

# *Ecclesiastes: to everything there is a season*

## Reading Guide

Author/Illustrator: Cynthia Rylant

Themes: seasons of life, difficult times, grief, transition

Lesson/Notes: This book may help children going through a difficult or painful time. It acknowledges life's seasons of difficulty with a balanced tone and uplifting illustrations. It can be a conversation starter for mindfulness, and it normalizes the variety in human experience. *We all go through different seasons of life. Sometimes seasons are difficult or challenging; sometimes they are light and fun. When hard times come, we can pay attention to how we feel. We can also see if there is something to learn from a hard time and remember good times will come again. Practice being in the moment during enjoyable seasons.*

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### Discussion Questions

- Which part of this book stands out most to you?
- Is there a "time" in the book that seems difficult? Interesting? (for younger children: Sad? Happy?)
- What kind of a "time" do you think we're in now?
- Imagine a tree in springtime. How does it change in the summer? What would it look like in autumn? How about winter?

### Activity: Season Art

Suggested Supplies: paper, colored pencils

- See page 2.

## Season Art

In each box, draw what a tree would look like in that season. If you're not sure how trees change throughout the year, ask an adult to help you find a picture of a tree in each season.

<p>Spring</p>	<p>Summer</p>
<p>Autumn</p>	<p>Winter</p>