**Faith Formation & Youth Ministry Zoom Gathering**

**Notes and Resources**

**November 2020**

*Notes & Resources for individual weeks have not been sent in several weeks. This is a compilation of resources and ideas shared during the month of November.*

**Offerings from Nicole Havelka Consulting**

Link to registration for events offered by Nicole: <https://www.eventbrite.com/o/nicole-havelka-consulting-26256480741>

* ***Mindful Advent Series*** (FREE)- brief meditations offered on Sunday evenings during Advent from 8pm to 8:30 pm ET (7pm CT)
* ***In-Betweener Holiday Party*** (FREE)- December 29th 6 pm to 9 pm ET (5 pm CT)

What else do you have to do between Christmas and New Years besides sit in your stretchy pants, drink wine and eat too many leftover holidays cookies? Do those things, but *with* friends! Join me, Nicole Havelka, for a Holiday Party and Group Movie Watch on Tuesday, December 29, from 6 - 9pm ET.

Drop in to say hi and raise a glass during the first hour of the event, then stay to watch one of Nicole's favorite holiday movies. On the table: It's a Wonderful Life or Love Actually. Bring your own popcorn. Also ... you'll have to cue up your own movie. But we'll start at the same time so we can all laugh and cry and comment together. Nicole will share details about the movie and the process closer to the event.

Schedule:

* 6 - 7pm ET - Happy Hour
* 7 - 9pm ET - Group Movie Watch

Extra points for Zoom decorations and party attire. (Yes, you can wear a tiara on the top and sweatpants on the bottom.)

Bring a friend!

* ***Releasing 2020 New Year’s Eve Event: Restorative Yoga and Meditation*** ($20-$60)- December 31st 1 pm to 3 pm ET (Noon CT) [Early-bird Registration ($34) ends on December 4th]

This event has limited space. There are 10 spots available for unemployed/underemployed and students at $20

**Helping Kids/Youth Cope and Manage Their Feelings:**

Mindfulness is important for children and youth, too! Here are links to resources that can help with mindfulness practices for our youngest ones…

Mindfulness Games: <https://www.amazon.com/Mindful-Games-Activity-Cards-Mindfulness/dp/1611804094/ref=sr_1_13?crid=3I70B76E4OH1D&dchild=1&keywords=mindfulness+activities+for+kids&sprefix=mindfulness+ac%2Caps%2C192&sr=8-13>

PESI has many resources available for mindfulness. [www.pesi.com](http://www.pesi.com)

A great book to help kids learn how to be a “calm, cool kid” is: ***Some Days I Flip My Lid*** by Kellie Doyle Bailey, MA, CCC-SLP, MMT (Lisa Hart ordered this book from PESI…see link above)

Peace Beads: <https://www.kutsucompanions.com/peace-beads>

Yoga pretzels cards: <https://www.barefootbooks.com/bestsellers/yoga-pretzels-deck?utm_campaign=branded_us&utm_source=google&utm_medium=cpc&gclid=CjwKCAiA4o79BRBvEiwAjteoYI9Uw-IMpnlpRHuFlfAMV8G4pp98w7qyLsrsZMVEXlt9yYA-AV_8whoChCYQAvD_BwE>

Kids’ yoga deck: <https://www.amazon.com/Kids-Yoga-Deck-Poses-Games/dp/0811836983>

Yoga Zoo Adventure (book): <https://www.amazon.com/dp/B00LNKSPRG/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1>

Yoga games: <https://www.amazon.com/Yoga-Games-Children-Postures-Movements-ebook/dp/B00LMKYVD4/ref=sr_1_3?dchild=1&keywords=yoga+games+for+children&s=digital-text&sr=1-3>

Devotions 365: <https://d365.org/>

Online guided meditations/devotions



