



TODAY'S TOPIC:
DR SEUSS SPIRITUALITY
 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 is good about Dr. Seuss?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Dr. Seuss books if you have them. Lots of online options as well. 	<ul style="list-style-type: none"> N/A 	To celebrate what makes you special and that Dr. Seuss is a mindfulness practice.

ASK: Why do you like Dr. Seuss?

SAY: Rhymes are an important part of Dr. Seuss books. And the bright, fun pictures with all the unusual creatures. They are fun to read.

IDEAS:

- ✓ **RELATEABLE** - His characters, while colorful and unusual and unique, also have very human qualities everyone can relate to. Sometimes they make mistakes. (Cat in the Hat), Sometimes they fight for what's important to them. (The Lorax, Horton Hears a Who). Try new things (Green Eggs and Ham).
- ✓ **BE YOU** – Celebrate who you are. Don't try to be someone else. Think for yourself. Use these quotes to generate conversation about being yourself, how your thoughts affect you, etc.

• “Think left and think right and think low and think high. Oh, the things you can think up if you only try.”

- “Oh the things you can think!”
- “You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.”
- “You’re off to great places! Today is your day! Your mountain is waiting so get on your way!”
- “Today you are you! That is truer than true! There is no one alive who is you-er than you!”
- “You’re on your own. And you know what you know. And you are the one who’ll decide where to go.

✓ MINDFULNESS – Reading them slowly and thoughtfully is a great mindfulness exercise.

READING: Have your child listen carefully and calmly as if they were meditating. You can have them jump to center – that still, peaceful place inside - as you read a few pages from Fox in Socks or Hop on Pop. Be sure to read clearly, slowly and meditatively. You could also have kids do the reading.

AFFIRMATION – I celebrate my uniqueness. repeat 4X

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