



TODAY'S TOPIC:  
**Spirit in my Backpack**  
 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 the most important thing you put in your backpack.***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>● Paper</li> <li>● Markers</li> <li>● Materials to make a charm of some kind that can be attached to a backpack.</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<p>You can have good thoughts about school.</p>

**ASK:** Ask school related questions:

- Who is about to go back to school?
- What grade are you going into? Where do you go to school?
- What's your favorite thing about school?
- When do you go back to school? (for many kids this week!)
- What's the most exciting part of school?
- What is your favorite part of school?
- What is the hardest thing about school?
- What is there anything you don't like about school?

**ASK:** SHOW BACKPACK. Did you get to choose your school backpack? How did you choose it (color, size, brand, design)? Getting to make choices is a great thing! You can also choose your thoughts. What are some thoughts we have about school? (Encourage lots of answers both positive and negative. Feel dumb, can't do it, too shy to make friends, scared. Love school, get to see my friend, fun stuff to do and learn.)

**AFFIRMATIONS:** An affirmation is a statement you make as if it is true today. Talk about how to create an affirmation is way to get more of what you want OR the opposite of the feeling you don't want and how to focus on the thing you do want.

What are some things we might want to affirm for ourselves about school?

- "I can do it!"
- "I have lots of friends."
- "I have the best teacher."
- "I learn new things easily."
- "I am powerful and unafraid."
- Make up your own examples.

**ACTIVITY: AFFIRMATIONS:** Index cards and markers to write affirmations – kids can write their own, or you can help. This is good practice for writing affirmations. Can start with, "I bring...to school with me." "At school, I am..." Or use the examples above as a guide.

**ACTIVITY:** Create a backpack charm or zipper pull to remind them of their affirmation.

**AFFIRMATION** –God supports me in growing and learning. repeat 4X

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