



Soulful Home

Finding the Sacred in
Everyday Spaces

Imagination
May 2025



a Unitarian Universalist Congregation

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A Blessing of Imagination

Thanks to Our Widening the Circle Team

We thank [The Widening The Circle Team](#) for their insight and help with this packet. Their support and research run throughout this packet, from the stories to the activities. Their help in putting inclusion and love at the center of our packets is a vital part of helping families also center love in their faithful everyday moments.

The Welcome Mat

What Does it Mean to be a Family of Imagination

For me, parenting has been one of life's most extraordinary adventures—it has been a journey filled with love, learning, and, perhaps most importantly, imagination.

Because of this, when I think about what it means to be a family of imagination, it is clear to me that while playing pretend or telling bedtime stories is important, being a family of imagination is so much more than just that.

It's about a way of seeing the world—one where cardboard boxes become rocket ships, clouds become dragons and giants, dinner table conversations turn into grand storytelling sessions, and even the most ordinary days are doorways into adventure!

As parents, we often believe it's our job to teach our children about the world, but one of the biggest things parenting has taught me is that if we pay attention, we realize that our children are often the ones teaching us. This is certainly true when it comes to imagination. Our kids teach us to dream freely, to ask, "what if?" and to see wonder in the everyday. A rainy afternoon isn't just an inconvenience; it's the perfect backdrop for a pirate adventure. A long drive isn't just about getting from point A to point B; it's an opportunity to imagine a world where the trees along the road are ancient guardians or secret passageways. Your boss isn't a jerk, but a stressed human being with struggles we can't see by just looking at him.

Being a parent reminds us that imagination isn't just for our children—it's for all of us! It strengthens our bonds, deepens our conversations, and helps us navigate life's challenges with creativity and resilience. Whether we are building blanket forts, making up silly songs and stories, or dreaming up new family traditions, imagination is the thread that weaves joy into our days.

So, this month, I invite you to embrace the power of imagination in your family life. Find inspiration in the small moments, celebrate curiosity, and create a home where dreams are nurtured. This month may your home be a space where imagination has no limits and love is the greatest adventure of all.

Blessed be,

April



At the Table

Exploring Repair Through Discussions

The At the Table section engages the theme through question-driven family discussions. The questions are designed to be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This section strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

How To Go About It

The most straightforward way to do this is to have parents and/or caregivers read off the questions they think will resonate the most with family members and have everyone take turns answering. Another fun way to do this is to create [a family question jar](#). To make this easier, we've listed all the questions below **at the end of this packet** with dotted lines you can cut along to make "question strips." You can then pull out the question jar and have family members choose a question/strip a few times each week.

Discussion Questions

1. When you imagine life 100 years from now, what do you see?
2. How do you think you are different from what your ancestors imagined you might be?
3. When you imagine your best day ever, what is happening?
4. Who is better at imagining: kids, teens, parents, grandparents? And why?
5. Who is your most imaginative friend?
6. Do you have to be either imaginative or realistic? How do those two qualities work together in a person?
7. Do you imagine in words, pictures, sounds, or some combination of all your senses?
8. What is one of your best stories about playing with or talking to your childhood imaginary friend?
9. When you dream at night, is that your imagination or something else?
10. Where do you do your best imagining? Outdoors? Alone in your room? On walks? In the woods? On the playground? Listening to music? In your bed reading? Nighttime?
11. When is it sensible to limit one's imagination?
12. If you could go back in time and have lunch with a historical figure, who would it be?
13. What do you imagine it's like when we die?
14. Have you ever had something so unbelievable happen to you that afterward, you couldn't tell if it was real or if you imagined it? If so, what was it?
15. Where do you think our imagination comes from?
16. Whose imagination would you love to live in for a day?
17. Imagine a world built on love and justice—what does it look like?
18. Why do you think it is hard for some people to use their imaginations?



At Play

Playing With Imagination as a Family

At Play suggests games, crafts, and activities to help families experience the theme through joy and fun.

This Month's Treasure Hunt - The Imagination Scavenger Hunt

This month's treasure hunt isn't just about finding objects—it's about using your imagination to bring everyday things to life! Each clue leads to an ordinary object, but to get the next clue, families must pretend, create, or act out a fun scenario. Whether you do the whole thing at once or one clue a day, this treasure hunt is sure to bring your home to life in ways you never imagined

Clue 1: Sometimes I show cartoons, sometimes the news. Find me where we watch whatever we choose!

Answer: The TV or Remote

Imagination Challenge: Act out a made-up TV show for 30 seconds before moving to the next clue!

Clue 2: Here, we gather, eat, and chat. Find me where we all sit at!

Answer: The Kitchen Table

Imagination Challenge: Pretend you are chefs in a magical restaurant—describe the most outrageous dish you would serve!

Clue 3: Water flows here, hot or cold. Find me where we scrub off the old!

Answer: The Bathtub or Shower

Imagination Challenge: Pretend you are deep-sea divers discovering a new underwater creature—describe it!

Clue 4: I'm soft and cozy, where dreams take flight. Find me where you sleep at night!

Answer: A Bed

Imagination Challenge: Pretend your bed is a rocket ship—count down from 10 and blast off to a new planet!

Clue 5: I open wide when you come and go. Find me where you say hello!

Answer: The Front or Back Door

Imagination Challenge: Pretend you just stepped into a mystical world—what do you see? Describe it!

Clue 6: Inside me, there are worlds galore. Find me where you flip to explore!

Answer: A Bookshelf or Stack of Books

Imagination Challenge: Open a book and make up a new title and story for it before moving on!

The Treasure: Instead of a physical prize, the reward is a fun family activity:

- Movie Night – Watch a family movie together.
- Special Treat – Bake something fun as a family.
- Creative Time – Draw a picture of your scavenger hunt adventure!



Option A: Build a Blanket Fort as a Family

Building a blanket fort isn't just about stacking pillows and draping sheets. It's an adventure that sparks imagination, teamwork, and creativity! Whether it becomes a magical castle, a cozy reading nook, or a spaceship to the stars, a fort invites kids (and adults!) to dream big.

Find some fort building tips [here](#) and [here](#).

Option B: The Floor is Lava

This classic 'Floor Is Lava' game is an excellent way for kids of all ages at home (and adults!) to use their imaginations, get the wiggles out, and have some fun. The basic rules of the game are as follows:

- Someone walks into a room and casually shouts, "The floor is lava!"
- Everyone has 5 seconds to get both feet off the ground in any way possible.
- At the end of 5 seconds, if someone still has any contact with the ground, they lose.
- If everyone successfully gets off the ground, life simply resumes as normal...until the next time!

For specific adaptations to play with toddlers, preschoolers, elementary-age kids, and teens, check out this article from Parents.com:

<https://www.parents.com/fun/activities/indoor/ways-to-play-floor-is-lava-game-at-home/>

Option C: Imaginative Goodbyes

Most of us have heard the good "See you later, alligator" and the response "In a while, crocodile," but have you heard "Toodle-oo, Kangaroo," "Bye-bye Butterfly," or "Gotta go Buffalo"? This month, have fun using your imagination to come up with as many fun and creative rhyming goodbyes as you can.

Option D: Family Game Night

Gather the family (and friends) for a fun game night! Soul Matters has heard from many sources that the following games will surely get everyone flexing their imagination muscles! So give them a try this month and see if you agree!

- [Pictionary](#)
- [Exquisite Corpse](#) – A game where one person draws part of a creature, folds the paper, and passes it on for someone else to continue.
- [Telestrations](#) – A mix of Pictionary and Telephone, where players draw a word and pass it along for hilarious results.
- [Dungeons & Dragons \(Family-Friendly Version\)](#) – Create characters and go on adventures together! (There are beginner versions for kids.)



At the Bedside and in the Book Nook

At The Bedside & In the Nook suggests books that help families engage the monthly themes with their imagination. This story-centered section honors the unique way stories enrich our sense of what's possible, expand our empathy, and build our identities.

Pete The Cat's GROOVY Imagination

by James Dean (suggested for kids 3-7)

"When a cloudy gray sky cancels Pete the Cat's beach day plans, a big box is all he needs to beat the rainy-day blues. Pete the Cat wants to go surfing, but he looks outside and—oh no!—it's gray and rainy. Does Pete get sad? No, he doesn't! Instead, he finds a really big and GROOVY box. Find out in this epic adventure just where Pete's imagination takes him."

Invitation to Connect: *Parents, ask your children how they would use their imaginations if the weather changed their plans.*

What If...?

by Samantha Berger (suggested for kids 4-8)

This is a fantastic and empowering book about a young girl of color who faces obstacles but keeps using her creativity to solve problems. It teaches that imagination can help you cope with challenges and create hope for a brighter outcome.

Invitation to Connect: *Parents use this as an opportunity to talk about how they might use art as a way to express their imagination and creativity to help them solve problems.*

Weslandia

by Paul Fleischman (suggested for kids 5-9)

"Now that school is over, Wesley needs a summer project. He's learned that each civilization needs a staple food crop, so he decides to sow a garden and start his own — civilization, that is. He turns over a plot of earth, and plants begin to grow. They soon tower above him and bear a curious-looking fruit. As Wesley experiments, he finds that the plant will provide food, clothing, shelter, and even recreation. It isn't long before his neighbors and classmates develop more than an idle curiosity about Wesley — and exactly how he is spending his summer vacation."

Invitation to Connect: *Parents use this as an opportunity to imagine some of the things you might do as a family with summer right around the corner*

A Kids Book About Imagination

by LeVar Burton (suggested for kids 5-9)

What is imagination? Most of us think of it as playing pretend or what happens when we're dreaming, but imagination takes us to worlds and galaxies beyond that. Imagination helps us travel between time, space, and reality. It gives us the power to dream up the world in our own vision and encourages us to think of not just what is, but what could be." - Amazon

Invitation to Connect: *Parents use this as an opportunity to talk about how they have used their imaginations throughout their lives.*

The Girl Who Drank the Moon (Winner of the 2017 Newbery Medal)

by Kelly Barnhill (suggested for kids 9-13)

Escape into the land of imagination with this magical story for older kids about a girl raised by a witch.

Invitation to Connect: *Parents leave this book out for your kids as an opportunity to escape into a land of make-believe once again*



In Front of the Screen

Watching Meaningful Movies Together

In Front of the Screen offers families ways to connect with the monthly theme and each other through movies and TV shows.

Bluey - Magic Xylophone (Season 2, Episode 9). (G)

In this episode, Bluey and Bingo discover a magical xylophone that can transport them to different places and even freeze time, all with the power of imagination. As the two sisters play with the xylophone, they use their creativity to make up different scenarios and challenge each other's imaginations, resulting in both fun and important lessons about sharing, cooperation, and the wonders of imaginative play.

Invitation to Connect: *After watching, talk about some of the different places you and your kids might want to go if you had a magic xylophone*

Alice in Wonderland ([1951 G](#) & [2012 PG](#))

Snuggle up as a family and watch this whimsical tale about a girl who falls into a world of pure imagination.

Invitation to Connect: *Parents, here's your chance to share stories about worlds you imagined as a child.*

Pete's Dragon ([1977 G](#) & [2016 PG](#))

A heartwarming story about a boy and his imaginary (or is he real?) dragon friend.

Invitation to Connect: *Parents, use this movie as an opportunity to talk with your kids about how they decide if things are real or imaginary.*

Willy Wonka & the Chocolate Factory ([1971 G](#) & [2005 PG](#))

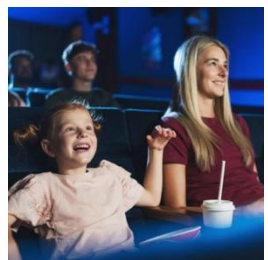
Dive into a deliciously imaginative journey through a candy-filled world.

Invitation to Connect: *Parents, use this movie as an opportunity to talk about what it means to "think outside the box" like Willy Wonka.*

Big Fish (PG-13)

A great movie for older kids (10+) about storytelling, imagination, and the way we shape our lives through the stories we tell. It also touches on the blurred lines between fantasy and reality

Invitation to Connect: *Parents, use this movie as an opportunity to talk with your kids about the difference between facts and imaginative truth and how imagination doesn't always mean making things up—it can be a way of expressing deeper truths about life, love, and adventure.*



In the Toolbox

Strategies to Help Our Kids Navigate the Complicated Stuff

In the Toolbox offers parents resources to better understand the well-established and newly emerging challenges of being a child today. It's all about equipping parents to be better guides and companions for their kids.

Resource One: Stirring a Child's Imagination

<https://www.dailygood.org/story/3276/stirring-a-child-s-imagination-j-ruth-gendler/>

“More and more I believe the human imagination can be considered an essential natural resource – not rare but precious – and it needs our attention to flourish. In exploring our imaginations, I’ve found open-ended questions especially useful, whether we go on to use them to write from or dance or scribble them underneath a painting. Invitations, not prescriptions—these are questions for each of us to answer in our own ways! (Perhaps, instead of answering these questions all at once, live with and let different answers emerge over time.) ...”

Resource Two: Raising Imagination Is a Lost Parenting Art

<https://www.psychologytoday.com/us/blog/raising-imagination/202408/raising-imagination-is-a-lost-parenting-art>

“As the children’s mental health crisis grows, therapists and academics are taking a new look at the ways we help parents raise healthy kids who will create a better world... An imaginative mind gives kids stronger problem-solving skills and fuels more than pretend play.”

Resource Three: How Imagination Can Change Your Mindset as A Teenager

<https://theresiliencetutor.com.au/imagination-and-mindset-as-a-teenager/>

“We all have thousands of thoughts in a day. Yet, how many of us take the time to acknowledge and explore our curiosities? When you make space to explore your thoughts and what you are curious about, you’re adding to your imagination’s canvas and painting as you go through different life experiences. In this process, you’re connecting your imagination and creativity as your mind goes on a journey of design and discovery instead of letting your curiosity and imagination pass you by due to distractions. Not every thought is positive, and it’s essential to be equally aware of positive and negative thoughts so you can learn strategies to build resilient thoughts.”

Resource Four: Imaginary Friends

<https://raisingchildren.net.au/preschoolers/behaviour/friends-siblings/imaginary-friends>

Understanding and navigating your child's imaginary friends



On the Porch

Connecting and Sharing Stories with [Your Village](#)

On the Porch uses thoughtful questions to open space for you and your parenting partners or parent/caregiver friends to connect more deeply with each other and think more deeply about how the monthly theme has shown up in your life and can show up in a more intentional way.

How to Go About It

Bring these questions with you when the time comes to hang out with your co-parent or parenting/caregiver buddy. Treat the questions less as a quiz and more like doorways inviting you into the world of mutual storytelling and memory. Go through them all, or pick a few that call to you most.

Questions

1. How is parenting better than what you imagined? How is it harder?
2. When your child gets stuck, how do you help them imagine other possibilities?
3. What's the best thing you daydreamed about recently?
4. In what ways do you encourage or nurture your child's imagination?
5. Do you think technology (TV, video games, social media) helps or hinders children's creativity and imagination?
6. How has family life changed what you imagine about your personal future?
7. Does imagination ever distract you from your day-to-day responsibilities and reality?
8. How do you reel in your thoughts when you imagine terrible things that might happen to you and your family?
9. What "imagined life" for yourself has been with you the longest? Might it be time to act on it or let parts of it go?
10. How do you think creativity and imagination will impact your child's future career or success?
11. How has imagination helped you be a better parent, a better friend, and or partner?
12. On hard days, which do you prefer, the imaginary interior life or the concrete things outer life?
13. How do your friends and circle of supporters help you imagine yourself as better than you sometimes think you are?



Alongside the Chalice

Family spiritual practices and rituals are crucial for kids, youth, and adults. While lighting a chalice at home is a beautiful family practice, it can often be the only explicit UU identity practice we bring into our homes. So our Alongside the Chalice section offers a different UU practice, observance, or ritual for families to try out each month, with the hope that a few stick and become woven into the repeated and treasured rhythms of family life.

Wonder Walks (Imagination in Nature)

Go on regular nature walks and practice Sacred Noticing—encourage each family member to observe something that sparks their imagination (e.g., a cloud that looks like a dragon, a tree with “arms,” a rock that tells a story). Ask open-ended questions like: What story might this tree tell? What if this river could talk? End with a moment of gratitude, holding hands, or taking a deep breath together.

Chalice of Imagination & Dreams Ritual

This can be used as a morning or evening ritual, before meals, or during family gatherings to center creativity and reflection.

Lighting the Chalice

Invite a family member to light the chalice while saying: We kindle this flame to awaken our imagination, to welcome our dreams, and to remind us that creativity shapes the world.

Reflection & Sharing

After the chalice is lit, invite each family member to share something from their imagination that day. “What is something your imagination helped you create or dream about today?”

- A dream they had (sleeping or waking).
- A story idea or something they imagined.
- A “what if” question to spark creativity (e.g., What if trees could talk?).
- A vision for the world they’d like to see.

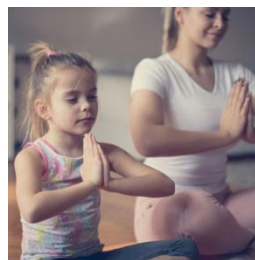
Extinguishing the Chalice

Invite a family member to extinguish the flame while saying: Though this flame fades, may our dreams continue to shine, our imaginations remain bright, and our hearts stay open to new possibilities.

Guided Meditation for Children and Adults

https://www.youtube.com/watch?v=427t_KoS3jM

Visualizing peaceful imagery can increase feelings of calm. This style of meditation asks us to imagine a scene in nature. Calm will guide us through a series of sensations, including touch, taste, smell, and sight. This type of meditation can be grounding during challenging times. If a young one is feeling sad, worried, or embarrassed, imagining a different location, paired with deep belly breathing, can have calming effects.



The Extra Mile

The Extra Mile section is for families who want to continue exploring the theme of the month through larger adventures, more complex projects, or simply through additional modalities not otherwise included in the packets. A bit more effort, but well worth it!

Dreams & Values Family Vision Board

A vision board is a creative way to help families imagine and visualize their shared values, goals, and dreams. This activity encourages deep discussions, artistic expression, and a sense of unity. Here's a step-by-step guide to creating a meaningful and joy-filled vision board

Materials Needed:

- Large poster board or corkboard
- Magazines, newspapers, or printed images
- Scissors and glue or tape
- Markers, colored pencils, stickers, or decorative elements
- Index cards or sticky notes (optional)

Step 1: Discuss Family Values & Dreams

- Ask open-ended questions to guide the conversation like:
 - What values are most important in our family (e.g., kindness, faith, creativity, generosity)?
 - What do we hope for as a family in the next year? In five years?
 - How do we want to make a difference in the world?
 - What personal dreams does each family member have?
- Write down key themes that emerge.

Step 2: Gather & Create

- Flip through magazines or search online for images, words, or symbols that represent your family's values and dreams.
- Cut out and arrange these elements on the board in a way that feels meaningful.
- Add personal drawings, handwritten words, or small objects that hold significance.

Step 3: Reflect & Affirm

- Invite each family member to share one or two things they added and why they chose them.
- Being sure to affirm and celebrate each person's contributions, reinforcing how each dream and value fits into the bigger family vision.

Step 4: Display & Revisit

- Place the vision board somewhere visible in the home (e.g., the kitchen, living room, or hallway).
- Revisit it regularly—maybe monthly or seasonally—to reflect on progress, make adjustments, and celebrate milestones.



Blessing of Imagination

Dear fellow everyday magic makers,
make-believe supporters,
And “What if....” question answerers,

May your days be filled with wonder,
your hearts open to the magic of possibility.

May you see the world not just as it is,
but as it could be—
a place of kindness, justice, joy and love.

May you nurture curiosity in your children,
encouraging them to dream boldly,
to ask wild questions,
and to see beauty in the unseen.

When life feels heavy with schedules and worries,
may you find moments of play,
where laughter sparks like a flame
and imagination lifts you beyond the ordinary.

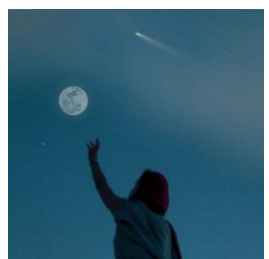
May you remember magic and imagination are for you
and within you, too,
they are not just for your children.

And as you remember,
may you live as a dreamer,
a storyteller,
a creator of worlds.

May your family’s journey be one
of endless wonder,
where imagination is not just a practice,
but a sacred path.

May it be so.

~ ***April Rosario***



Question Jar Cut-Outs

*We invite you to write your own questions as well
We also remind you that questions that evoke stories are often the most impactful.*

**When you imagine life 100 years from now,
what do you see?**

**How do you think you are different from what your
ancestors imagined you might be?**

**When you imagine your best day ever,
what is happening?**

**Who is better at imagining: kids, teens, parents,
grandparents? And why?**

Who is your most imaginative friend?

**Do you have to be either imaginative or realistic? How
do those two qualities work together in a person?**

Do you imagine in words, pictures, sounds, or some combination of all your senses?

What is one of your best stories about playing with or talking to your childhood imaginary friend?

When you dream at night, is that your imagination or something else?

**Where do you do your best imagining? Outdoors?
Alone in your room? On walks? In the woods?
On the playground? Listening to music?
In your bed reading? Nighttime?**

When is it sensible to limit one's imagination?

If you could go back in time and have lunch with a historical figure, who would it be?

What do you imagine it's like when we die?

Have you ever had something so unbelievable happen to you that afterward, you couldn't tell if it was real or if you imagined it? If so, what was it?

Where do you think our imagination comes from?

Whose imagination would you love to live in for a day?

**Imagine a world built on love and justice.
What does it look like?**

Why do you think it is hard for some people to use their imaginations?

Connect with More Inspiration for You and Your Family!

Parents can Join our Facebook and Instagram pages for
daily Inspiration on our themes:

Facebook: <https://www.facebook.com/soulmatterssharingcircle/?ref=settings>

Instagram: https://www.instagram.com/soul_matters_circle/

Parents and youth will want to check out
our [Spotify](#) & [YouTube](#) music playlists on the monthly themes.

Credits

Soulful Home packets are prepared by

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You are free to use any of this material verbatim in worship, newsletters
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