



Soulful Home

Finding the Sacred in
Everyday Spaces



Freedom
June 2025

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A Blessing of Freedom

The Welcome Mat

What Does it Mean to be a Family of Freedom

As we make our way into the beginning of summer, I'm so grateful for our monthly theme of freedom and the chance it gives all of us to reflect on what it means to be a family of freedom. My children, although not little kids anymore, have always been their best selves when they are outside. And although we have always been a "there is no such thing as bad weather, just the wrong kinds of clothes for the weather" type of family, I'll admit I long for the summer months and the freedom that comes with them. I was that parent who would take my kids into a large field on a warm sunny summer day and jokingly yell, "You're free," as I watched them giggle and laugh and sprint out in different directions.

Reflecting on these fond memories has gotten me thinking, though: What does it mean, really, to be a *family of freedom*? Because as much as I love the carefree freedom of summer days, I know that there is more to it. For instance, I have come to believe that an often-overlooked part of freedom involves the ability to seek truth and meaning on our own terms. Or to put it another way, it's not just about the freedom to explore the world, but also the freedom to shape one's character. It's about giving our children not just answers but tools—tools to wonder, to discern, and to listen deeply to the unique calling of their hearts. This kind of freedom isn't about the absence of boundaries but the presence of values that guide us as we navigate the world.

When we say we are striving to be *families of freedom*, I think a part of what we are saying is that we are striving to raise our children in homes where curiosity is celebrated, and differences are honored, so that, our children have the freedom to become their unique selves. And so I've found that being a family who practices freedom means we are families who hold space for big questions and little ones, where no topic is off-limits if asked, where curiosity is celebrated, and differences are honored.

So, friends, what is it for you? My hope is that this packet helps you refine your own and your family's understanding of freedom. And I invite you to embrace the practice, the power, and the responsibility of freedom in your family life, so your vision of freedom can shape the world. Because, of course, as parents and caregivers, we are shaping not just our children, but also the world through them. That's not just good parenting; That's holy work for sure!

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. What memory comes to mind when you hear the word freedom?
2. What's one way our family lets each person be themselves?
3. When do you feel most free – and why?
4. Have you ever had to stand up for your own freedom? What happened?
5. If you could change one thing about school, home, or work to feel more free, what would it be?
6. What helps you feel safe and free enough to speak your truth?
7. Who do you admire for the way they use their freedom?
8. Sometimes peer pressure makes us feel unfree. Have you ever felt that way?
9. What kinds of freedom do people fight for in the world today?
10. What would you do with a whole day of total freedom?
11. Can you think of a time you helped someone else feel free or get free?
12. A part of being free is to be able to be ourselves and pick your own values. What two values that make you you?
13. When is it okay to break a rule?
14. Family rules restrict our freedom. Mostly for good reasons. But is there a family rule you would like to talk about more and maybe change?
15. What's one freedom you're grateful for that someone before you had to fight for?
16. Who is more free? Adults or kids? And why do you think so?
17. So you think cell phones and social media make people more free or less free?
18. What animal best represents freedom?
19. What's one way we could help more people experience freedom in their lives?



At Play

Playing With Freedom as a Family

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

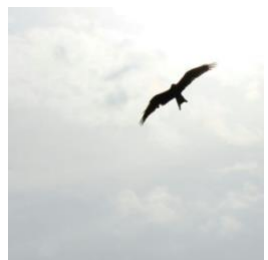
This Month's Treasure Hunt – Family Freedom

This month's treasure hunt is all about finding the freedoms you treasure as a family. Each week (or every few days), choose 1–2 clues or prompts from the list below. Use them as inspiration for activities, conversations, art projects, journaling, or simple shared moments. Take pictures, make drawings, write reflections, or create a “Freedom Journal” to record your treasures.

1. **Find a place where you feel free.**
 - Visit it, take a picture, or draw it.
 - Talk about *why* it feels that way.
2. **Create a “Freedom Flag” for your family.**
 - What symbols or colors represent your family’s values?
3. **Find and listen to a freedom song.**
 - Ideas: “This Little Light of Mine,” “We Shall Overcome,” or “Born This Way.”
 - How does it make you feel? Dance or sing along!
4. **Find a story about and learn about someone who fought for freedom.**
 - It could be a historical figure, a UU leader, or someone from your own family.
5. **Make a freedom art piece.**
 - Use sidewalk chalk, paint, collage, or digital art.
 - Title it and share it if you like.
6. **Discover a freedom quote.**
 - Read it aloud and talk about what it means to each person.
 - Write it on a sticky note or poster and put it up at home.
7. **Find something in your home that represents personal freedom.**

Explain or show why it matters.
8. **Discover something in nature that symbolizes freedom.**

A bird, an open sky, a river? What does it teach you?



Additional At Play Options

Option A: Paper Airplane

Nothing captures the feeling of freedom and summer freedom than paper airplanes. Find a database of paper airplanes with easy-to-follow folding instructions, video tutorials, and printable folding plans [here](#). And if you are looking for family paper airplane games, check out a bunch of options [here](#) and [here](#).

Option B: Would You Rather: Freedom Edition

This is a fun game to play that encourages kids (and adults!) to think about choices, agency, and values.

How to Play: Take turns asking silly, serious, or thoughtful “Would You Rather” questions with a freedom twist. Here are a few to get you started. Have fun creating ones of your own!

- Would you rather have the freedom to fly or breathe underwater?
- Would you rather choose your own bedtime or your own breakfast every day?
- Would you rather speak your truth or listen deeply to someone else’s truth?

Option C: 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 freedom muscles! So give them a try this month and see if you agree!

- [The Game of Life](#) (8+) or [Life Jr.](#) (5+) - Encourages families to reflect on careers, family, values, and how choices shape freedom.
- [Monopoly](#) (8+) or [Monopoly Jr.](#) (5+) - Highlights who has power and access to resources and who is “imprisoned” by a lack of resources and powerlessness—and sparks great conversation when debriefed critically.
- [Trivial Pursuit Family Edition](#) - Access to information is part of freedom. Knowledge helps people speak up, make decisions, and participate in society.



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.

Julian Is a Mermaid

by Jessica Love (suggested for kids 3-7)

A gentle, joyful story about the freedom of gender expression, self-love, and acceptance.

Invitation to Connect: Parents, ask your children how they like to express themselves

The Story of Harvey Milk and the Rainbow Flag

by Samantha Berger (suggested for kids 4-8)

This story is all about how PRIDE Month and the Rainbow Flag came to be in 1978.

Invitation to Connect: Parents use this as an opportunity to talk about why the freedom to be oneself is so important.

Dreamers

by Yuyi Morales (suggested for kids 3-8)

A stunning, true story of immigration, language, and the freedom to make a new life.

Invitation to Connect: Parents use this as an opportunity to talk about the dreams you have for your children and the dreams they have for themselves. Also talk about how America has long stood for being a place that offers the freedom of a better life to immigrants, captured clearly by the words written about the Statue of Liberty: "Give me your tired, your poor, your huddled masses yearning to breathe free."

The Proudest Blue

by Ibtihaj Muhammad (suggested for kids 4-9)

A powerful story of hijab, identity, and the freedom to be proud of who you are.

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

Your Name Is a Song

by Jamilah Thompson-Bigelow (suggested for kids 4-9)

Celebrates the power and freedom in honoring each person's name and cultural identity.

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

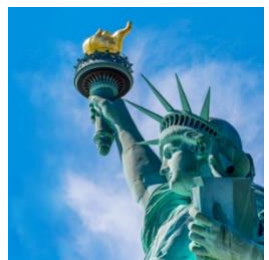
The Front Desk Series

1-The Front Dest, 2-Three Keys, 3- Room to Dream

By Kelly Yang (suggested for kids 9-13)

Ten-year-old Mia Tang runs the front desk of a motel while her immigrant parents clean rooms. She navigates big issues—racism, poverty, and finding her voice—with heart and courage.

Invitation to Connect: Parents leave this book out for your kids as an opportunity to explore immigrant rights, worker justice, and freedom of expression.



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 – Swim School (Season 2, Episode 38) (G)

In this episode, Bandit wants to teach a very structured swimming lesson, but Bluey and Bingo just want to play pretend and make their own game. Eventually, Bandit lets go of control, gives the kids the freedom to create their own rules, and joins in their imaginative world, finding joy in letting them lead.

Invitation to Connect: After watching, talk about what your kids might make up as rules if they had the freedom to do so.

Moana 1 and 2 (PG)

Snuggle up as a family and watch this whimsical tale about the freedom to choose your path, listen to your inner voice, and serve your community.

Invitation to Connect: Parents, use this movie as an opportunity to talk with your kids about the paths they might want the freedom to take.

Luca (PG)

A heartwarming story about self-expression, identity, and leaving your comfort zone.

Invitation to Connect: Parents, use this movie as an opportunity to talk with your kids about what it feels like when they have to leave their comfort zone.

The Hunger Games (PG-13)

Dive into a world where Katniss is not afraid to fight for freedom from oppression.

Invitation to Connect: Parents, use this movie as an opportunity to have a family discussion. Here are some questions to get you started

- What does freedom mean in a world like Panem?
- When is it right to break the rules?
- What kind of courage does it take to protect others?
- How does the Capitol use fear to take away people's freedom?
- How do kindness and compassion show up—even in survival situations?

Divergent (PG-13)

A great movie for older kids (12+) about the freedom to choose your path in a rigid society, resisting being labeled or boxed in, standing up against authoritarianism, moral courage, and the risk of being true to yourself.

Invitation to Connect: Parents, use this movie as an opportunity to have a family discussion. Here are some questions to get you started

- Have you ever felt pressure to be something you're not?
- Is freedom just about choice—or also about justice?
- What would you stand up for, even if it made you a target?
- Are there parts of ourselves that feel "too much" for others to accept?
- How can we protect people who don't fit in?



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: The Parent Pep Talk- Free Range Parenting: Finding the Balance Between Freedom and Safety

<https://www.youtube.com/watch?v=rcFyJlQrcI0>

“How do parents find the right balance between giving kids freedom and making sure they’re safe? In this [podcast] episode, parent educator, Lynne Ticknor, discusses the value of giving kids independence and why it’s easier said than done... Plus, our Safe Kids Tip of the Week gives your kids freedom and also keeps them safe.”

Resource Two: Freedom From Fear - How to Handle Parenting Fears (Which Are Very Normal And Ok)

<https://dailydad.com/how-to-handle-parenting-fears/>

This Daily Dad article explores the tension between giving our kids freedom, protecting them and our fears about something happening to them.

Resource Three: Freedom to Rest - How to Improve Your Parenting by Getting the Rest You Need

<https://www.goskippingstones.com/blog/rest1>

“As parents, we often feel overwhelmingly exhausted. And that’s only from parenting; some of us also balance careers, volunteer work, social events, marriages, and life challenges on top of that. In the midst of all these responsibilities and priorities, it feels impossible to find time for ourselves. And for many parents, the word *rest* seems like something that is unattainable. It is part of a distant “before-parent” memory.”

Resource Four: Freedom from Stuff

Raising kids has always been hard, but raising them in a world where having the newest cool stuff is a whole new level of hard. Here are a few resources to help your kids find freedom from stuff.

- [How to Raise a Non-Materialistic Child When You’re Surrounded by Stuff](#)
- [Kids, Materialism, and the Peaceful Parenting Approach](#)
- [6 Ways to Tame Materialism in Kids](#)
- [NatGeoKids: Why too much stuff can make kids unhappy](#)

Resource Five: Free from Fear & Shame

Pride Month is a beautiful opportunity for parents to actively support and celebrate their children's identities and educate them on the rich diversity of the LGBTQIA+ community. Here’s a list of resources to help you affirm, uplift, and journey alongside your children, whether they’re LGBTQIA+ themselves or growing up learning how to be inclusive and loving allies.

- [Pride Month: Educating Myself and My Kids on Allyship](#)
- [The Gender Reveal Podcast](#)
- [PFLAG National](#)



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. When did you feel most free as a child?
2. How is parenting made you more free?
3. Has freedom for you been in one big leap or a slow and steady process?
4. Would living more simply bring you freedom?
5. Have you ever been afraid of freedom?
6. What does spiritual freedom mean to you?
7. What does it mean to you to raise children in a way that honors their freedom and individuality?
8. How do you balance your child's freedom with your responsibility to guide and protect them?
9. What messages about freedom did you receive growing up—and how are you continuing or rewriting those messages in your own parenting?
10. Have you ever had to let your child make a choice you didn't agree with? How did that feel?
11. When were you freed by love? And how might that experience inform your parenting?
12. Have you ever been trapped in someone else's story? How might that experience inform your parenting?
13. How do you create space in your family for open questioning—of rules, traditions, or beliefs?
14. What freedoms do you hope your child will experience that maybe you didn't?
15. How do you talk about privilege and justice with your children when it comes to who has freedom and who doesn't?



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.

Daily Chalice Lighting: Freedom in Everyday Life

Use a chalice lighting blessing that centers freedom, such as: We light this flame for the freedom to grow, to speak, to be. We light it for the freedom to love, to change, to build a better world.

Morning Intention Ritual

Light a chalice and invite each person to share:

- What kind of freedom do I want to practice today?
- How will I make space for someone else's freedom today?

Even a simple version like "I want to feel free to be silly/kind/quiet/bold today" can be grounding.

Evening Reflection or Gratitude Circle

Light a chalice and invite each person to share:

- When did I feel most free today?
- When did I help someone else feel free or seen?

Covenant of Freedom (Create Together!)

As a family, write a **Freedom Covenant**: a few short promises about how you'll support each other's freedom at home. Examples:

- "We listen when someone needs to speak their truth."
- "We celebrate difference and make space for choice."
- "We stand up when something isn't fair."

Revisit and revise it yearly.



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!

YES DAY: A Family Adventure in Freedom

What's a Yes Day? A day led by kids where (almost!) every request from them gets a "YES." — Parents say "yes" (within reason) with joy and curiosity, and everyone works together to make sure freedom is paired with care.

Before the Day

- Set boundaries in a loving, clear way:
 - "We'll say yes to things that are safe, kind, and within budget."
 - "We can't buy a pony, but we *can* pretend we have one and give it a name."
- Let each child (and grown-up!) write or draw 1–3 things they hope to do on Yes Day.

Yes Day Activity Ideas

Freedom of Expression

- Wear whatever you want—mismatched socks, superhero cape, face paint.
- Make a family flag, song, or dance that expresses "who we are."

Freedom of Choice

- Let kids choose the meals (ice cream for breakfast? Maybe... with fruit?).
- Let them plan the day's schedule with time blocks for each person's request.

Freedom to Explore

- Take a Yes Walk: let the kids decide which way to turn at every corner.
- Go to the park or nature trail and make up a story as you walk.

Before dinner or bed, light a chalice and ask:

- What did freedom feel like today?
- What choices felt good for your heart?
- Did saying "yes" help you learn something new about yourself or each other?



Blessing of Freedom

Dear fellow adventure makers,
freedom fighters,
And trail-clearers for curious minds,
This blessing is for you.

May you remember that parenting itself is a gift of freedom—
a daily invitation to become more curious, more present, more real.
Not perfect, not polished—*but free*.
Free to learn alongside your children,
to say, "I don't know,"
to start over,
to change your mind.

May you lay down the imprisoning burden of others' expectations,
and listen instead to the wisdom of your own spirit,
and the deep, true knowing
that your love is enough.

May you trust that giving your child freedom—
to wonder, to choose, to become—
is also how you grow free.
Free from perfection.
Free from shame.
Free to trust that you've given your children the tools
to make good choices.

And when the voices of judgment come—within or without—
may you meet them with compassion
and gently choose your own path anyway.

Because the world doesn't need perfect parents—
it needs free ones.
Loving ones.
Ones like you.

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 memory comes to mind when you hear the word freedom?

What's one way our family lets each person be themselves?

When do you feel most free – and why?

**Have you ever had to stand up for your own freedom?
What happened?**

**If you could change one thing about school, home, or work
to feel more free, what would it be?**

What helps you feel safe and free enough to speak your truth?

Who do you admire for the way they use their freedom?

**Sometimes peer pressure makes us feel unfree.
Have you ever felt that way?**

What kinds of freedom do people fight for in the world today?

What would you do with a whole day of total freedom?

**Can you think of a time you helped someone
else feel free or get free?**

**A part of being free is to be able to be ourselves and pick your own
values. What two values that make you you?**

When is it okay to break a rule?

**Family rules restrict our freedom. Mostly for good reasons. But is there a
family rule you would like to talk about more and maybe change?**

**What's one freedom you're grateful for that someone
before you had to fight for?**

Who is more free? Adults or kids? And why do you think so?

**So you think cell phones and social media make people
more free or less free?**

What animal best represents freedom?

**What's one way we could help more people experience
freedom in their lives?**

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

April Rosario,

Our Soul Matters Director of RE Resources and Family Ministry Coordinator

Packet cover credit: Susan Arnold Soul Matters Membership and Graphics Coordinator

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