

# 2024 ECK Youth Program for Ages 5–12

## Texas ECK Soul Adventure Seminar:

### ***Dreams—Your Source of Spiritual Guidance***

#### **—Saturday Morning—**

Longhorn 3–4

ECK Youth Leaders: Laura Adams, Susanna Hilliard,  
Katie Osuamkpe, Mena Edewor

9:00–9:15 a.m. - Welcome and HU Song,  
Agreements of love

9:15–9:30 a.m. - Introduction Circle

9:30–9:50 a.m. - Visit to the Art Gallery

9:50–10:30 a.m. - Build ECK Temples

10:30–11:00 a.m. - Meet the ECK Masters,  
card game

11:00–11:30 a.m. - Song Practice, “*Each Step*”  
youth ages 5–17

11:45 a.m.–1:00 p.m. - Lunch Break

## **—Saturday Afternoon—**

Longhorn 3–4

ECK Youth Leaders: Katie Osuamkpe, Susanna Hilliard,  
Laura Adams, and Rabiatsu Abdullahi

1:15–2:30 p.m. - Animals are Souls Too; make balloon animals

2:30–3:00 p.m. - ECK music/movement; musical chairs

3:00–3:30 p.m. - Song Rehearsal, “*Each Step*”, youth ages 5–17

3:40–4:40 p.m. - Travel with the Dream Master; contemplation seed: create your own art

5:00–7:00 p.m. - Dinner Break

## **—Saturday Evening—**

Longhorn 3–4

ECK Youth Leaders: Laura Adams, Mena Edewor,  
Thom Love, Eckhart Onwuchekwa

7:00–7:05 p.m. - HU Song

7:05–8:05 p.m. - Creative Dreamer: art/craft activity

8:05–8:20 p.m. - Active Games: Attention on the present moment and ECK Masters

8:20–8:55 p.m. - Balance Games: Feather Balance Activity, Jenga, and Suspend Game; The Freedom Bridge exercise from, *The Wonder Within You*

## —Sunday Morning—

Longhorn 3–4

ECK Youth Leaders: Laura Adams, Lucy Erda, and Bob Kerr, Eckhart Onwuchekwa

8:30–8:45 a.m. - Welcome and HU Song

8:45–9:25 a.m. - Song Rehearsal, “*Each Step*”, youth ages 5–17

9:30 a.m. - Backstage

10:00 a.m. - Performance on Main Stage

10:20–11:15 a.m. - Creative Imagination: Origami craft, make paper, love balloons

**The Seminar Team Values Your Feedback!**

Please leave your feedback [here](#)