



TODAY'S TOPIC:

Find a Way

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 are some things that bounce?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Balls that bounce 	<ul style="list-style-type: none"> 	You can bounce back from any challenge.

ASK: How's it going? Thumbs up, thumbs to the side, thumbs down.

SAY: Everyone has times when they feel like thumbs down. It could be small, just for this moment (I'm tired, I'm hungry) or big. What are some examples of a thumbs down?

- Something fun that was planned gets cancelled.
- Something doesn't work out the way I wanted.
- Something happens with my family or friends.
- Something is harder than I thought it would be.
- I have to do something I don't like to do.
- I have to do something I don't know how to do.
- I don't understand what is happening, but it doesn't feel good.

SAY: When those “thumbs down” moments happen, what can you do? Use resilience. Resilience is how you cope when things go wrong, or how to get back to normal after a problem. But I like to say resilience is the “bounce back”.

SHOW: The bouncy ball. What happens when you bounce a ball? It goes down, but it also bounces back up. Use your thumbs to match the direction of the ball. Down when it goes down, up when it goes up.

ASK: What makes the ball bounce back up? Momentum, what it is made of. What if the ball goes down but only comes up partway? Or what if it just stays down? We can pick it up, we can help it bounce back.

ASK: If we are having a big thumbs down moment, what can we do to bounce back? Pretend you are the ball.

- BE OKAY WITH CHANGE - Change always happens! Learn to be okay with change. *HAVE THE BALL BOUNCE IN AN UNEXPECTED DIRECTION.*
- FIND WHAT YOU CAN CONTROL - I can't control everything, so what is in my control? *CREATE THE BEST SPACE FOR THE BALL TO BOUNCE*
- TALK TO YOURSELF - Give yourself a pep talk. Remember all the good things about yourself. *ASK SOMEONE TO GIVE THE BALL A PEP TALK.*
- FIND THE GOOD - Having a positive attitude. Think positive thoughts. *ASK WHAT THE BALL COULD THINK OR SAY TO HELP.*
- GET HELP - Rely on your people – family, friends. Ask for help. *GET OUT THE SECOND BALL.*
- MAKE A PLAN - What can I do to get back on track? *PRETEND THE BALL IS MAKING A PLAN EX: I'M STUCK ON THE GROUND BUT I CAN PUSH THIS OUT OF THE WAY AND ASK FOR HELP TO GET UP.*

AFFIRMATION – I have all I need to figure it out. I can bounce back.
repeat 4X

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