**WELCOME TO THE SPIRITIST EDUCATION FOR BABIES PROGRAM AT SSVA!**

August 30, 2015

**Lesson 7 – Our Emotions**

(Length of the lesson is approximately 30 minutes long)

1. Sited on the floor in a circle, greet every parent and baby. If participants do not know each other, ask them to introduce themselves and their babies. This time we have used a colorful parachute (you can buy at Amazon). Everyone sited around it.
2. Begin with a short prayer like the song:

*Thank you, God, for today,*

*Thank you, God, we are here again,*

*Thank you, God, for my parents,*

*Thank you, God, for my life!*

*Amen.*

*(Lyrics by the Spirit Angelica; mediumistically received by Vanessa Anseloni)*

1. Greet everyone asking parents to say something about their babies and their names, in case there are newcomers. Explain briefly the meaning of Spiritist education for babies, if there are new parents and babies.
2. **Activity 1 –** **Welcome to a new reincarnation!**

Using the parachute, ask parents to sit around it with their babies. Start signing and saying the babies names.

It is about the importance of welcoming babies to this new reincarnation. Sing the song below at least three times. Educators may also sing it while substituting “dear soul” by the name of each baby. We recommend parents to sing it at home as often as possible.

*(Rhythm from “Twinkle, Twinkle, Little Star)*

*Welcome, welcome, dear soul (or name of the baby)*

*Now you’re here,*

*Let us grow*

*Let us love*

*Let us serve*

*Let us help everyone*

*Welcome, welcome, dear soul*

*And I am here to love you so!*

(Lyrics by Spirit Angelica; mediumistically received by Vanessa Anseloni)

 Then sing all the other songs we have been learning from previous lessons: “Guardian Angel”, “Jesus is Passing by”, and “The more we get together”.

1. **Activity 2 – Story about our emotions**
* Talk about emotions and the importance of its administration. Emotional intelligence and how we can coach our children and ourselves to higher levels of such intelligence. Explain how Jesus was the master of emotional intelligence, never reacting, always composed. Talk about the emotion cards by Onionhead. The importance of naming emotions in order to tame them. Also, talk about breathing as the opportunity to calm down.
* Tell the story of the bear who felt feelings according to circumstances (book Buddy, the bear).
1. **Activity 3 – Crafting an emotion-ornament for Christmas**
* Give each baby and parent a wooden circle ornament (bought at Michaels store).
* Ask parents and babies to draw and glue stickers (bought at Michaels store) to create the main emotion that would like to be achieved by the whole family.
* Play with the emotion-ornament.
* Sign together the song “The Wheels of My Heart”.

**The Wheels of My Heart**

The wheels of my heart

Go round and round

Round and round

Round and round

The wheels of my heart

Go round and round

All day long!

And If I am afraid

That’s ok

That’s ok

Let us pray

And If I’m a little sad

That’s ok

That’s ok

Let us pray

And If I’m a little angry

That’s ok

That’s ok

Let us pray

The wheels of my heart

Go round and round

Round and round to God!

1. Final Prayer

**MONTHLY HOMEWORK:**

**SING THE SONG ABOUT OUR EMOTIONS;**

**IN EVERY CIRCUMSTANCE, TAKE THE OPPORTUNITY TO TALK ABOUT EMOTIONS AND EXERCISE THE IMPORTANCE OF USING BREATHING AS WAY TO CALM THEM DOWN AND PRAYER TO REATTUNE.**