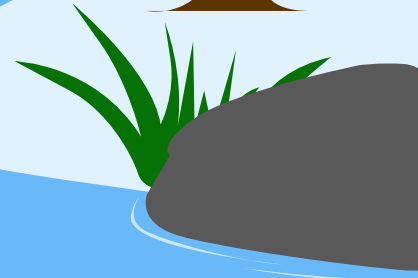
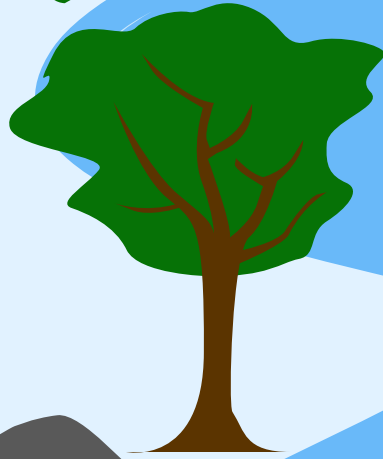
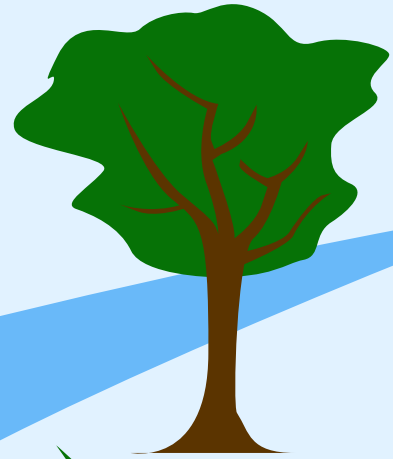


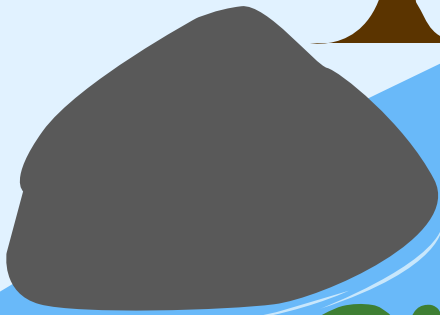


Complete at
church on Sundays,
or while on your
own adventures!



2023

UUCP



SUMMER ADVENTURES

NAME:

MENU OF ADVENTURES

- Animals
- Baking
- Building
- Celebrations
- Families
- Flowers
- Forts
- Fruit & Chocolate
- Gardening
- Nature
- Picnic
- Recycled Art
- Service
- Sky (Night & Day)
- Stories
- Water (Ingathering)
- Or Create Your Own!

ADVENTURE JOURNAL

Adventure can happen anywhere! Keep track of yours this summer and earn badge stickers along the way! Use these adventure starters or create your own adventure that matches the theme. Your only limit is your imagination

Bring your journal to the Fruit & Chocolate communion on September 17th and we'll celebrate together.



fAMILY

REDUCE
REUSE
RECYCLE

ANIMALS



Adventure at UUCP

Join us for the multigenerational blessing of the animals worship on August 27th

Furred, feathered, finned, or scaled, animals are a part of the world we live in. You may have a special animal you love and care for, a species you are especially interested in, or maybe you aren't too sure about them and would like to learn more. Use this Summer Adventure to dive in to the animal world!

Connecting to our UU Faith:

Animals are undoubtedly a part of the interdependent web of all existence of which we are a part and as such we respect them.



Other ways to complete your adventure:

- Learn about UUMA; the Unitarian Universalist Animal Ministry,
- Spend some time with an animal,
- Observe one in your home, in nature, at a zoo or aquarium, Watch a video and learn to draw your favorite animal,
- Look up 3 new facts about animals and share them with someone



Completed on: _____

Draw or Write About Your Adventure:

More To
Explore



Browse this
Youtube channel
and choose an
animal to learn
how to draw

BAKING



Adventure at UUCP

Make some baked goods to share

Fresh from the oven and made with love! Baked treats smell heavenly, taste delicious, and feed the body and soul. Bread making is a skill that dates back 10,000 years and is still being perfected today, while the art form of pastry invites a whole different set of skills. Let this Summer Adventure take you to the kitchen and encourage you to learn something new.

Connecting to our UU Faith:

Tuesday August 1st is Lammas Day this year. It is the pagan holiday halfway between Summer solstice and the fall equinox. It is a harvest festival where we begin to be able to gather what we have planted.



Other ways to complete your adventure:

- Watch a kids baking show,
- Research recipes for your favorite baked goods,
- Try making homemade bread,
- Learn about how ancient people baked grains
- Trace the path from grain to table of a baked food you enjoy.



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangular box with a thick grey border, intended for a drawing or written response.

More To
Explore



Watch this video
to learn about
how bread is
made

BUILDING



Adventure at UUCP

Everyone builds a house or building of their own and we assemble a village together.

From skyscrapers to cottages building structures can be so much fun! Will you build something tall or small or in between? Gather your supplies of choice and start sketching a blue print!

Connecting to our UU Faith:

People come to Unitarian Universalism seeking meaningful connection. We need one another. We need ways to reach out and strengthen relationships, fostering more neighborly interactions and support systems. We need to build a village.



Other ways to complete your adventure:

- Make a village,
- Create a model of your dream home,
- Build a fairy house,



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rectangular area with rounded corners and a thick grey border, intended for drawing or writing about the adventure.

More To
Explore



Try one of
these building
challenges
from [lego.com](https://www.lego.com)

CELEBRATIONS



Adventure at UUCP

Create a fireworks inspired craft.

Summertime holidays, Family reunions, Festivals, and Birthdays! There is much to celebrate this time of year. How do you celebrate? Are there special foods or activities you do? Do you go somewhere with friends or family?

Connecting to our UU Faith:

Every Unitarian Universalist congregation has its own ways of celebrating life and marking life transitions. We share our joys and sorrows, supporting one another through difficulty and success.



Other ways to complete your adventure:

- Take part in a celebration this summer,
- Invite a friend to join you in celebrating,
- Learn about how another person or culture celebrates,
- Watch a Parade,



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rectangular box with rounded corners and a thick grey border, intended for a drawing or written response.

**More To
Explore**



Follow this link to
find out about
celebrations in
our community

FAMILIES



Adventure at UUCP

Design a Family Crest: Unleash creativity by designing a personalized family crest, using symbols and colors that represents each family member.

By choice or by birth our families are where we go for love, support, fun, learning, and more. In this adventure explore the unique dynamics of families, their importance, and the love that binds us together.

Connecting to our UU Faith:

Unitarian Universalism affirms all families. Parents and caregivers find support to embrace their role as children's first religious educators—to open real talks with children about difficult topics—to grow in faith together through religious practices, truth-seeking, justice work, service projects, and more.



Other ways to complete your adventure:

- Learn about your family & make a family tree,
- Have a family game night,
- Read a book about a family that is different than yours



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rectangular area with rounded corners and a thick grey border, intended for drawing or writing about an adventure.

More To
Explore



Learn about
different kinds
of families from
amaze.org

FLOWERS



Adventure at UUCP

Participate in the 100th Anniversary of the Flower Communion! A tradition in this congregation that takes place at the end of the church year.

Beautiful blooms in all the colors of the rainbow delight us from spring through fall. Take some time to notice their shape, smell their scent, and appreciate their beauty.

Connecting to our UU Faith:

The Flower Ceremony or Flower Communion, is an annual ritual that celebrates beauty, human uniqueness, diversity, and community. Created in 1923 by Unitarian minister Norbert Čapek of Prague, Czechoslovakia, the Flower Ceremony was introduced to the US by Rev. Mája Čapek,



Other ways to complete your adventure:

- Plant flowers at home and care for them this summer,
- Collect some blooms and create a pressed flower design,
- Draw a bouquet of your favorite flowers



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangular box with a thick gray border, intended for drawing or writing about an adventure.

More To
Explore



Disect a flower
and discover
what is inside

FORTS



Adventure at UUCP

Build a fort!

Who doesn't need a special place all their own? With Blankets in the living room, pillows under the table, hidden by the leaves of a favorite tree, or in the biggest cardboard box you can find, a fort is a magical place.

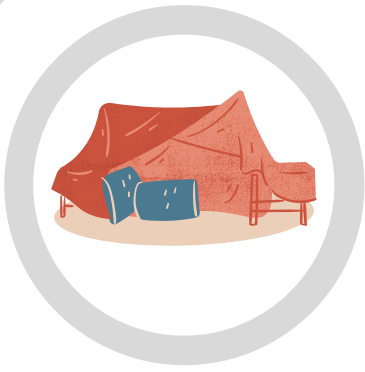
Connecting to our UU Faith:

Our faith recognizes the direct experience of wonder and the renewal of our spirit as a source that we draw from. Creating a cozy safe place is a perfect way to foster some of those feelings.



Other ways to complete your adventure:

- Research different kinds of forts,
- Draw a detailed design of a fort,
- Make a castle fort, Make a clubhouse, Make a fort for your pet



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rectangular box with rounded corners, outlined in a thick grey border. This area is designated for the user to draw or write about their adventure.

More To
Explore



Enjoy this story
of a girl, a box,
and what she
imagines.

FRUIT & CHOCOLATE



Adventure at UUCP

Join us on September 17th for the Fruit & Chocolate Communion: a kick off to the Religious Education year!

A delicious symbol of our UU faith that reminds us of what we all believe in and how we are when we gather together.

Connecting to our UU Faith:

At UUCP we represent our UU Principles or Values with different colors of the rainbow in some of our religious education programming. To kick off each year we affirm our commitment to those principles by making a rainbow colored fruit salad together and finishing it off with chocolate fluff to symbolize the covenant we make to one another.



Other ways to complete your adventure:

- Make your own fruit & chocolate salad,
- Learn about our UU faith and what we believe in,
- Make a covenant with your family that describes how you agree to be with one another and how you will help each other when there are challenges



Completed on: _____

Draw or Write About Your Adventure:

A large, empty, rounded rectangular box with a thick grey border, intended for a child to draw or write about their adventure.

More To
Explore



Print and color in
our rainbow
principles

GARDENING



Adventure at UUCP

Plant and tend a garden at home or at church this summer!

Get ready to dig deep, sow seeds of knowledge, and witness the miraculous transformation that takes place in the garden. Digging in the dirt, planting seeds and waiting for your harvest provides hours of fun and a sense of satisfaction.

Connecting to our UU Faith:

Our seventh principle teaches us to respect the earth and the interdependent web of which we are all a part. Tending a garden can help us connect to that web..



Other ways to complete your adventure:

- Learn about three sisters planting,
- Plant a seed in a plastic bag and watch it grow,
- Learn about pollinators,
- Talk to a farmer at the farmers market about what they grow.



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangular box with a thick grey border, intended for a child to draw or write about their gardening adventure.

More To
Explore



Learn about
pollinators and
how they help a
garden grow!

NATURE



Adventure at UUCP

Go on a Nature hike and take rubbings of what you find

The rich green woods, the bright blue sky, the way the sun plays on the top of the water, the beauty of nature inspires us all.

Connecting to our UU Faith:

Love and Respect for nature are inherent in our UU faith. One place we see it is in our sixth source that lifts up earth centered religions which remind us to live in harmony with the rhythms of nature.



Other ways to complete your adventure:

- Play I spy, or what do you hear on a walk in nature,
- Visit the Great Grove at UUCP or another local trail nearby,
- Learn things about an animal that is native to Central Illinois



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangular box with a thick grey border, intended for drawing or writing about the adventure.

More To
Explore



Print these pages
and play nature
bingo on your
next hike.

PICNIC



Adventure at UUCP

We finish up the church year with an all church picnic at the Herm farm!

Grab a blanket, pack a basket, and make friends with the little critters! Taking your lunch outside can turn an ordinary meal into an adventure.

Connecting to our UU Faith:

This is a beloved tradition of our congregation and you are invited to join in the food, fellowship & fun!



Other ways to complete your adventure:

- Eat a meal outside,
- Set up a Teddy Bear Picnic for your stuffies,
- Grab an adult and learn a new recipe



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangle with a thick grey border, intended for a child to draw or write about their picnic adventure.

More To
Explore



Play this picnic
inspired logic
game.

RECYCLED ART



Adventure at UUCP

Make a 3 D Sculpture with recycled items.

Embrace creativity and environmental consciousness by turning everyday materials into beautiful works of art that inspire others to reduce, reuse, and recycle. Let your recycle bin guide you!

Connecting to our UU Faith:

Our third Principle encourages us to strive for spiritual growth. For many people, expressing themselves creatively is a part of their spirituality.



Other ways to complete your adventure:

- Turn toilet paper tubes into binoculars,
- Make beads from magazine paper,
- Upcycle an old T-Shirt into a shopping bag



Completed on: _____

Draw or Write About Your Adventure:



More To
Explore



Play this online
recycling game.

SERVICE



Adventure at UUCP

Provide service to your church community by volunteering at church!

Engage in acts of kindness and service to others, whether it's volunteering in the community, organizing a donation drive, or spreading positivity and love through small gestures.

Connecting to our UU Faith:

Our second principle tells us that justice, equity, and compassion is important, volunteering and doing acts of service is one way to show that..



Other ways to complete your adventure:

- Learn about different volunteer opportunities in our community,
- Ask your family to volunteer with you,
- Pick up trash the next time you are at a park or on a walk



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rounded rectangular box with a thick gray border, intended for drawing or writing about an adventure.

More To
Explore



Hear from a
young person
why volunteering
is important

SKY



Adventure at UUCP

Observe the clouds or stars and make a sky inspired craft.

The sky above us is full of wonder! Take a closer look and be inspired by what you find.

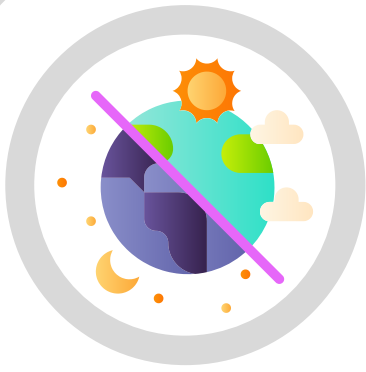
Connecting to our UU Faith:

Our UU Sources tell us that science has a lot to teach us. Studying the sky and learning about what you see adds to your knowledge.



Other ways to complete your adventure:

- Watch a documentary about the sky,
- Learn a story about a constellation,
- Discover what clouds are made of
- Study & record local weather patterns



Completed on: _____

Draw or Write About Your Adventure:

More To
Explore



Hear from a
young person
why volunteering
is important

STORIES



Adventure at UUCP

Tell a progressive story.

Stories come in all different types and are told in all different ways. What kind of stories do you like? Adventure, detective, realistic, futuristic, historic, fantasy, mystery... How do you like experience them? In a book, or a movie, a podcast, a video game?

Connecting to our UU Faith:

Good stories are central to good worship. As a Time for All Ages, as part of a sermon, or as part of a multigenerational service, stories engage our hearts and minds and help us grow.



Other ways to complete your adventure:

- Write a story and share it with someone,
- Make a comic strip to tell a story,
- Visit the library and read some new stories



Completed on: _____

Draw or Write About Your Adventure:

A large, empty rectangular box with rounded corners and a thick grey border, intended for a child to draw or write about their adventure.

More To
Explore



Try one of these
story activities

WATER



Adventure at UUCP

Join us on Sunday, September 10th for our annual Ingathering service.

Splashing in a creek, dancing in the rain, diving into the the pool, or drinking an icy cool glass... Water and summer go hand in hand. Take a minute to think about all the ways you use water in a day.

Connecting to our UU Faith:

The Water Communion, also sometimes called Water Ceremony, was first used at a Unitarian Universalist (UU) worship service in the 1980s. Many UU congregations now hold a Water Communion once a year, often at the beginning of the new church year (September).



Other ways to complete your adventure:

- Splash in water for fun
- Learn about animals that live in the water
- Hike to a creek and find out what lives there



Completed on: _____

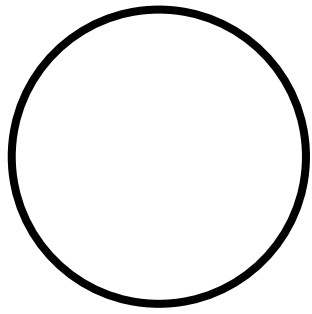
Draw or Write About Your Adventure:

More To
Explore



Try one of these
story activities

UUCP SUMMER ADVENTURE BADGES



Create Your Own



Animals



Baking



Building



Celebrations



Families



Flowers



Forts



Gardening



Nature



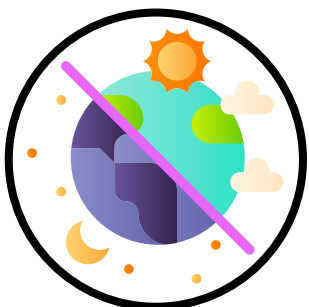
Picnic



Recycled Art



Service



Sky



Story



Water



Fruit &
Chocolate