



Fair and Unfair 1:

What is Fair?



Opening Affirmations:

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

"I am happy to share my ideas with you."

[or]

"I respect and honor you and your beliefs."

The Heart of the Soul Discussion: What is Fair?

1. What does it mean to be fair?

[Go around the circle and have everyone take a turn answering the question]

- Some people think being fair means following rules
- Many people think being fair means to be honest
- Most people think being fair means giving everyone an equal chance to succeed
- Some people think being fair means seeing a situation with thoughtfulness
- Some people think being fair means not judging others

2. Can you think of a time in your life when someone was fair to you?

[Go around the circle and have everyone take a turn answering the question]

- Maybe someone was fair by sharing with you
- Maybe someone was fair by taking turns in a game or while playing
- Maybe someone was fair by listening to you when you had something important to say

- Maybe someone was fair by making sure you were treated the same way as others

3. Can you think of a time in your life when you were fair to someone else?

[Go around the circle and have everyone take a turn answering the question]

- Maybe you were fair by helping someone achieve a goal
- Maybe you were fair by including someone else in a game or an assignment
- Maybe you were fair by helping your grown-ups carry groceries or cook dinner
- Maybe you were fair by looking out for someone who wasn't getting an equal chance

4. Can you think of a time in your life when being fair was hard?

[Go around the circle and have everyone take a turn answering the question]

- Maybe you were expected to share something that you did not want to share
- Maybe there are rules that you are expected to follow that do not always feel fair
- Maybe there are times when you do not feel like people are listening to you
- Maybe there are times when seeing extra help given to others and not to you can feel hard, even when you know that help is necessary and deserved

Activity: Fair Play

Materials Needed:

A game that everyone in the group is familiar with - this could be a board game, card game or a physically active game. Some examples could be: Candy Land; Sorry; Tag; Hide and Seek; Uno, Go Fish; Red Light/ Green Light.

The point of this activity is to experience this game fairly, because for the next session this game will be played in an unfair manner (so pick a game that facilitators can cheat at for the next session)

Directions:

- Explain or read the game's directions to your group
- Follow the directions that are either written (or well known by the players)
- Play the game, while following the rules fairly
- If players have a difficult time playing by the rules, start over, from the beginning

[Feel free to play one of our recommended songs while the kids work on this activity]

Follow Up Discussion:

How did you like playing the game? Was it fun? What were some of the best parts? Were there any parts that weren't fun? At any point, was it hard to be fair during the game? Sometimes being fair can feel easy and other times, it can be difficult. It is hard to know when these feelings of ease and difficulty can arrive. In the time between now and the next session, try to pay special attention to moments that seem fair.

Story Time – Activity Option 2

[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the Fair and Unfair section.] https://spiritualplaydate.com/spiritual_playdate_library

Since our Soul Talk was about *What is Fair?*, we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

Calming Activity – Meditation:

[Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft, instrumental music in the background while reading the meditation script]

I am going to guide you through our meditation to help you relax. Let's close our eyes, and let's start by putting our hands on our bellies, and taking a deep, long breath in. Feel your belly rise as you breathe in – to the count of 1, 2, 3. Then feel your belly fall, as you slowly breathe out – to the count of 1, 2, 3. Now breathe in – 1, 2, 3. And slowly breathe out like a tire losing air – 1, 2, 3. Continue to breathe in and out slowly and steadily. Relax your body into the floor beneath you. Keep breathing.

Being fair means a lot of things. Following rules that are set out to help us and keep us safe. Giving everyone an equal chance to succeed in life and be happy. Not judging others based on outside appearances. Fairness makes the world a better place.

[Pause.] Fairness means that everyone has the same opportunity to live their dreams. Fairness is being listened to when we have something important to say. Fairness means we're treated the same way by everyone. *[Pause.]* You can help create fairness anywhere. At your home, you can do your fair part by being responsible for your chores. At school, you can make sure that everyone is included in a game or activity, and that the rules are followed to make it fun for all. In your neighborhood, you can speak out if you see someone being treated unfairly. Think now about how you have shown fairness

to others. *[Long Pause.]* Being fair is good, but it doesn't always feel easy to be fair. Maybe you were asked to share a toy when you didn't want to, or you felt that others were being treated better than you. Grown-ups in your life may make rules that feel unfair to you. They don't let you do things you want to do or go places that you want to go — and you don't understand why. That's the time to remember that the grown-ups in your life care about you. They make rules to keep you healthy and safe. And as you grow and learn, the rules will change, and you'll be able to do more and more things you weren't allowed to do before. So be patient, and you'll understand fairness more and more. *[Pause.]* Every time you share, every time you help someone else succeed, every time you don't judge someone by appearances, every time you are honest ... you are being fair. You play a big part in making the world a fair and loving place. *[Long Pause.]*

Now let's take one more deep breath, and slowly let it out. Now slowly open your eyes and slowly roll to the side and sit up to end our time of meditation.

[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]

Closing - Choose One:

Closing Affirmation - Option 1:

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

Closing Prayer - Option 2:

The light of god surrounds us
The love of god enfolds us
The power of god protects us
The presence of god watches over us
Wherever we are, god is and all is well!