

Scope & Sequence: *My Prayer Filled Life*

This material invites our children and teens to explore what Unity believes about affirmative prayer and meditation and then to explore their own beliefs.

In the Prayer lessons we explore: Defining Prayer; Methods & Tools of Prayer; The Power of the Word; and Praying with Others.

In the Meditation lessons we explore: Defining Meditation; Benefits of Meditation; What Distracts Us From Meditating and Various Ways to Meditate.

For children ages 5 to 10 and Preteens/Teens 11 to 18

Week	Lesson Title	Key Learning	Story
1	"What is Prayer"	What does prayer mean to us and how can we use it to improve our lives?.	PreK: <i>If Jesus Lived in My Heart</i> by Jill Roman Lord Elementary: <i>Every Which Way to Pray</i> by Mary Sullivan Teens: <i>The Simple Truth</i> by Mary-Alice & Richard Jafolla
2	"Unity Prayer Methods"	How can the Unity prayer method help us realize our connection to Spirit?	PreK: <i>Thank You God, For Loving Me</i> by Max Lucado Elementary: "The Prayer for Protection" by James Dillet Freeman Teens: "The Five Steps to Prayer"
3	"Prayer Tools"	Prayer helps to recondition our mind so we can let go of negativity and realize the Truth.	PreK: <i>I Like Myself</i> by Karen Beaumont Elementary: <i>I Think I Am!</i> By Louise Hay & Kristina Tracy Teens: <i>The Simple Truth</i> by Mary-Alice & Richard Jafolla
4	"The Power of the Word"	Having control of our thoughts helps to create the world we want. Our words have power.	PreK: <i>Loveables in the Kingdom of Self Esteem</i> by Diane Loomans Elementary: <i>Oh, The Things You Can Think</i> by Dr. Seuss Teens: <i>The Simple Truth</i> by Mary-Alice & Richard Jafolla

5	“Praying With Others”	Becoming comfortable praying with others creates ease and centering.	PreK: <i>Little Cloud</i> by Eric Carle Elementary: <i>Brother Son, Sister Moon</i> by Katherine Paterson Teens: “Prayer of St. Francis of Assisi”
6	“What is Meditation?”	We may feel too busy to meditate, but taking just a few minutes a day will have a positive impact on one’s life.	PreK: <i>Ted Bear’s Magic Swing</i> by Diane Baker Elementary: <i>Peaceful Piggy Meditation</i> by Kerry Lee MacLean Teens: Ted Talk by Andy Puddicombe: “All it Takes is 10 Mindful Minutes”
7	“The Present Moment”	So often we focus on the past or the future when the present moment is the only one that we can affect.	PreK: <i>The Very Busy Spider</i> by Eric Carle Elementary: <i>Mindful Monkey, Happy Panda</i> by Lauren Alderfer Teens: <i>The Message Bible</i> : “Mary & Martha” Luke 10:38-42
8	“Inner Peace”	So many things are going on around us all the time. Finding a space for inner peace helps us maintain our center through all we encounter.	PreK: <i>The Quiet Book</i> by Deborah Underwood Elementary: YouTube Video: “Inner Peace” Kung Fu Panda 2 Teens: <i>One Hand Clapping</i> by Rafe Martin
9	“Many Ways to Meditate”	Meditation is not just sitting still in the lotus position. It is important for each of us to find a mediation practice that works for us personally.	PreK: <i>Each Breath a Smile</i> by Sister Susan Elementary: <i>The Treasure</i> by Uri Shulevitz Teens: <i>The Best Guide to Meditation</i> by Victor Davich
10	“Move It, Move It, Move It”	Sometimes we have a hard time sitting still, understanding that movement can be a meditation frees our soul.	PreK: <i>Take the Time for Mindfulness for Kids</i> by Maud Roegiers Elementary: <i>Mindful Movements</i> by Thich Nhat Hanh Teens: YouTube Video: “Tai Chi Movements”