

# Friends Center for Children



Dear Families,

“Sometimes our hearts feel heavy and the world feels wrong.

Find the light, even if it is ever so slight.

Hold on, let hope build a trail for the next steps.

Surround ourselves with love, together our light shines stronger, the glimmer of hope is solid.

Together we can step... one step... two steps... three steps.

We see your light, we hear your words, we see you.

We love and miss you.” - Therese Luetzendorf

Yours in hope,

The FCfC Team

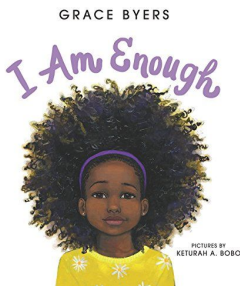


New Videos Up on The [FCfC YouTube Channel Here!](#)

[Voices in Stifling Times - A Letter of Reflection from FCfC](#)

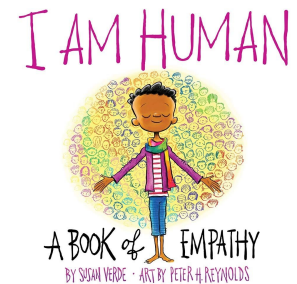
[Fifth Grade Children Talk About Segregation](#)

[Sing With Us | The Children's March: Ain't Gonna Let Nobody Turn Me Around](#)



[How to Talk to Kids About Race](#)

[PBS KIDS Talk About | BRAVERY & COURAGE | PBS KIDS](#)

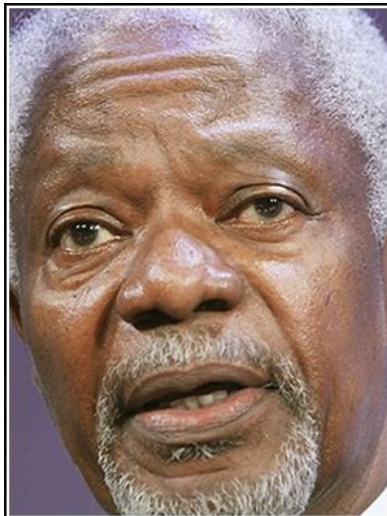


A Note from EWBC:

# *Stewardship*



*“I always wondered why somebody didn’t do something about that, then I realized, I AM SOMEBODY.”*

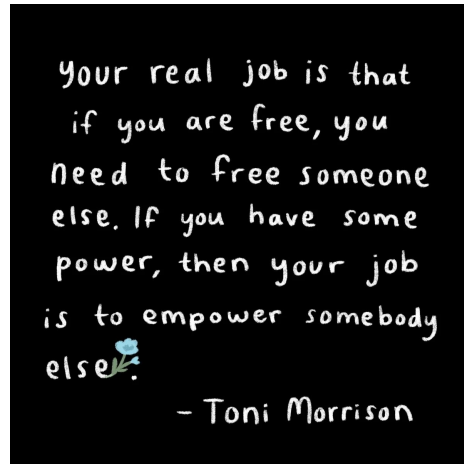


Let us be good stewards of the Earth we inherited. All of us have to share the Earth's fragile ecosystems and precious resources, and each of us has a role to play in preserving them. If we are to go on living together on this earth, we must all be responsible for it.

— Kofi Annan —

AZ QUOTES

## Awareness/Advocacy



### [Elm City Montessori School Children's March Flyer](#)

### [10 Tips for Teaching and Talking to Kids about Race](#)

### [Ways to Demonstrate Solidarity](#)

From the Quaker Religious Education Collaborative:

#### ['Good People Everywhere' for Ages 3-4](#)

### [Covid Experience Resources](#)

- Bank Street:

#### [ERP Recommended Resources Related to COVID-19 Experience](#)

- NAEYC:

#### [Downloadable Developmentally Appropriate Short Story about Mask Use](#)



### [Don't Be Scared, Be Prepared! Printable Coronavirus Coloring Page](#)

# Mindfulness Moment

## Home - Day 6 - Ignite | 30 Days of Yoga With Adriene

### From Constant Love and Learning - List of Feelings "Scavenger Hunt" Questions

#### Calm Together: Global Meditation Event

“What a lovely surprise to finally discover how unlonely being alone can be.”  
*Ellen Burstyn*

**JUNE**

01 Be aware of the armor you wear. Consider how it protects you & how it holds you back. Explore softening the armor you no longer need.	02 <b>Journal about a transformation you have made in your life.</b>	03 Examine how your life philosophies connect with your state of happiness. Notice if you're deferring your happiness to some future date.	04 What anchors you during stormy times. Take a moment to connect to that anchor and ground yourself.	05 <b>Pause during a busy part of your day and name 10 things that you are grateful for in your life.</b>	06 At lunch contemplate the many factors that made it possible for this food to be on your plate. Who worked to make this lunch possible?	
07 When you feel that impulse to blame, ask yourself if you have any responsibility in what's happening.	08 <b>Hold space for someone in your life who's going through a hard time. Let them speak their truth.</b>	09 Move through the ups and downs of your day with positivity, being thankful for what you have, and not dwelling on the negative.	10 Step off the train of addictive thoughts. Remind yourself that just because you have a thought, it doesn't mean you have to follow it.	11 What parts of yourself do you hide from the world? This part of you needs your love, acceptance, and compassion today.	12 Ask questions without expecting an answer but rather to cultivate a sense of curiosity, practice unknowingness, and inspire wonder.	13 Use the exhale as a guide to help you release habits, tendencies, or thoughts that no longer serve you.
14 Do one thing to bring your day into a better balance. If you're not sure where to start, try balancing your inhale with your exhale.	15 With compassion, explore the why behind your actions. Why do you do what you do? Notice if you've never questioned a particular habit.	16 Inch outside your comfort zone today. Take a risk and say yes to a healthy challenge or new experience in your life.	17 Connect with the artist within. Whether through paper maché, break dance, or poetry, allow yourself to create unselfconsciously.	18 Before your dinner offer gratitude for the food in front of you. Check out Calm's Mindful Eating Series to be led through this practice.	19 If your mind was a weather pattern today, what would it be?	20 Pay attention to your breath, noticing the subtle variation and nuance in each moment.
21 Listen to the mind and heart equally when you're making decisions today. Notice when they agree and disagree.	22 <b>Practice patience and allow things to unfold in their own time.</b>	23 Empathy is being with someone's pain, even feeling it with them, without trying to make it better. Offer empathy to someone today.	24 Notice any habitual ways you create unnecessary noise. Make space for more silence and notice what shifts and opens up for you.	25 As you brush your teeth, just brush your teeth. Be present and focus attentively, relish the sensations, sounds, and taste.	26 As you make choices about food, shopping, and transportation, pause and reflect on each individual action.	27 Practice mindful eating. Open your senses, eat slowly, and fully taste each bite.
28 Use the Open-Ended Meditation to play a bell every 30 minutes. Each time you hear the bell invite yourself back to the present moment.	29 Practice loving-kindness toward yourself today. May I be happy. May I be well. May I be safe. May I be at peace.	30 <b>Listen to someone else's perspective today.</b>				

# Curriculum Night 2019: Community Reflections on Quaker Values

## How do I value Stewardship?

### East Grand Avenue:

This overlaps with simplicity

Deciding how we spend our energy

Centering myself leads to prioritizing and stewardship

Valuing stewardship of my time, my energy, and thinking through where I want to place that energy/attention

In re-thinking how we do certain things (especially once you have a kid) - rethink actions on caring for the environment, our finances, etc. (example, recycling)

Taking care of ourselves, the kids in our families and the world around us

Calm leads to stewardship leads to positive environment

Choosing to stay calm

Management: supervision at the community level

A tool of good or a weapon? Very American

Leadership? Directing actions



### Blake Street:

“We don’t kill bugs!”

Taking care of each other

Asking for help and giving help (knowing that we all will need help)

Being in the community and respecting boundaries and individuality

Being in a community, exchanging services and taking care of the health of the community