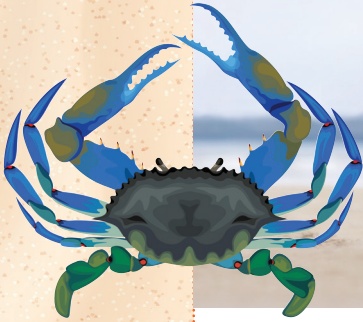


## A Mystery on the Beach



Changing  
All the  
Time

The tide has gone out. The sand is hard and damp. Let's go out together and explore this beach.

The breeze feels nice on our faces. Our hands feel sticky from the salt air.

There's something up ahead on the beach, something reddish blue that stands out from the sand. Wait, whoa! There are a lot of somethings! They could be clumps of seaweed or large stones the tide has left behind. Maybe they are sea animals? But they are not moving. Maybe they are asleep on the sand.

These might be ocean crabs! Yes, they are crabs.

Another day, when we got close to a crab, it scampered away from us. Crabs have ten legs and they move sideways. They can go quite fast. But these crabs are completely still. Are they all dead? What can have happened to them?

Come closer. Let's lean in and gently touch one. It is safe to pick it up. There is no crab here—only a shell.

Animal bodies grow and change all the

time. When we humans grow, our bones become longer and stronger. Our skin stretches to protect the body as it gets bigger. Crabs have a shell instead of skin. The shell is hard instead of stretchy. From time to time, the growing crab must leave its shell behind. This is called "molting." And this explains the crab shells strewn across the beach today.

The living crabs have returned to the ocean where their bodies will form a new, bigger, hard shell that's the right size.

We humans don't have to molt in order to grow. But sometimes our growing requires some changes. For example, as your body grows you will need bigger clothes. As your mind grows, you will learn to do new things. As your heart grows, you will show your care for yourself, your family, and others in new ways. As you grow in all the ways, you will leave the "old you" behind.

Changing in order to grow is good and natural for a human being, just like molting is for a crab.

Sometimes it feels like changes “just happen” to us, like they do for a crab that molts. But sometimes we have opportunities to create a change, or shape changes as they happen.

HOW WILL YOU USE YOUR POWER?

What would you like to change?



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### River Superpowers

DID YOU KNOW?

A large boulder will make a fast-moving river go around it. But, over many years, the river will change that boulder’s shape!

Ask someone to read you the next paragraphs while you use your imagination. Then, if you live near a river, go outdoors and explore for real!

CAN YOU FEEL?

Your senses tell you there’s a river nearby.

Find a comfortable (and safe) place to feel or watch the water. Can you tell which way the river flows?

Toss in a stick or leaf. Where does it float? How fast?

Now imagine where the river goes after it passes you

What animals, plants or human-made objects does the river encounter? Imagine the river moving or changing what it finds. Imagine animals, plants, or objects forcing the river to change direction. What could make the river stop flowing?

### The Way Things Used to Be

Older people often talk about “the way things used to be.” Ask someone older for a few examples. **You can ask:**

What used to be where I live now?

How did you use to communicate with your family when you were away from home?

What did Christmas (or another holiday) use to be like?

**Ask them which they think was better, then or now? Why?**

Try to figure out together how the way it used to be changed into the way it is now. Did people make changes on purpose? Were they trying to make things better?

Talking with older people helps us imagine what came before our time and what we hope will come next. Then we can figure out how to be part of the changes.



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### Do Kids Have the Power?

Watch “Can Kids Change the World?” from Scholastic, on YouTube. This video tells what happened after seven-year-old Ayanna Najuma went on a trip to New York from her home in Oklahoma, in 1958, with a group of kids.

The kids, who were Black, noticed white and Black people sharing the same restaurants, bathrooms, and schools. Back in Oklahoma, it

was not like that. People were segregated by their skin color. The white people usually got the nicer, more convenient things.

When they got home, the kids used their power, and some adult help, to push for a change. Watch the video to find out how.

**What’s not fair and needs to change, where you live?**



## Rules. They're Everywhere!

During the Covid pandemic, we need to know when to wear a mask and keep six feet apart from others. What other rules are important for everyone to understand? (Hint: Red lights and stop signs!)

Do an experiment to find out what rules surround you. They might be posted on a wall or spoken by a soccer coach. They might be family rules, classroom rules or rules for people traveling.

Use every kind of media available!

**1** Take photos or make audio recordings of rules. Or, sit down with a friend, a pencil, and paper and brainstorm all the rules you know.



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**2** Then, turn the world of rules into a collage. Mix them all up. If you wrote a list, cut the rules apart and rearrange them. (There are no “rules” for this project!)

**3** Which rules do you like? Which are hard to follow? Why?

**4** Choose a rule to think about. Who made that rule? Do those people also have to follow it? Who can change it?



Still from “Can Kids change the World?”

**Can Kids Change the World?**

## Take a Spin on the UU Principles Wheel!

Unitarian Universalists agree to be in our faith together and to work things out, even when it is hard. Our seven Principles help us do this by reminding us of the ideas we agree on. The UU Principles are not rules. They are more like promises we'll try to keep as we go through life.

Many UU congregations have added a new Principle. How does the eighth Principle suggest changes that you can help to shape?



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### How to make the spinner

■ Cut out the wheel, poke a hole in the center.



■ Take a split pin and insert it through a narrow loop of a paper clip. Then push the split pin through the hole in the spinner. Make sure there is a small gap to allow the paper clip to spin freely.

■ Turn the spinner over. Open the two feet of the split pin to secure it.

■ Take turns spinning. When the spinner lands on a Principle, read the Principle aloud.

■ Help each other think of a real-life situation where that Principle can help you know what's right to do.

## Whose Change Is It, Anyway?

This UU World Families insert from the UUA Lifespan Faith Engagement team will be the last. That is to say, this pull-out content will no longer appear in this space. But our team is not saying “goodbye” to you. Rather, we invite you, as Unitarian Universalists with the precious charge of raising young UUs, to stay connected and be part of the change we are making together.

Today, our faith movement is re-aligning itself in many different ways to actively dismantle white supremacy culture. Changes are underway, small and large, in our Association, in our faith communities, and probably also in our families at home. While change can be difficult, our transformative UU faith encourages us to shape change toward liberation and justice. This moment in time brings joy. The will to change ourselves and the world around us for the better, with love, is part of who we are.

Where do our kids fit into this? Children embody culture change.

Change means discomfort, and because of that discomfort, some people will leave... For those who remain and commit, the discomfort becomes bearable when we recognize that it is for our benefit, that transformation is its result.

– Rev. Mark Morrison-Reed

They are observers of a world they’re growing up into and their “full-time job” is trying to make sense of it. Nothing stops children from speaking up about contradictions or hypocrisy. They are often the first to grasp what changes are needed and the most willing to move in that direction.

Kids aren’t as stuck in cultural norms as the adults around them. They can be the innovators the rest of us need.

With support, they will put their stamp on an emerging culture we all will share. As parents and caregivers, you are their primary companions in discerning what the world needs and what gifts of theirs can help.

Let your religious educator, your minister, and the UUA faith development staff know how Unitarian Universalism can support you in this work! And get ready for unimaginable, beautiful changes.



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Where do our kids fit into this? Children embody culture change. They are observers of a world they’re growing up into and their “full-time job” is trying to make sense of it.



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### FAMILIES: WEAVE A TAPESTRY OF FAITH

Provided by the  
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### FIND OUT MORE

- **Keep in touch!** Reach the UUA Lifespan Faith Engagement team at [faithengagement@uua.org](mailto:faithengagement@uua.org).
- **Find a treasure of activities for UU families at home!** Every session of every Tapestry of Faith children’s program has a Taking It Home section filled with suggestions. Visit [uua.org/re/tapestry](http://uua.org/re/tapestry). Click the red box to Search Tapestry of Faith.
- **Purchase *Widening the Circle of Concern*.** The report from the three-year UUA Commission on Institutional Change (COIC) is available from InSpirit, the UUA Book and Gift shop. To join other UU faith communities in study and action on the COIC recommendations, visit [uua.org/widening](http://uua.org/widening).
- **Understand the 8th UU Principle.** Visit [www.8thprincipleuu.org](http://www.8thprincipleuu.org).