



TODAY'S TOPIC:

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What is one thing I want to do this year? It could be to learn something new, make a change, or go somewhere special for example.

Lesson

New Year's Party

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> ● Paper, markers ● Stickers ● tape 	<ul style="list-style-type: none"> ● supplies to make and decorate party hats 	Setting intentions for the new year

ASK: It is new year's day! Today is the very first day of a Brand. New. Year. That's a big deal! Such a big deal that lots of people celebrate. Did any of you have fun things you did yesterday or today?

ASK: When a new year starts, lots of people do something called “make a resolution”. Say that word, “resolution”. Have you heard of that? Have you ever made one? What do you think it is?

EXPLAIN: When you decide on a resolution and know what it is, and you commit to it by saying it out loud and writing it down, that is a resolution. Ask to share some of our resolutions. We know our words have POWER, so writing them down and saying them out loud and sharing them with other people is important.

ASK: Do you want to know a trick to make your resolution extra strong? You add the magic ingredient of intention.

EXPLAIN: It's like adding a little bit of feelings and behavior to your resolution.

EXAMPLE: I want to travel to the beach this year. My extra magic might be – I will use my power of curiosity to learn about and go to fun places, including the beach.

EXAMPLE: I want to make friends and be on a team. My extra magic might be - I intend to make a lot of friends this year by using my power to be kind; or I am going to be a friendly team member on all the teams I try out, even if I decide they aren't right for me.

AFFIRMATION: I set my intentions with enthusiasm! Repeat 4x. Encourage more enthusiasm each time.

ACTIVITY: Come up with a resolution and intention for your class or family. Write it big on the poster board.

ACTIVITY: Add each person's resolution to their party hat. Be sure to include a good intention. If not a resolution, an affirmation would be great.

ACTIVITY: PARTY!!

- Make party hats.
- Fun dance music and noise makers.
- Offer to take pictures.

AFFIRMATION – I set my intentions with enthusiasm! repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/>.