

Follen Family RE
March Theme: UnBroken

This month at Follen Church, we are exploring the theme “Unbroken” in worship and small groups. Here are some resources for families to explore along with us at home!

Recommended Picture Books (read aloud on YouTube):

[*The Most Magnificent Thing*](#) by Ashley Spires

[*The Book of Mistakes*](#) by Corinna Luyken

[*We Shall Overcome: The Story of a Song*](#) by Debbie Levy

Media:

[**Five Minute Film Fest: Learning From Failure**](#)

Music:

[*We Shall Overcome*](#)

[*Resilient*](#), by Rising Appalachia

Family Discussion:

1. Having people to talk to helps us get through hard times. If you were really sad or mad, who’s a person (besides your parents) you’d most like to talk to?
2. Are you usually willing and able to ask for help when you need it?
3. What are tools you already have to help you when you are facing hard things?

Family Activities:

1. Create some [*Stone-Stacking art*](#) outdoors. Remember- these are ultimately meant to fall! Combine with Melanie DeMore’s beautiful [*Standing Stone*](#) meditation if you’d like.
2. Use sidewalk chalk to write sayings or pictures of resilience in your neighborhood.