



TODAY'S TOPIC:

Fall Equinox - Balance

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What does it mean when something is balanced?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Balance bird (available online and sometimes at toy or craft stores) • Bonus craft: leaves, paper, crayons 	<ul style="list-style-type: none"> • 	<p>Know what the fall equinox is, and that the equinox brings balance which is an important skill.</p>

ACTION: Have everyone stand. Now have them stand on one foot. Put that foot down and stand on the other. Stay standing. Was it easier to balance on foot more than the other?

ACTION: Now ask them to stand with one foot in front of the other in a straight line. Try the same thing again but switch which foot is in front. Ask again, is one easier than the other?

ACTION: Have them put both feet in a normal position and stand with eyes open. Now have them stand with their eyes closed. Was it easier to stand with eyes open or closed? Have everyone sit down.

ASK: Why do you think we need to be able to balance our bodies like we just did? It helps us move our bodies in good and healthy ways.

ASK: Can other things be balanced? For example, what happens if you only eat lots and lots of candy? Feel sick, get cavities, get hyper. You need to have balance in what you eat. What about balanced sleep? How about our thoughts? Can our thoughts be balanced? What happens if we only think about sad, scary, bad, dark things with no happy, fun, peaceful thoughts?

ASK: What about nature? Is nature balanced? The first day of fall was yesterday. The first day of fall is also called the Autumnal Equinox or Fall Equinox.

SHARE: The Autumnal Equinox happens when day and night are balanced, meaning there is an equal amount of daylight and darkness in one day. After that day, a transition begins where the daylight gets shorter and the nights longer. Has anyone noticed that it is darker in the morning?

ASK: What other ideas from nature are about balance? Balance of warm and cold? Balance of growing and harvesting? Balance of wet and dry?

ASK: Balance is important. What can happen when you are out of balance? (can use the sculpture to topple over). People who are out of balance sometimes feel emotional or make bad choices.

HAVE EVERYONE STAND AGAIN.

SAY: Once great thing about balance that is true for each person is you can be grounded and you can be flexible which lets you do what you have to do and what you want to do. It lets you feel safe and confident to try new things.

ACTION: Plant your feet like a tree to get grounded and reach up with your arms to sway and reach for all the cool things you can do.

EXPERIMENT: Use the balance birds to have fun and continue the conversation about balance.

BONUS FALL CRAFT: Collect leaves and make leaf rubbings. There are plenty of tips online for this simple activity.

AFFIRMATION – I am balanced. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .