



TODAY'S TOPIC:
**Everything Changes:
 A Chalk Lesson**

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.

How does it feel when things change?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Chalk 	<ul style="list-style-type: none"> 	Know that everything changes but God is always with you.

CREATE A CHALK DRAWING TOGETHER OUTSIDE OR ON A CHALK BOARD. HOWEVER IT TURNS OUT IS PERFECT. WARN KIDS THAT AT ONE POINT YOU WILL SAY “FREEZE” AND HAVE EVERYONE STOP. WHILE STOPPED, DO THIS BRIEF LESSON.

ASK: I love what we are creating. And it is fun to use chalk. Because we are using chalk, will our art be here forever and never change? No. What might change it? People walking on it, rain smudge it with our hands while we work.

ASK: How would we feel if our chalk drawing changed or went away?

ASK: Is change a good thing? Does everything change? Is there anything you can make not change? Change happens and there is nothing we can do to stop it. Sometimes change feels good and sometimes it doesn't. Sometimes change happens fast and sometimes really slow. Change can happen at any time. Sometimes we don't care (our chalk drawing) and sometimes we care a lot.

EXAMPLES OF CHANGE:

- Leaves on the tree: Buds, unfold into leaves, which turn color, and fall off the tree.
- New class and teacher at school each year (for some).
- Outgrowing our clothes and getting new ones.
- Other ideas?

ASK: How does it feel when things change? Might depend how important it is to you.

SAY: Good news! We can't stop it, but we can learn to be okay with change.

- We can learn new things when things change.
- We can get stronger from change.
- When we accept change, we feel better.
- If we know things change, we don't have to feel scared when changes happen and we can know things that don't feel good will get better.

AFFIRMATION – Things may come and go but God is always with me.
repeat 4X

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