karma

Materials Needed: simple cause/effect games (Dominoes, Pick-Up sticks, *Mousetrap*), two boxes, masking tape, index cards

## **Session Six: True or False?**

Theme: how truth is determined by perspective

Movie: *Star Trek V: The Final Frontier*

Activities: Optical Illusions, The Mystery Box, our search for truth

Materials Needed: books with hidden pictures, optical illusions or stereograms, large shoe box, pieces of cardboard, four small items, small Ziploc bag with potpourri or cinnamon

### **Session Seven: What Do I Want To Know?**

Theme: thinking about the big questions

Movie: *Oh, God!*

Activities: Matching divine images with religions, “Snowball Fight” of big questions, Looking to the Sources

Materials Needed: images of Gods/Goddess/Divine Presence/Great Spirit, sheets of writing paper, pencils or pens, prizes for matching activity (optional)

### **Session Eight: Who’s Got the Power?**

Theme: things we have control over and those we do not

Movie: *Bruce Almighty*

Activities: reviewing world prayers, voting on what we have control over in our lives, UU views of prayer

Materials Needed: Hebrew and Christian Bibles, other sacred texts or copies of prayers from a variety of religions (including Unitarian Universalism), 2 small pieces of posterboard, markers

### **Session Nine: What’s a Soul Got To Do With It?**

Theme: concept of a soul

Movie: *Heaven Can Wait*

Activities: guessing what is inside unlabeled cans, creating containers out of Sculpey, clay or Playdough

Materials Needed: variety of canned foods with labels removed, can openers, clay, Sculpey or Playdough, small plates or bowls (optional), access to microwave (optional)

### **Session Ten: What Do I Take on Faith**

Theme: conflict between faith and science

Movie: *Contact*

Activities: determining Faith or Fact, “Leap of Faith” activity, Our Own Leaps of Faith

Materials Needed: heavy cardstock, double sided tape or other adhesive

### **Session Eleven: The Fear Factor**

Theme: fear and violence in society

Movie: *Bowling for Columbine*

Activities: Scary Headline collage, Fear Factor (creative exercise in making it as scary as possible)

Materials Needed: newspapers with “scary” headlines, large posterboard, copies of materials from internet which might inspire fear (gang activity, SARS epidemic, terrorist acts, etc)

### **Session Twelve: Hope Against All Odds**

Theme: how inaction leads to injustice

Movie: *Hotel Rwanda*

Activities: playing card and dice games, planning social justice project

Materials Needed: playing cards, dice, cup, newsprint, markers, computer with internet access (optional), Amnesty International magazine, print outs of information genocide from internet

### **Session Thirteen: Where's The Line?**

Theme: ethics and science

Movie: *Jurassic Park*

Activities: Scientific Advancements in the News, Stranded Island activity

Materials Needed: articles on scientific advancement from internet, newspapers and magazines

### **Session Fourteen: Moving Beyond Assumptions**

Theme: being open to "the other"

Movie: *Dances with Wolves*

Activities: Labeling Activity, Discovering Personal Biases, Radical Hospitality

Materials Needed: cardstock, index cards, pencils, double-sided tape or adhesive

### **Session Fifteen: No Doubt**

Theme: overcoming self doubt

Movie: *Willow*

Activities: Real Life Heroes, Obstacle Course with special challenge, how Unitarian Universalism helps us with doubt

Materials Needed: variety of items to create obstacle course (boxes, chairs, tires, ropes, sheets, blankets, etc.)

### **Session Sixteen: Lead Us Not Into Temptation**

Theme: overcoming temptation

Movie: *Lord of the Rings: Fellowship of the Ring*

Activities: Dealing with Temptations, Temptation role play

Materials Needed: tempting foods and beverages (chocolate, cookies, brownies, carbonated beverages), tempting items (colorful beads, matches, CDs), plates, cups, forks, spoons, napkins

### **Session Seventeen: Second Chances**

Theme: offering forgiveness

Movie: *Hoosiers*

Activities: Forgiveness prayers, Blowing Bubbles ritual

Materials Needed: bubble wands and bubble solution

### **Session Eighteen: Where Dreams Come True**

Theme: achieving our dreams

Movie: *Field of Dreams*

Activities: Collage of dreams, writing letters about dreams, baseball as metaphor for life

Materials Needed: large posterboard, markers, stickers, scissors, adhesive, old magazines