



Soulful Home

Finding the Sacred in
Everyday Spaces



 **ALL PEOPLES**
a Unitarian Universalist Congregation

**Embracing
Possibility**
April 2026

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The Welcome Mat

What Does it Mean to be a Family that Embraces Possibility?

I won't lie; I always thought parenting would be easier than it actually is. You see, I knew I wanted to raise children for as long as I can remember. So I thought this desire would be enough for parenting to then "just come easily"! But if you have raised children, you know how untrue that is. If you think your desired picture of parenting will unfold as you expected (and hoped), you will be in for one of the biggest surprises of your life.

In fact, surprise - as every parent learns - is the name of the game. It is not so much about guiding our children down the path; it's about traveling with them through unmarked territory. It's pointing out not just what is, but also what could be. It's about noticing the unopened doors and having the courage to turn the handle. It means believing that mistakes are not endings, but beginnings in disguise. It's about understanding that a hard day is not the whole story.

Additionally, as parents, we often think our role is to guide our children toward who they will become. But what I have learned is that they are guiding us, too. They remind us to try again after we fall. They ask bold questions we might be too careful to ask. They imagine futures that are kinder, braver, and more just than the world they see around them. Yes, it's our job to help our kids see the world as full of possibility, but it turns out that they expand our sense of what's possible as well.

Another way to put all this is to say that our children live naturally in possibility. A scraped knee becomes a story of resilience. A disagreement becomes a lesson in empathy. A cardboard box becomes a stage, a rocket ship, a secret clubhouse. And because of these lessons, I have come to realize that being a family that embraces possibility means being a family that chooses growth over comfort, curiosity over fear. It means saying, "Let's see what happens," instead of, "I will tell you how it goes."

So this month, I invite you to lean gently into possibility and see that possibility is a place where mistakes are met with grace. Where questions are welcomed. Where trying counts as success. Where becoming is celebrated. And where parenting is not about helping them grow, but all of us growing together.

Wishing all of you the gift of endless surprise,
April



At the Table

Exploring Embracing Possibility 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 can also be used during a quiet moment in the living room or while driving in the car. This section strengthens family bonds as members learn more about each other through evocative questions.

How To Go About It

The most straightforward approach is to have parents and/or caregivers read off the questions they believe will resonate most with family members, and then 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. What does the word possibility make you think of?
2. Who in our family is most likely to take the words, "It's impossible!" as a challenge?
3. What possibility are you looking forward to?
4. What's one thing you did recently that would not have been possible five years ago?
5. Does having a lot of possible choices about something excite you or stress you out?
6. What makes forgiveness possible between two people, even when they're really mad at one another?
7. Have you ever seen an animal do "the impossible"?
8. What advice would you give a friend who wanted to do something but was also scared about it and telling themselves, "No, I could never do that"?
9. How does it feel when you try something new and don't know how it will turn out? And what do you tell yourself in order to face that uncertainty with courage?
10. When something doesn't go the way we hoped, what possibilities might still be there?
11. Who helps you remember that things can change when you're feeling stuck or discouraged?
12. How can we be gentle with ourselves while we're figuring things out?



At Play

Playing With Possibility 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 Possibility Scavenger Hunt

This month's scavenger hunt isn't just about finding objects—it's about exploring possibilities. Possibility is the idea that things can change, grow, or become something new. Each clue leads you to an everyday object, and each challenge invites your family to notice what could be possible there through choice, creativity, teamwork, or courage. You can do the whole hunt at once or spread it out over several days. There are no right answers, just curiosity and openness.

Clue 1: Sometimes I help you find or view cartoons, sometimes the news. Find me where we watch whatever we choose!

Answer: The TV or Remote

Possibility Challenge: Talk together about a show or movie you could watch that helps you learn, feel brave, or feel connected.

Or make up and act out a short "preview" of a show that doesn't exist yet.

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

Answer: The Kitchen Table

Possibility Challenge: Name one conversation that could happen at this table that would help someone feel heard or loved. Take turns sharing what that conversation might sound like.

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

Answer: The Bathtub or Shower

Possibility Challenge: Water helps wash things away. Name a worry or hard moment that you wish could be "washed away." Then name what you wish could take its place.

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

Answer: A Bed

Possibility Challenge: Share one hope or dream you have—for yourself, your family, or the world. It doesn't have to be big. Then say one small step that could help that dream come closer to being real.



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

Answer: The Front or Back Door

Possibility Challenge: Stand inside a doorway together. While there, name something familiar that brings you calm or joy. Then step through the doorway and name something new or unknown that you want to explore. Talk about how doors remind us that change and possibility often begin with a single courageous step.

The Treasure: Choosing Possibility Together

Instead of a physical prize, choose one family activity that feels full of possibility:

- **Movie Night:** Watch a movie about hope, courage, or change.
- **Baking Together:** Try a new recipe or adapt an old favorite.
- **Creative Time:** Draw or build something that shows what your family hopes is possible.



Additional At Play Options

Option A: Farkle

<https://www.dicegamedepot.com/farkle-rules/?srsltid=AfmBOorM6YTb8RURnwrpajlRUjpN14PSrMk7SH90UuqIXOpL7Vxnz5dw>

Farkle is a game about rolling the dice...you never know what you'll get. Sometimes you score big. Sometimes you lose it all. But either way, it is a super fun way to practice embracing possibility. Possibility means we don't always get to choose what we're given, but we do get to choose what we do next. In this game, every roll is a new chance.

Materials to Play: 6 dice, a score sheet, and a pencil

How to Play Farkle

The goal of Farkle is to be the first player to reach a certain point target, typically 10,000 points.

- Each round, players take turns rolling the dice, deciding whether to score their points or continue rolling to accumulate more.
- The game continues until someone hits the point target.
- But there's a twist! If you fail to score any points on your turn (this is called "Farkling"), you lose all the points you've accumulated in that round and pass the turn to the next player.
- This twist adds a lot of excitement and risk, making every roll a strategic decision.

Farkle Scoring Basics

You roll six dice and set aside any scoring dice after each roll. You can keep rolling the remaining dice to build points—or stop and bank your score.

Single Dice

1 = 100 points

5 = 50 points

Three of a Kind

Three 1s = 1,000 points

Three 2s = 200 points

Three 3s = 300 points

Three 4s = 400 points

Three 5s = 500 points

Three 6s = 600 points

Four, Five, or Six of a Kind

Four of a kind = 1,000 points

Five of a kind = 2,000 points

Six of a kind = 3,000 points

Special Combinations

Straight (1–6) = 1,500 points

Three pairs = 1,500 points

Two triplets = 2,500 points

Four of a kind + a pair = 1,500 points

Hot Dice - If all six dice score in one turn, you get Hot Dice:

Set all six dice aside

Roll all six again & keep adding points

Farkle - If you roll and no dice score, that's a Farkle. You lose all points for that turn and your turn ends

Getting on the Board

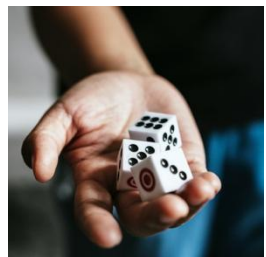
Most games require 500 points in a single turn to start scoring (Families with younger kids often lower this to 300 or skip it entirely.)

Winning the Game

First player to reach 10,000 points triggers the final round

Everyone else gets one last turn

Highest score wins



Option B: Paper Airplanes

Paper airplanes are perfect symbols for embracing possibility. From a simple, common piece of paper comes a joy-producing, gliding machine! Have fun inviting each family member to make one, and then enjoy some healthy competition and see whose goes the farthest! If it's safe to do so, see if you can launch from a decently high location (top of a park slide? from a treehouse? somewhere higher?!) to make it even more interesting!

<https://www.youtube.com/watch?v=pCQewNn6gC4>

Bonus: And why not add on a paper boat project as well?! And remember, you don't need a river to race your paper boats. Just wait for a rainy day and try it in your street, like this family did: https://www.youtube.com/watch?v=MkPr5j_RJmo

Option C: Anything is Possible with Salt Dough

Salt dough is a classic DIY craft project. And since the ingredients to make it are common and inexpensive, it's easy to be wide-open and experimental with what you might do with it. All you need to do is simply set out the dough (in a covered container--it dries out quickly) along with some household items that would make cutting and shaping more fun.

Salt Dough Directions

4 cups all-purpose white flour

1 cup salt

1 1/2 cup warm water

Add the salt to the flour in a large bowl, then slowly add the water.

Mix with a large spoon until it's too hard to work, then knead with your hands, or use the dough hook on a stand mixer until the dough is smooth.

Gather utensils and objects that might impart interesting textures. Forks, pieces of window screen, toothpicks, sturdy plant sprigs such as cedar or pine, cookie cutters, old brushes or combs, etc.

Option D: Blanket Forts of Possibility

On their own, blankets are just blankets. But with a little imagination, their possibilities are endless! They can become anything: a hideout, a home, a spaceship, a library, a place to rest, or a place to dream.

As a family, have fun building a fort of possibilities together. There's no right way to do this. You might try something that doesn't work at first—and that's part of embracing possibility, too.

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



At the Bedside and in the Book Nook

At The Bedside & In the Nook suggests books that help families engage with 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.

[Why Not?: A Story about Discovering Our Bright Possibilities](#) by Kobi Yamada (Suggested for kids 4-7)

Someone is going to set out on a bold adventure. Someone is going to step up to the challenge. Someone is going to change things for the better. Why not you? A powerful story that celebrates the limitless potential within every child.

Invitation to Connect: Parents, use this as an opportunity to ask your children what possible adventures they may want to take in their lifetimes.

[What If...?](#) by Samantha Berger (suggested for kids 5-9)

This is a fantastic and empowering book about a young girl of color who faces obstacles but keeps using her creativity to solve problems and see what is possible.

Invitation to Connect: Parents use this as an opportunity to talk with your kids about how they might use art as a possible way to help them solve problems.

[You Are Awesome](#) by Matthew Syed (Suggested for kids 8-12)

You Are Awesome is a non-fiction illustrated growth mindset book for kids that helps them build resilience, embrace their mistakes, and dare to try even when things feel hard.

Invitation to Connect: Parents, leave this book out for your kids as an opportunity to reflect on the many awesome what's the succeeded through practice and a positive attitude.

[The Girl Who Drank the Moon](#) by Kelly Barnhill (Suggested for kids 9-13)

Escape into the land full of possibilities 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, all the possibility that comes with it 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.

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

Dive into 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 possible worlds you imagined as a child.

Moana 1 and 2 (PG)

Snuggle up as a family and watch a story (or 2) unfold about trying new things, persistence, and overcoming self-doubt.

Invitation to Connect: Parents, use these movies as opportunities to talk with your children about what new adventures they might want to try.

The Tiger's Apprentice (PG)

A powerful story about a boy who is discovering a magical world, embracing his destiny, and overcoming immense challenges.

Invitation to Connect: Parents, use this movie as an invitation talk to your kids about what they think about the idea of destiny and what challenges they think may lie ahead in embracing theirs.

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

The possibilities are endless in this 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.

Bridge to Terabithia (PG)

A powerful fantasy-meets-reality story about friendship, imagination, and discovering that our inner worlds can expand what we believe is possible

Invitation to Connect: Parents, use this movie as an opportunity to talk about the things they are doing now that a few years ago didn't seem possible and the things they hope are possible in the years to come.



In the Toolbox

Strategies to Help Our Kids and Ourselves 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: It's Good That It Went This Way

<https://dailydad.com/its-good-that-it-went-this-way/>

“You thought you’d get a successor to your business, to your calling. You assumed they would be an athlete...You dreamed of sharing books or movies together. You imagined traveling through the outdoors and all around the world. But your daughter is dyslexic, and your son can’t stand football. They are not inclined to follow in your footsteps at work. They do not share your tastes for art or adventure. Good... Our job as parents is to not to make our kids what we want them to be but to help them become who they are.. ”

Resource Two: 5 Super Simple Habits that Will Transform Your Parenting

<https://www.thebettermom.com/blog/2015/3/27/5-super-simple-habits-that-will-transform-your-parenting-plus-a-free-printable>

On changing family habits to unleash new possibilities for how we are together as a family

“There are tons of books and blogs that teach us how to be a good parent, but it's really very simple. Being a good parent can start with changing a few habits. Don't believe me? Try one of these simple habits every day and watch how it transforms your family and your home...”

Resource Three: The Possibility of Cognitive Kindness

<https://www.youtube.com/watch?v=E4lyZ0df3ks>

“Our minds are among our most valuable individual and collective resources, and yet we often don’t treat them that way. Karen Yu offers cognitive kindness as a way forward and a means to create “an ecosystem of ideas that nourish each other while offering fertile ground for new possibilities...”

Resource Four: The Myth of the Mini-Me

<https://www.goodinside.com/podcast/12859/the-myth-of-the-mini-me/>

On realizing that your child isn’t a reflection of you and learning how to unleash the possibilities of who they truly are.

Resource Five: How to Raise an Environmentalist

<https://www.yesmagazine.org/environment/2016/09/24/how-to-raise-an-environmentalist>

On raising kids who can lead us all into the possibility of healing the planet.



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 the most.

Questions

1. When you think about the phrase “embracing possibility,” as a parent, what feelings come up for you: excitement, fear, exhaustion, hope?
2. Can you name a time in your parenting when something felt impossible... and then shifted? What allowed that to happen?
3. What possibilities do you see in your child that they might not yet see in themselves? How do you nurture those gently without pushing too hard?
4. Where do you notice yourself shutting down possibilities out of fear, protection, or practicality?
5. How do you help your child imagine a hopeful future when the world feels uncertain?
6. What messages about “what’s possible” did you receive growing up? How are you keeping or rewriting those messages now for your kids?
7. In your family, what helps create an environment where trying (and failing) feels safe?
8. What’s one small risk you’ve taken as a parent that expanded what felt possible for your family?
9. How do you balance preparing your child for real challenges with protecting their sense of wonder?
10. Where do you personally need more possibilities in your own life? i.e., what possible identities lie for you beyond being a parent? What would it look like to take one step toward it?
11. If your child grows up believing one deep truth about what is possible in this world, what do you hope it is?



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.

Family Possibility Vision Board

A vision board is a creative way to help families to visualize and embrace all the wonderful possibilities the future could hold for them. 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, generosity)?
 - What do we hope is possible for us 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.



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!

Possibility Path

This activity is designed to help families begin practicing possibilities together. It encourages courage, collaboration, laughter, trust, and unity. It helps families move from imagining to doing. Families will focus on one “Possibility Path” each week for the next month.

Week 1: Trying Something New

Begin the week by having an open conversation about why trying new things matters. Be sure to lift up that new possibilities often begin with discomfort.

- Invite everyone to choose one new challenging thing to try this week. Encourage each person to name their “new challenging thing” out loud.
 - Trying a new food
 - Wearing a new hairstyle
 - Starting a new book
 - Visiting a new place
 - Talking to someone they haven’t spoken to before
 - Learning a new skill
- At the end of the week, come back together and reflect:
 - What did you try?
 - How did it feel before you did it?
 - How did it feel after?
 - Would you try something new again?

Week 2: Solving Challenges Together

Begin the week with a conversation about teamwork and resilience and how big possibilities grow when we work together. Talk about why it is important for families to work together when something feels hard

- As a family, choose a small collaborative challenge to do together. Remind everyone that the goal is not perfection, it’s collaboration.
 - Cook a meal together where everyone has a role.
 - Solve a puzzle as a team.
 - Create a family game together.
 - Clean and reorganize a shared space.
- At the end of the week, reflect:
 - Did anything not work the first time?
 - How did you adjust?
 - Who showed leadership?
 - When did you feel most connected?



Week 3: Helping & Trusting One Another

Begin this week with a conversation that highlights interdependence — a core value in Unitarian Universalism. Talk about how none of us ever truly walk the path of possibility alone. Talk about what trust feels like: when are times it feels hard to ask for help, and why helping someone else trust is an act of possibility?

- Choose one trust-building or helping practice for the week:
 - Pair up and complete a simple task where one person gives directions.
 - Take turns planning part of the day and trusting others to follow.
 - Secretly choose a family member to encourage all week.
 - Work together to help someone outside your family (neighbor, friend, community member).
- At the end of the week, reflect:
 - When did you feel supported?
 - Was it easier to help or to ask for help?
 - Did helping someone change how you felt?

Week 4: Taking One Brave Step

Lift up how over the past few weeks your family has tried new things, solved challenges together, and practiced helping and trusting. This week is about action and being brave. Explain that big possibilities don't happen all at once. They grow from small, intentional steps. Talk about what feels just a little bit brave right now, but not impossible?

- Together, choose one small but meaningful action your family will take this week. The key is it should be doable within one week. Here are some examples.
 - If you want to embrace the possibility of more family connection, you might plan one tech-free evening.
 - If you want to embrace the possibility of more adventure, you might explore a plan a trip
 - If you want to embrace the possibility of more learning, start researching something together or watch a documentary
- At the end of the week, reflect:
 - How did it feel to take action instead of just imagining?
 - What helped us follow through?
 - Was it easier or harder than we expected?
 - What did we learn about ourselves?
 - If the action didn't go perfectly, normalize that.
 - Ask:
 - What might we adjust next time?
 - What did we still gain from trying?

Closing the Month: Celebration of Possibility

Gather as a family and reflect on the whole journey:

- Which week stretched us the most?
- Which felt easiest?
- What did we learn about ourselves?
- How have we grown?



Blessing of Embracing Possibility

Dear brave possibility seekers, steady step takers, and tender “Let’s try...” whisperers,

This month,
May your days be filled with courage,
and your hearts open to what might yet unfold.

May you see the world not only as it is, but as it is becoming,
stretching toward justice, leaning toward kindness, growing toward love.

May you welcome the new idea, the second attempt, and the different path.

When comfort calls you to stay small, may curiosity nudge you forward.
And when fear grows loud, may connection speak louder.

May your dinner tables hold brave conversations.
May your living rooms witness big dreams.
May your ordinary days carry extraordinary beginnings.

May you remember that possibility is not loud or flashy,
but often sounds like, “We could...” “What if...?” or “Maybe...”

May you trust that small steps count,
that trying again matters,
and that becoming is holy work.

This month, may your family’s journey be one of
growing, stretching, and unfolding
where possibility is not just a hope,
but a daily practice.

Blessed be, and 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.

What does the word possibility make you think of?

**Who in our family is most likely to take the words,
“It’s impossible!” as a challenge?**

What possibility are you looking forward to?

**What’s one thing you did recently that would not
have been possible five years ago?**

**Does having a lot of possible choices about
something excite you or stress you out?**

What makes forgiveness possible between two people, even when they're really mad at one another?

Have you ever seen an animal do "the impossible"?

What advice would you give a friend who wanted to do something but was also scared about it and telling themselves, "No, I could never do that"?

How does it feel when you try something new and don't know how it will turn out? What do you tell yourself in order to face that uncertainty with courage?

**When something doesn't go the way we hoped,
what possibilities might still be there?**

**Who helps you remember that things can change
when you're feeling stuck or discouraged?**

**How can we be gentle with ourselves while we're
figuring things out?**

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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