



I
EVERYONE IS SPECIAL -- SO AM I.

UNITARIAN UNIVERSALIST ALPHABET

Please read the Overview before using this Plan.

I i Letter I introduces the individuality of each person in the group and the use of imagination.

MATERIALS: Construction paper Letter with hole punched in top, yarn for necklace
Deck of "I" cards (3x5" cards with sayings.
Sample sayings are on page 3.)
Snacks—Ice cream, ice

GETTING STARTED:

Welcome. After each person says his or her name, the group responds, "Welcome, (name)." For a child who is attending for the first time this year, add name to the letters that have been posted and to the attendance sheet, and make a nametag during or after the session. Leave an empty chair for someone who is not present or for someone who has not joined the group yet.

The *Letter of the Day*:

- Talk about the Letter.
- Give the Letter Necklace to a person with that initial.
- Talk about the things that the children have brought for the Letter, and or Letter Bag.
- Put the things related to the letter in the Special Place

SPECIAL PERSON: "I am!"

Today we are thinking about how special each of us is. To start, let's sing (or chant) this verse from the Unitarian Universalist Church in Brunswick, Maine. (Tune: "Frere Jacques")

"I am special! I am special!
Yes, I am! Yes, I am!
There is no one like me.
There is no one like me.
Be my friend. Be my friend."

Can you think about why you are special?
Maybe you can add some verses to the song or chant.

How many of you like to play with cards? We have some special cards today that are "I" cards. They have sayings on them. Turn the cards over so that you cannot see the words on them. When you pick a card, you can turn it over and read -- or have someone read -- the words. This will be your wish or statement for the day. Give each person time to talk about the card. Some of the cards are designed to get a response.

We also have the "I Can" game. This focuses on something that we can do. Have each person in do some action -- clap, sing, make a face, stretch, etc. -- that everyone else follows in doing.

AFFIRMATION: *Everyone is special.*

THE LETTER I IN THE CHURCH

A-B-C

Animals: Iguana, insects

Insects. Discuss the many kinds of insects, their benefits and problems. What role do insects have in nature?

Body:

Calendar: Note the date of the session and any special events for the day, including birthdays.

- Note items beginning with that letter, if any
- Note events between today and the next session.

CLOSING: Gather around the Special Place where the things related to the letter have been placed. "We give thanks for the Letter I. We have shared and learned about special people and animals and ourselves and our church. May we leave in love and peace. Next week we will meet again. Our letter will be ____ and our leader(s) will be _____." Make sure that people take home things that need to go.

STATEMENTS FOR THE 'I' CARDS

These cards are patterned after various motivational cards that are on the market. The wording on the cards is positive and affirming. These notations are suggestions only: add your own messages. In preparing the cards, recall or visualize the people in the group. Would any message be confusing or not affirming to any person? (For example, "I can jump high" would not be affirming to a person who has mobility difficulties.) Place the messages on 3x5" cards in letters that are easily readable. Make it clear at the beginning whether the person is to keep the card or to talk about it and return it for playing another time. (With the younger ages, it would be better to allow the person to keep the card.)

I CAN CHOOSE TO BE HAPPY TODAY.

I AM LOVING.

I LIKE TO LAUGH AND SMILE.

I LIKE TO TELL STORIES

I LIKE TO LEARN NEW THINGS.

I PLAY NICELY WITH OTHERS.

I LOVE MYSELF JUST AS I AM.

I SMILE AND PEOPLE AROUND ME SMILE.

I AM GROWING EVERY DAY.

MY EYES ARE AS BRIGHT AS THE STARS.

I LIKE TO TALK WITH YOU.

THERE IS JUST ONE OF ME!

I TRY TO BE A GOOD LISTENER.

*Suggest repeating these messages so that more than one person gets them.

*I SOMETIMES FEEL SAD
WHEN _____, AND THAT'S OK..

*I MAY FEEL HAPPY WHEN _____,
AND THAT'S OK.

*I FEEL ANGRY WHEN _____, AND
THAT'S OK.

*I TAKE CARE OF MYSELF BY
_____.

SOMETIMES I LIKE TO BE QUIET AND
LISTEN TO _____

* *I GIVE THANKS FOR _____.

*I LIKE THE WAY I _____.

* _____ LOVES ME.

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