

**CSE Youth Spiritual Education**  
**Opening and Closing Circle Recommendations**

**Opening Circle**

- Find a quiet place to be together
- Opening prayer – prayer of your choice or each person offers a gratitude
- Hatha Yoga – possibly sun salutation followed by kids leading adults in poses
- Breathing together with Breath Springs or guided breathing
- Meditation – either a few moments of listening to the quiet, or chime meditation

<https://csecdn.s3.amazonaws.com/EJ-Articles/YSE-Meditating-EJSum2011/HTML5/index.html>

**Present Lesson Materials that appeal to your children**

**Closing Circle – Watch & participate with the Closing Circle Video together**

**Youth Prayer**

Divine Mother, Holy Father, Great Spirit, God,  
Help us to understand that everything, and all of us come from You.  
Help us to feel Your love and hear Your guidance, so that our lives can be filled  
with lasting happiness and inner peace, the things we need most of all.  
Help us to love and understand ourselves, so that we can love and understand others.  
Help us to remember You are always with us, so that we do not feel too afraid.  
Because with You in our hearts and minds we will grow and prosper and  
be happy forever.  
Amen

**Closing Song - It's In Every One of Us**

It's in every one of us, to be wise  
Find your heart, open up both your eyes  
We can all know everything without every knowing how  
It's in every one of us, here and now.

**Ending Game – 20 Questions**