



**TODAY'S TOPIC:
Summer Solstice**

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 are some things I know about the sun?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Directions for Sun Salutations. Online search. I used this one. https://www.mondaycampaigs.org/destress-monday/sun-salutation 	<ul style="list-style-type: none"> N/A 	Know about the Summer Solstice, the power of the sun, and sun rituals.

SAY: There are four days through the year – winter solstice (the day with the least light), the spring equinox and the fall equinox (days with equal light), and the summer solstice (the day with the most light).

MOVE: Sun Salutations. Explain that the Summer Solstice is the day in the northern part of the Earth that we have the day with the most sunlight. This is the longest day of the year!! Many people honor this special day in different ways. And this is day about positive energy which people can honor any time by doing the yoga Sun Salutation pose. FOLLOW THE DIRECTIONS TO DO A FEW SUN SALUTATIONS.

ASK: People have celebrated the summer solstice (also called midsummer) for thousands of years. Why do you think that is? Suggestions: start of summer, warmer weather and more light. celebrate nature, religious reasons. Example: Native Americans – Still today, the Sioux nation performs a ceremonial sun dance around a tree while wearing ceremonial colors.

ASK: What do you like best about the sun?

SAY: There is power in light, whether it is sunlight, spiritual light, or other kinds of light. Remember that you carry this light with you all the time whether it is the longest day of the year or the darkest day of the year.

BONUS CRAFT: Look for sun and solstice activities online such as building a sun dial, shadow art, or purchasing sun print paper for a science based art project.

AFFIRMATION – I celebrate the sunshine. repeat 4X

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