



**TODAY'S TOPIC:
Your Foundation**

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.

When you are building, what does the base or foundation do?

Lesson

Respect

| Materials | Things to Prepare | Today's Goal |
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| <ul style="list-style-type: none"> ● Plastic or paper cups ● Books and boards ● Heavy items ● Sharpie marker | <ul style="list-style-type: none"> ● none | Know that each of us has a personal foundation that holds us up. |

ASK: When you think about building something, what does the base or the foundation do? The base or foundation of a building is the bottom part that everything else sits on.

ASK: Why would you want your base to be strong? So it can keep the building standing, especially if problems or bad weather or weird things happen, and to keep it standing for a long time.

BUILD: *Use the cups and other materials to build a tower.* Have the kids help. Start with one cup on the bottom and build, then build again with multiple cups on the bottom – 4? 8?

ASK: The foundation holds up the building so it can be strong and do all the things it needs to do. Pretend you are a building. So you can be strong and do all the things you want and need to do, what things do you

need in your foundation? ***Use the sharpie to write ideas on all the cups. You can write more than one thing on each cup. Kids can help write.***

Think of your inner foundation in terms of what supports you and gives you strength.

Here are some ideas:

- Ways to stay healthy - Healthy food, Enough sleep, Exercise
- A safe place to live
- People – Family, People who support you, Friends, Community, Your Team
- Spirit or God
- Values - What's important to you, Love, Respect, Kindness, Peace,
- Learning
- Time to play and create
- Feelings – Knowing how you feel, Understanding how others feel
- Your strengths – Things you are good at

BUILD: ***Use the cups you wrote on to build the tower again.*** Have the kids help.

SAY: Foundation is what keeps you grounded. All of these cool things are here to keep you strong so when things don't go the way we want, we know we will be okay. The stronger it is, the more it can withstand. Add heavy items as examples of when things do not go the way we want.

AFFIRMATION –My foundation is strong. repeat 4X

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