



Rest and Restoration Rituals

Welcome

As we close out our Youth & Family Village year, we pause to honor the power of rest, reflection, and gratitude. In Science of Mind, we know that life moves in Divine rhythm; action and stillness, giving and receiving. This month, our lessons remind children and youth that rest is not weakness, but wisdom; not absence, but sacred presence.



This Month in YFV

May 3: My Rest Ritual

Children will explore the sacredness of slowing down through story and art. Using Oge Mora's Saturday as inspiration, they will reflect on how rest can be joyful, creative, and shared with the people they love.



May 10: Honoring the Ones Who Help Us Grow

Our Youth will celebrate the beautiful rhythm Spirit breathes into all living things - seeds that rest before they bloom, earth that exhales before it springs to life! In honor of Mother's Day, kids will craft a joyful expression of love for the special people who help them grow.

May 17: Gratitude for Our Village

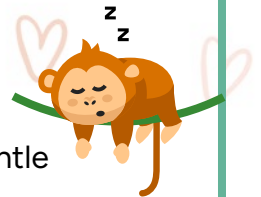
To close our year together, our youth will gather their memories and blessings from the Youth and Family Village into creative expressions of gratitude. Whether through art, writing, or our community Gratitude Wall, they will name the moments, friendships, and learnings that shaped their year.



Family Connection

Here are simple ways to deepen the learning at home:

Pause Together: Choose one time this week for a "Sacred Pause"—just 5 minutes of silence, deep breathing, or gentle stretching together.



Family Rest Ritual: Create a simple family ritual for rest, like a quiet Saturday breakfast, evening tea, or listening to calming music before bed.

Gratitude Share: At dinner or bedtime, each person names one thing they're grateful for from the day.



Events to look forward to:

As we wrap up another beautiful year in Youth & Family Village, we invite you to carry forward the gifts of gratitude, balance, and joy. Know that Spirit is always present, guiding and renewing us all.

