



We are happy to share with you another small activity with a big message:

## THE INVISIBLE POWER

### **What's inside a person is more important than what we see on the outside**

The first thing we notice in people is their outside appearance, and children tend to think that's the important part. Or they can be concerned with their external appearance and lose sight of their real value.

Through this activity, you can demonstrate with your children how the inside gives form to the outside. And how our essence (you can choose words like the force of life, spirit, soul, Light), is what is essential, and what gives a person life.

### MATERIALS

One or two inflated balloons and three or four balloons that haven't been blown up. Optional: a balloon for each child.



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## FOLLOW THESE STEPS

- 1 Begin by explaining that each balloon represents a person, and that each person is filled with the breath of life, just like the balloons are when they are blown up.
- 2 Have your children blow up the balloons by filling them with their breaths of life. Explain that the air (breath of life) is in all balloons and all people.

## POINTS TO REFLECT ON

- 3 Ask your children: Can you see that the air (breath of life) on the inside of the balloon is the important part? It's the inside that gives form to the balloon. Otherwise, it would be limp and useless, as one of the balloons that are still empty. Show the children the deflated balloons.
- 4 The Light inside us is our true essence, and what gives us the most value. Our thoughts and feelings are also important things that are inside of us. In many ways, these things help shape us and our experiences.
- 5 What makes us all equal is the Light within, that all people share despite their outward appearances.

**In honor and memory of Peggy Joy Jenkins**