



Preparation for Six Core Life Sessions (Suggested)

Meals for Each Night

Displays for the Room

- A. You will need:
 - a. the Core Life posters, newsletters, lesson plans, and parent cards,
 - b. a large treasure chest for books and a medium treasure chest for gems,
 - c. the books you are going to be using (possibly display more than these),
 - d. gem shapes with Core Life concepts printed on them or have real gems/or both, and
 - e. a covered table to display all of the above at the front of the room.
- B. Place the Core Life posters around the room with gems (colored to represent the different life principles of Core Life) attached to unify Core Life, gems/treasure, and books.)
- C. Place the treasure chest on the covered table with the books and gems surrounding it.

Introductory Session Each Night Unifying Core Life and Reading

- A. Procedures for the First Night
 - a. Discuss Core Life, define its principles defined, and then review the materials which parents and children will use at home and bring back for discussion. You might relate these Core Life principles with today with a question such as, “Can you give me examples of these in your own lives?” “Do you think these are important in your life? Why?”
 - b. Discuss how these life principles are found in many of the books we will be reading for the next 6 weeks, as well as a discussion of how we will use the gems located at the front to “fill” our treasure chest of gems. Make sure kids and parents understand that there are lots more life gems, such as friendship, forgiveness, sharing, etc. that they might find in the books as well as the ones we have identified.
 - c. Explain that we will use different colored gems to represent each of the Core Life principles. Each week we will find these principles in the books we are reading. The participant who finds and shares an example of a Core Life principle will select that color gem from the display and place it in the “treasure chest.” During the first night, participants will be asked if there are examples of respect in Zen Shorts. Whoever responds with an example will place the colored gem for respect

in the treasure chest. If another participant gives an example of another concept such as responsibility, that child/adult may place that colored gem in the treasure box. ETC.

B. Procedures for Subsequent Nights

- a. Review Core Life concept(s) to be discussed that night
- b. Review any procedures relative to gems and activities
- c. Read and discuss selected books.
- d. Conduct activity integrating books and Core Life principle.

Additional Ideas

If possible, have a small treasure chest for each child which will be used at the end of the session to give gems like chocolate foil candy, some of the gems from the sessions, and another small prize as a reward for attending sessions.