

# Paper Airplanes

*Curiosity is a big part of the can-do spirit!*



## Chalice Lighting

We light this chalice for the warmth of love, the light of truth and the energy of action. May curiosity and imagination guide us on our way!

## Story: The Great Paper Caper by Oliver Jeffers

Read this picture book or watch the video (<https://www.youtube.com/watch?v=0wNV9vzJ-yQ>)

## Mindfulness: Flight Visualization

First, watch this video to imagine flying: *See the world from an eagle eye's view* with this video from BBC Earth: <https://www.youtube.com/watch?v=Zem9WfgjTyl> (4 min)

*The use the following words for your meditation/visualization:*

Move into a comfortable position. Close your eyes. Take three deep breaths. Imagine you are flying.

You feel the air pushing your wings upwards. You feel the coolness as you rise into the sky. You feel the warmth of the sun. You are lifted off with the ground below.

You fly in a loop. You avoid some wires and branches of a tree. Your path takes you all over.

You find some upwards air, a thermal, and glide smoothly up and up. You look down and see what is below you.

Look around some more and see even further.

When you are ready, glide smoothly down to the earth and land gently. Open your eyes and return to the present. Think about your imagined flight.

## Activity: Make Paper Airplanes

Using recycled copy paper and scissors, create paper airplanes using the following instructions:

- **Paper Helicopter:** <http://www.paperairplanes.co.uk/heliplan.php>
- **Nick's Paper Airplane:** <http://www.paperairplanes.co.uk/nickplan.php>
- **Classic Dart:** <http://www.paperairplanes.co.uk/peteplan.php>
- **Dmitri's Paper Airplane:** <http://www.paperairplanes.co.uk/dmitri.php>

For additional ideas, see **Alex's Paper Airplanes:** <http://www.paperairplanes.co.uk/planes.php>

Go outside and find a good place to launch your airplanes and a landing zone. (Don't throw them at another person!) Use your curiosity to explore the gliding, swooping, and flying properties of your paper airplanes.

## Closing Words

May we use our reason to create joy with planes and flight and keep our spirits bright. Amen. Blessed Be.