



**TODAY'S TOPIC:
TAKE A BOW**

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.

Have I ever had to take a bow? (Bow like the end of a performance, not bow like hair bow.)

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Optional pictures of videos of people taking bows. 	<ul style="list-style-type: none"> N/A 	Bowing is a spiritual practice and sign of respect.

ASK: What is a bow (bow, as in “take a bow”, not bow as in “hair bow”)?

See if your child would like to demonstrate a bow. Can be as simple or elaborate as you like.

- A bow could be a way to agree with someone, a way to greet someone, a way to apologize, or a way to say thank you. A bow is a sign of respect and recognition. In some parts of the world, children regularly bow to elders, parents and teachers as a sign of respect.
- Places you may have seen a bow – at the end of a performance when the performers “take a bow”, in martial arts before you spar or compete with someone, before royalty like kings and queens. In Islam, you bow down to pray. In Christianity, you sometimes bow to the cross.

STAND UP: Practice bowing: Stand and try these different kinds of bows. You stand still while you bow, and a bow should last 3-5 seconds.

- 1) Stand straight, eyes down, bow just your head down.

- 2) Stand straight with your feet together, hands at your sides, bow at the waist but not the neck. Do not look the other person in the eye.
- 3) Stand straight, bend one arm at the elbow, then place it in front across your stomach. Bend from the waist. It is okay to look at the person to whom you are bowing.

The hindu phrase “Namaste” (nah-mah-stay) is a greeting made of two words: *namas* = bow, *te* = to you. Say together the word “namaste”. The quick definition is “I bow to the divine light in you, and you bow to the divine light in me.” It is a way to honor the God light that is inside every person and to say we are all one. Further interpretation for older children:

My soul recognizes your soul. I honor the light, love, beauty, truth, and kindness that is within you because it is also within me. In sharing these things, there is no difference between us. We are the same, we are one.

I honor the place in you where the entire universe resides. I honor the place in you of love, of light, of truth, of peace. I honor the place in you where you are in that place in you, and I am in that place in me. We are one.

Practice the Namaste bow – hands together at the heart center, bow from the waist or neck or both, look at the person or not. Say the word “namaste” as you bow.

AFFIRMATION – Namaste: The divine spirit in me honors the divine spirit in you. Repeat 4x

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