



TODAY'S TOPIC:

**Awareness of ME**

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 I like to do?***

**Lesson**

Materials	Things to Prepare	Today's Goal
•	•	Understand it is good and healthy to know things about myself.

**ASK:** What are some things you like to do?

**SAY:** Here are some things I like to do \_\_\_\_\_. Here are some other things I noticed about myself today. That my favorite color is \_\_\_\_\_, that I am hungry and want to eat \_\_\_\_\_, and that I am feeling happy to spend time with all of you.

**EXPLAIN:** There's a thing called self – awareness. When you use the word self, that means you (HAVE EVERYONE POINT TO THEMSELVES), and awareness means noticing things, so self-awareness is noticing things about you.

**ASK:** What are some things you can know about yourself? You can know what you like and what you don't like, you can know your thoughts, you can know what you are good at and what you are working to do better, you can know how you're feeling, what interests you, how you want to spend your time.

**SAY:** I like knowing stuff about myself, but why would I want to take time and think about myself so much? So, I can do things I like, I can know what I want, and the biggest reason is so I can know how I feel. When you know how you feel, you can tell someone about it, and you can enjoy your feeling or work on changing your feeling.

**ASK:** What are some ways I can be self-aware and notice how I'm feeling?

**HAVE THE KIDS ACTUALLY TRY THESE THINGS!**

- Slow down.
- Starfish Breathing – Point the fingers of your hand out and slowly trace each finger up and down. As you go up breath in and as you go down breath out. See if you can name your feelings when you are done.
- Body Scan – Be still close your eyes and picture a light moving slowly from the top of your head all the way down your body. Notice where your feelings are.
- Conscious Movement – Example take a walk and give your mind a chance to tell you how you feel.

**ASK:** Is knowing about myself good for other people? Yes! Fun Fact – the World Health Organization says self-awareness is one of the most important things we can do to connect to other people and have peace on our planet. When we understand ourselves, we can better understand others.

**SHARE:** Go around in a circle and have everyone share one thing about themselves. It could be a feeling, a favorite thing to do, something they are good at, etc.

**AFFIRMATION** – I know how I am feeling and how I am doing. repeat 4X

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