



## TODAY'S TOPIC:

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.

### ***Where in your body is “your center”?***

## Lesson

### Jumping To Center

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Tape</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	Explore various methods of grounding oneself in Spirit.

**ACTIVITY:** Have each person stand up from where they are and give them a piece of tape to put where they are standing. Explain this spot is called their “center”. Play Simon Says for 1-2 minutes and include jumping to this spot = jump to center a few times. Also no one is out in this version of Simon Says. At the end, ask everyone to sit on their spot.

**ASK:** What does JUMP TO CENTER mean? (Accept all answers)

- A special, magic spot inside of you where it is quiet, peaceful and you can be yourself.
- It is calm there, a good place to listen to your body, your thoughts or to God.
- The center is always available and always works, no matter what is going on around you.
- Everyone can do this no matter how old you are, where you live or what is going on around you.

**ASK:** Why would you want to JUMP TO CENTER?

- You have questions about how you feel or what to do, jumping to center will give you answers.
- If you cannot focus, are upset, your mind feels full, to listen to your body or to Spirit, to calm down, if you need to feel safe.
- To talk to God.

**SAY:** Everyone has a center, and it can be anywhere in your body, but the most common places are your head, your heart, and your belly. Sometimes you might feel it in one place one day and the next time in a different place. I think most people feel it in their hearts.

**ASK:** So everyone can do it, everyone has a center, but how do you actually get there? (Accept all answers) Here are the steps I use:

- **One** - notice if you are out of center. Be aware, pay attention. Do a body scan.

A body scan is where you notice if you feel icky or tense anywhere, like your shoulders or your fists. Then, you focus on your heart and say “thank you” to your heart five times.

- Do a quick, guided body scan.
- **Two** – Breathe. Slow deep quiet, smooth belly breaths or Jedi breathing. I like to breathe in to the count of three and breathe out to the count of three.
- Do a quick Jedi breath. Start by quieting your mind and stilling your body, then really, really slowly breathe in filling up your belly. Release your breath very slowly -so slowly that you almost can’t feel it on your finger if you hold it under your nose
- **Three** – Get grounded.
- Have everyone stand and stomp your feet down hard, imagine your feet are really heavy, make sure both feet are flat on the ground. Stand strong like a tree, imagine roots coming out of your feet and your head, arms, hands, and fingers are the branches.

**ASK:** Of grounding, breathing and body scan, which did you like best? Why?

**ACTIVITY:** Play Simon Says again, but seated, and when you say “jump to center” have everyone get quiet and still.

**AFFIRMATION:** I jump to center and know that life is good. Four times.

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