



**TODAY'S TOPIC:**

**New Year Intentions**

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"> <li>● Paper, markers</li> <li>● Stickers</li> <li>● tape</li> </ul> | <ul style="list-style-type: none"> <li>● supplies to make and decorate party hats</li> </ul> | Setting intentions for the new year |

**ASK:** It is time for a new year. That's a big deal! Such a big deal that lots of people celebrate. Did you do anything to celebrate the new year?

**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:** 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.

**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/>.